**Setup**

2 Goals placed 40 - 50 yards apart and full field width. Players lineup beside each goal post on both ends of the playing area. Several balls should be placed inside of each goal as GIs will be starting the sequence. Having players wear pinnies is optional at this stage.

**Sequence**

- 2 red players break wide onto the field and 1 blue player from the opposite side of the field runs towards the middle as the center forward.
- Goal keeper starts play by rolling a ball towards player A on either the left or right side.
- Player A receives the ball and then passes to player B (center forward) who then turns and passes thru to player C.
- Player C sends in a cross and players A and B attempt to score on goal.
- Player B passes back into the path of the player he originally received the ball from.
- Repeat the sequence starting from the opposite side with 2 blue players breaking wide and 1 red player running into the middle.

**Variation**

- Player B passes back into the path of the player he originally received the ball from.
- Player C is allowed to shoot on goal.

**Coaching Points**

- Goal keepers should begin the attack quickly rolling from their hands.
- All 3 attackers should anticipate and hunt for rebounds.
- One touch passing should be used to advance forward quickly.