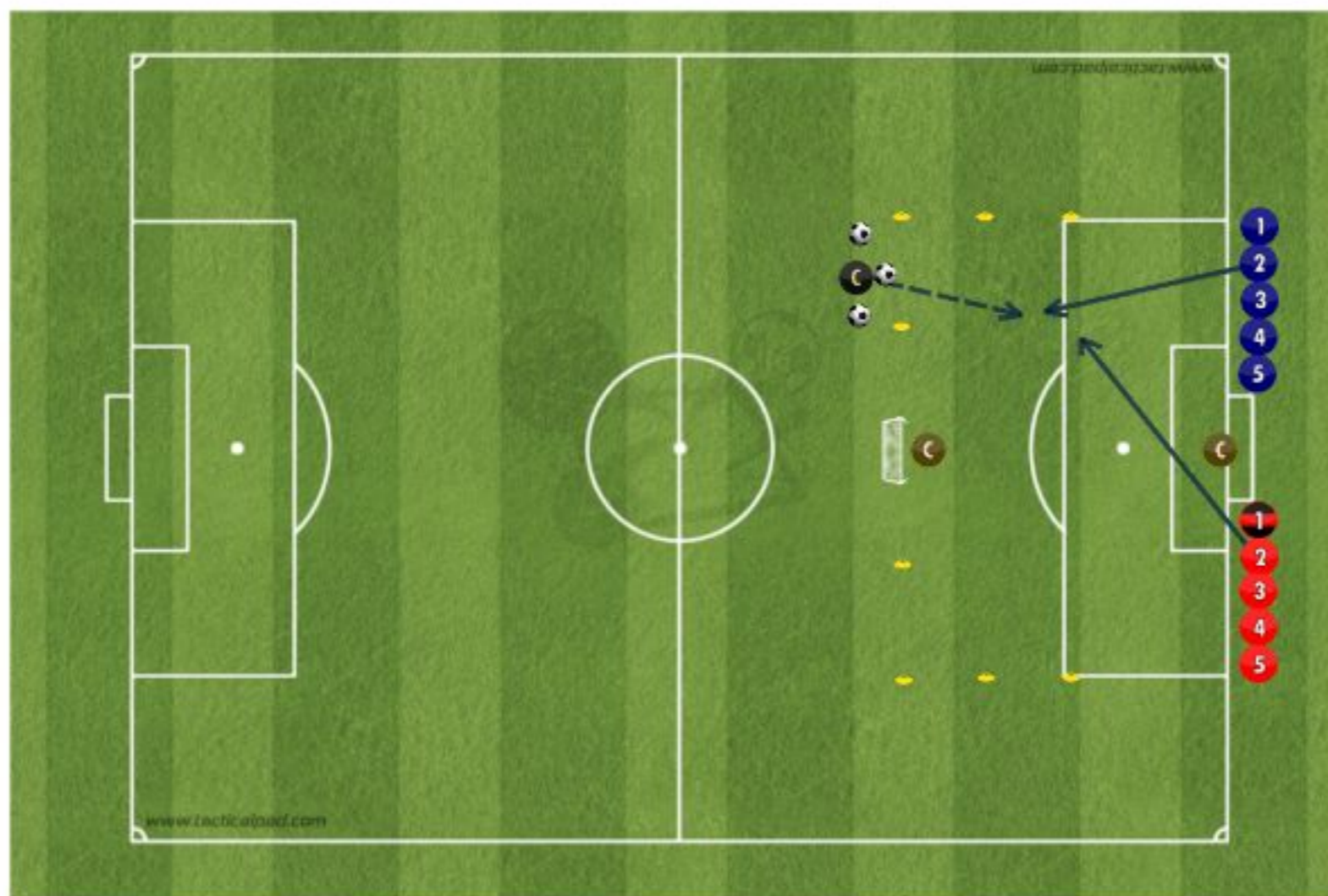




PROGRESSIVE COMPLEXITY PLAY



Team divided in 2 groups. Each player of each group is numbered from 1 to 5. The Coach call a number and the respective players go and play. After a while the Coach can call other(s) number(s). If the attacker receive the ball and the defender is far, he rotate and finalize; if the defender is near he plays with the GK. The defender must arrive near the attacker quickly, if he wins the ball he can finalize in the other Goal. The play only stop when the Coach says.