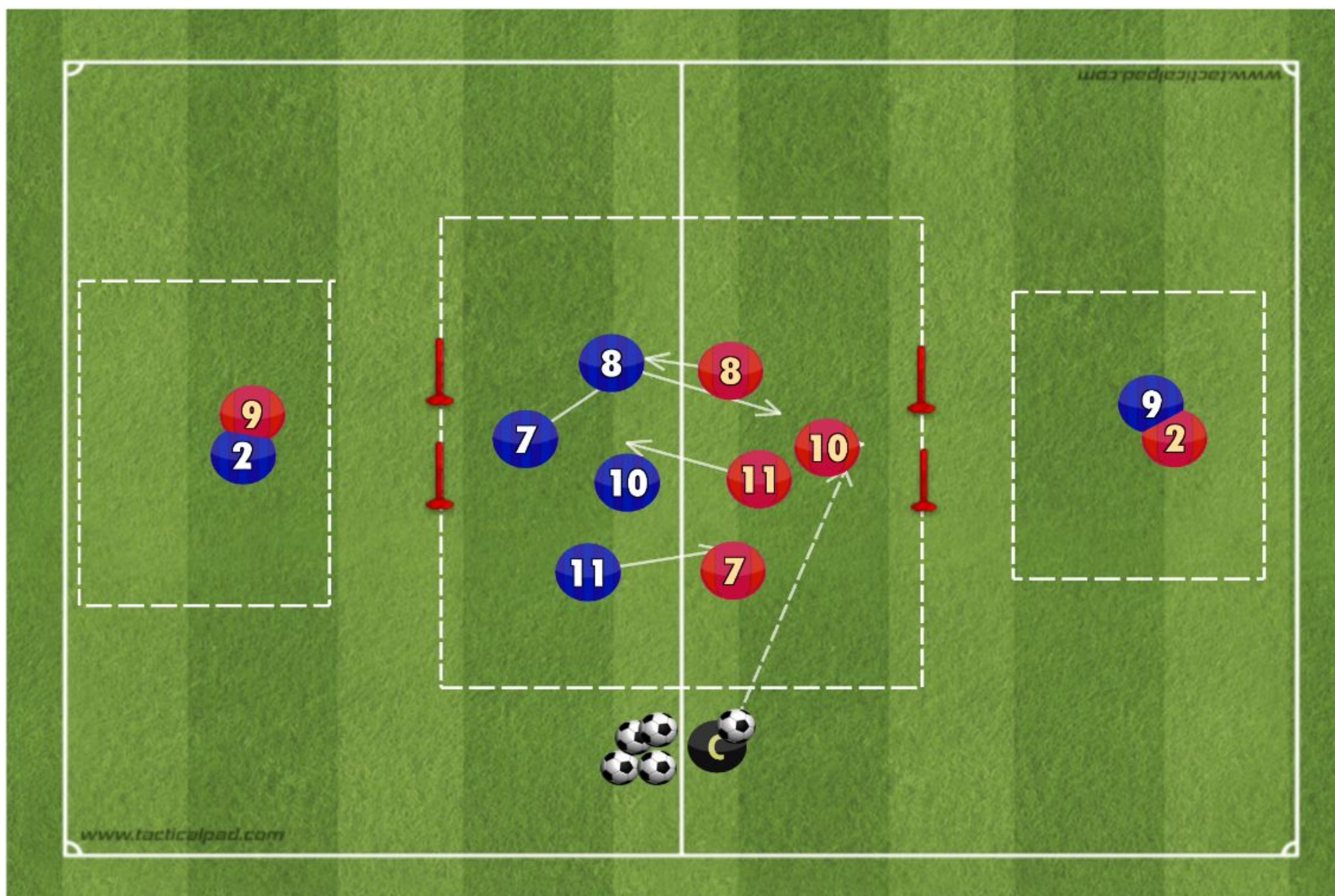


MOVE FORWARD.



This is another drill forcing midfielders to always think of forward solutions. They build up in their half with 2 mates under pressure of 2 opponents, they should transfer the ball forward in set time of seconds. When the play is moved forward, a 3rd mate joins. They have to get the ball through the gate to their forward in the final zone. When successfully done, 2 other mates move there to possess with their 9 mate. Set some seconds before sending the ball back through the gate to the mate in the previous zone who should pass back to his late mate to build up again. If the defensive team win the ball, they can counter attack, or send the ball back to build up and start their turn.