Purpose: Different responsibilities of attackers and defenders close to goal.

**ORGANISATION**
- 7 players per group.
- 3 attackers (black) v 4 defenders (white).
- Players move in with F's kick (K).
- If attackers win possession they have a shot at goal.
- If defenders win they rebound the ball to their teammate downfield (F).
- Reverse roles after a certain number of goes.
- Winners are the first team to score 6 goals.

**COACHING POINTS:**
a. The rule for defenders in this situation is usually to stay very close to their direct opponents. Don’t go front and square unless opponent does.
b. The attacker may snap shoot on first possession or use very quick handball to create space for a teammate to shoot.
c. F can vary the type of kicks, e.g. very high, along the ground, flat pass.
d. The starting positions for all the players can constantly be changed.