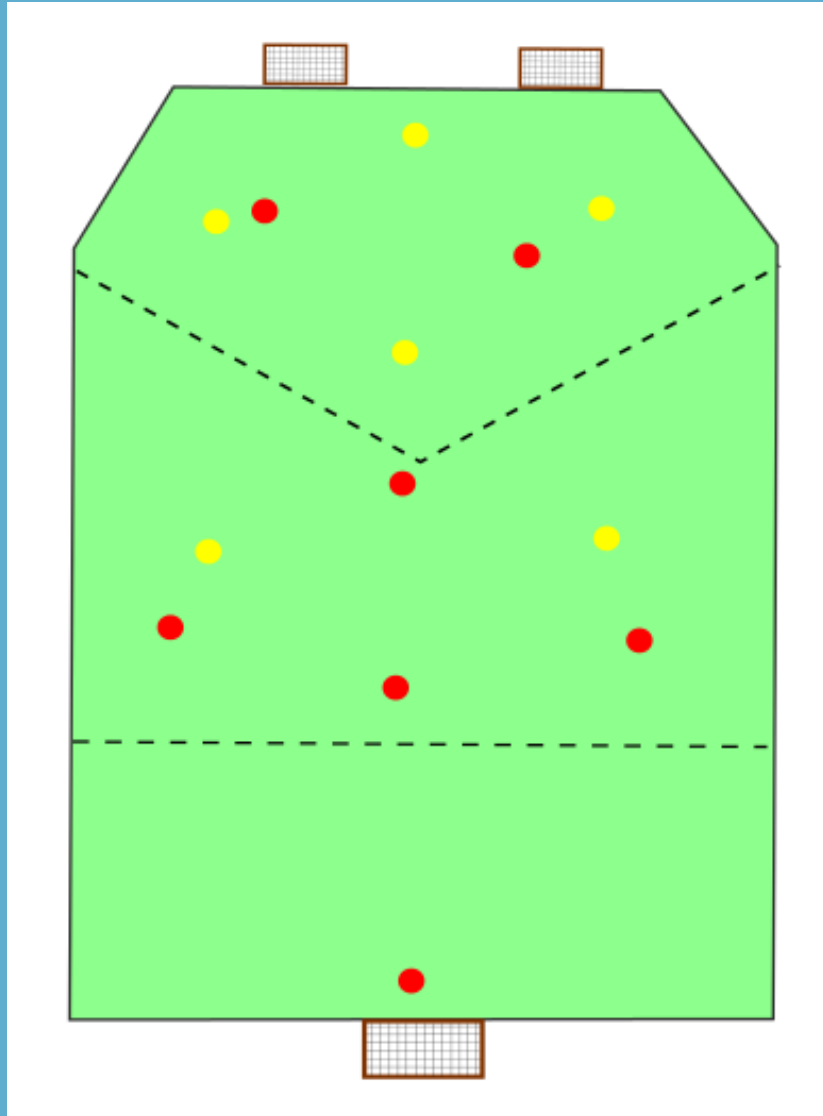


Three-zone game with ice hockey rule



Structure: The field is as wide as the box and is extended to the halfway line. Two mini-goals are placed on the centre line. The field is divided into three horizontal zones. In order to replicate the passing lanes during the build-up phase, the first zone is shaped like a pentagon.

Rules: Yellow builds up from behind and tries to score a goal. Red counter-attacks on the mini-goals. There may always be a maximum of four players from yellow and three from red in the pentagon. The transition to the middle zone can be made by a pass or dribbling. In the transition to the attacking zone, the ice hockey rule applies again. Thus, players are only allowed to enter the attacking zone without the ball.

Coaching points: A diagonal structure should always be established in the build-up. Using the 4vs3 numerical superiority requires quick ball circulation with the intent to attract the defenders on one side or in the centre and then quickly switch into open space. To advance, the play over the third-man can be a useful tool, thus should be coached. After moving forward and entering the middle third, it is crucial that the players performing the build-up move forward in order to offer passing options or prepare for a potential counter-attack.

