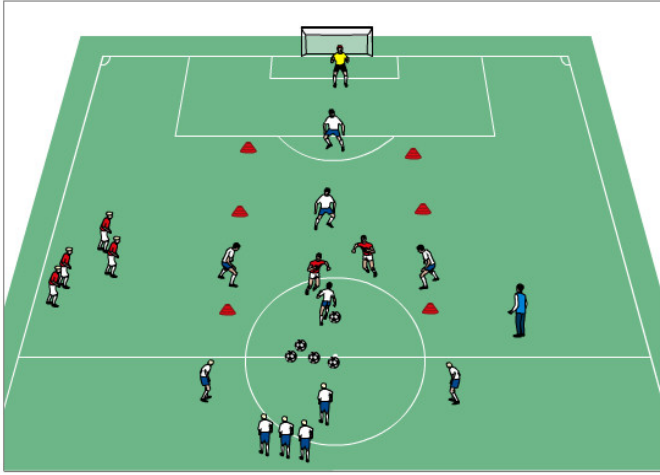


## **Dutch Box to Goal (U14 only)**



**The Set-up:** 4 v 2 in a 12 x 12 box, another 12 x12 box is attached to it.

**The Game:** 4 v2 in the top box. To advance into the 2nd Box, attacking players must play through the central player in the advanced position. That player must play 1 touch. Attackers should play immediately into the target player (in the 2nd Box) and transition to support. Target player drops ball off to transitioning players for a shot.

### **Rotation:**

- Person who takes the shot stays as the deep target.
- Person who centers up the attack moves to become the middle person you have to play through.
- 3 new attackers come on along with 2 new defenders.

**Note:** Teams should have 3 chances to successfully advance into the 2nd box and get a shot, if they don't succeed change to 3 new attackers.

**If you enjoy this exercise Coach Donahue recommends:**

#### **Possible Warm-up:**

Warm-Up in Pairs and Fours  
Introduction to the Wall Pass

#### **Progress to:**

Bob Gansler 2v2  
Getting Behind the Defense