

# Central No-Go – encourage width

<strong>Game</strong><strong>Focus/Objectives</strong><strong>Transition/Reset</strong><strong>Progression</strong>

## Game makeup

1. 1/2 pitch
2. 7v7 or 8v8 or mixed numbers
3. Std game OTHER than you are not allowed to pass through the central box

## Attackers

1. Pass wide to move ball down pitch fast
2. Keep player high but running side to side
3. Use pivot
4. Keep possession

## Defenders

1. Close passing channels
2. Do not commit
3. Patience wait for mistake and other player

## Transition/Reset

1. Standard game

## Progression

1. Extra goal for fast score
2. Turn & Burn
3. Points for pivots
4. # of players

