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Dimensions: 40 x 30 yard area played width ways. Two coned off channels placed 10 yards in on either side (the field will be separated into three 10 x 45 yard sections)

Two teams of attackers split evenly into the two outside channels, the defending team are placed in the middle section (two or 3 defenders max, we are still trying to encourage success from the team in possession)

How to: Players must stay within their channels. The team in possession must attempt to work an opportunity to pass through to their team mates in the other section. Points are scored each time the ball passes successfully to the other side.

Coaching Points: Try to pass the ball on the ground through the players. Move the ball quickly to create gaps in the defence, exploit the areas when they are available.

Be patient, don't try and force a pass that isn't available. Build play by using your team mates.

Progressions: When playing with even numbers in each channel (6v3) the group responsible for losing the ball switches with the defending team.

Team competition: 2 minutes to make as many through passes as possible, each team gets an opportunity to be the defensive team and protect their total.

