



Organization

Two 4 v. 4 games being played side by side.

The fields run across a full field, 54 x 30 yds, with neutral spaces on either side of each field. Four suppliers (two per touchline) surround each field, with an additional supplier on the goal line between the fields.

Description of Exercise

Two 4 v. 4 games being played simultaneously. When the ball goes over the touchline (5) puts ball immediately into play. When a goal is scored or the ball crosses over the endline, (1) or (1) puts the ball back into play immediately.

Purpose of Exercise

To have players constantly in a transition mentality, by having balls served in immediately whenever the ball goes out of play.