



Organization

8 attackers versus 7 defenders plus goalkeeper in a half field. Attackers go to goal, defenders counter to small goals at half line. Coach feeds balls into attackers.

Description of Exercise

This is a half-field game featuring backs and midfielders from defending team and forwards and midfielders from attacking team. The defending team is slightly outnumbered to help produce more goalscoring opportunities for attacking team. When attacking team scores a goal or when the ball crosses the end line, coach begins new repetition from midfield.

Defending unit's coach stands behind back three.

Purpose of Exercise

This exercise can help improve players in either the attacking or defending unit.

It can be used to improve attacking movement or defensive shape.

Phase Play is a good method of coaching so that the coach can see the entire field of play and still be in close communication with the players.