



Organization

11 v. 11 on 70-yd long field

Halfway line serves as top of penalty area for second goal

Description of Exercise

11 v. 11 scrimmage – a goal is scored when a player is able to flight a ball to the opposing goalkeeper.

Goalkeepers are not allowed to leave the penalty area.

Purpose of Exercise

In order to prevent scoring, teams must employ high pressure defending to take away the time necessary to prepare and serve a flighted ball.