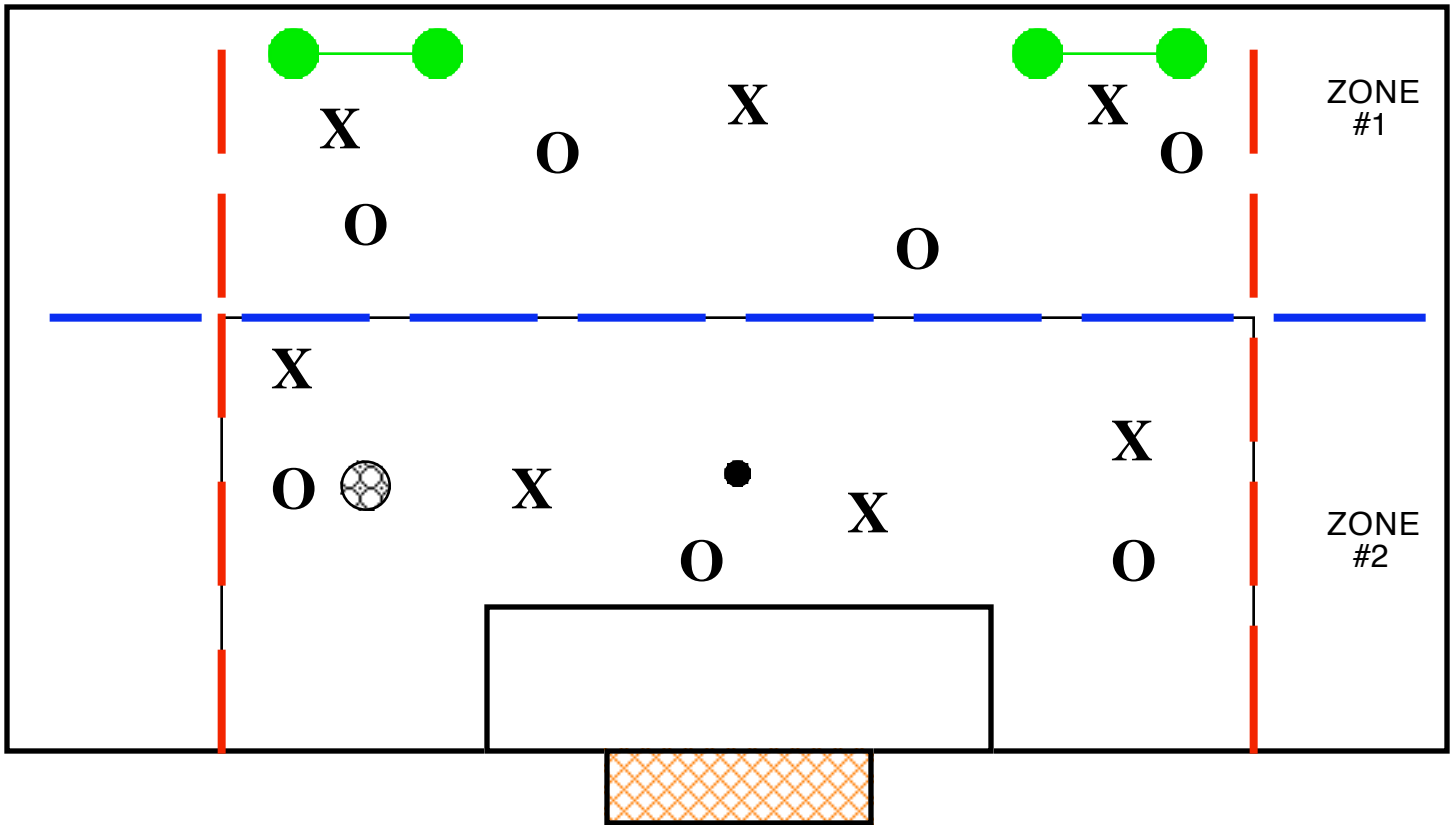


TACTICAL: "2-ZONE 7v7"



NUMBER OF PLAYERS: 2 teams of 7 (can add a neutral goalkeeper)

GRID: the 18-yard box extended to the midline

- one (1) regulation goal on endline
- two (2) cone goals (4-6 yards wide) approximately 4 yards in from midline, 4 yards in from sideline

GAME:

- > teams play 4v3 in each zone
- > one team attacks the regulation goal (above, it is Team "X" attacking the goal)
- > one team dribbles thru green cone goals (Team "O")
- > players must remain in their respective zones
 - both teams thus attack in a 4v3 numbers-up situation
 - > play to a time limit, then have teams switch directions

Variations:

- > use goalkeeper to defend regulation goal
- > can be played with 12 players, 6 on each team, with a 4v2 in each zone
- > can be played with 10 players, 5 on each team, with a 3v2 in each zone

Coaching Point(s):

- < attacking & defending in "numbers-up" and "numbers-down" situations