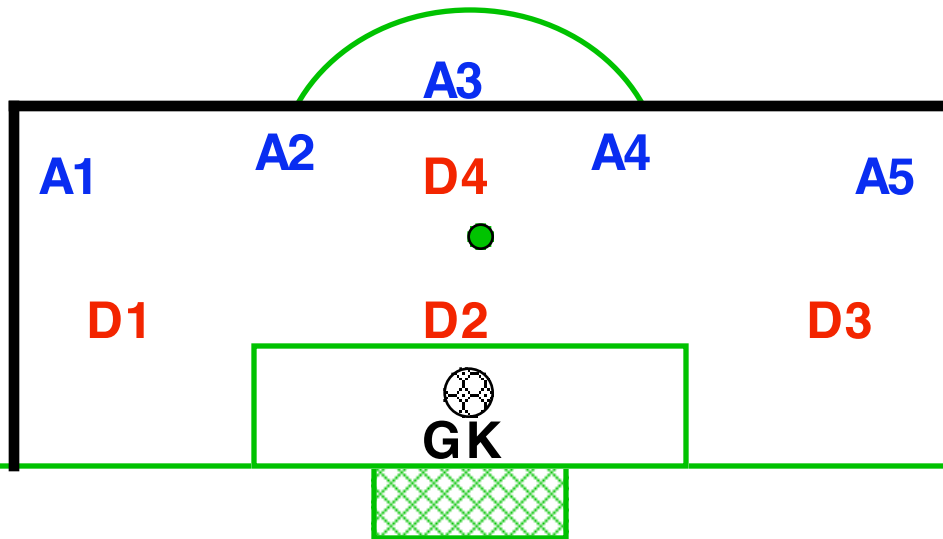


“Box Pressure”



GRID: 18-yard/Penalty Box

NUMBER OF PLAYERS: 9 = 5 Attackers vs. 4 Defenders + 1 Goalkeeper

THE GAME:

- > Attackers try to score on regulation goal
- > Defenders not only defend, but can also score by dribbling the ball over either sideline of the 18-yard box or over the top line of the 18-yard box (BLACK LINES in above diagram)
- > Play always starts with Goalkeeper passing to Defending team

COACHING POINTS:

1. Finishing under pressure
2. Defending under pressure
3. Emphasizes “high pressure” defending for attacking team