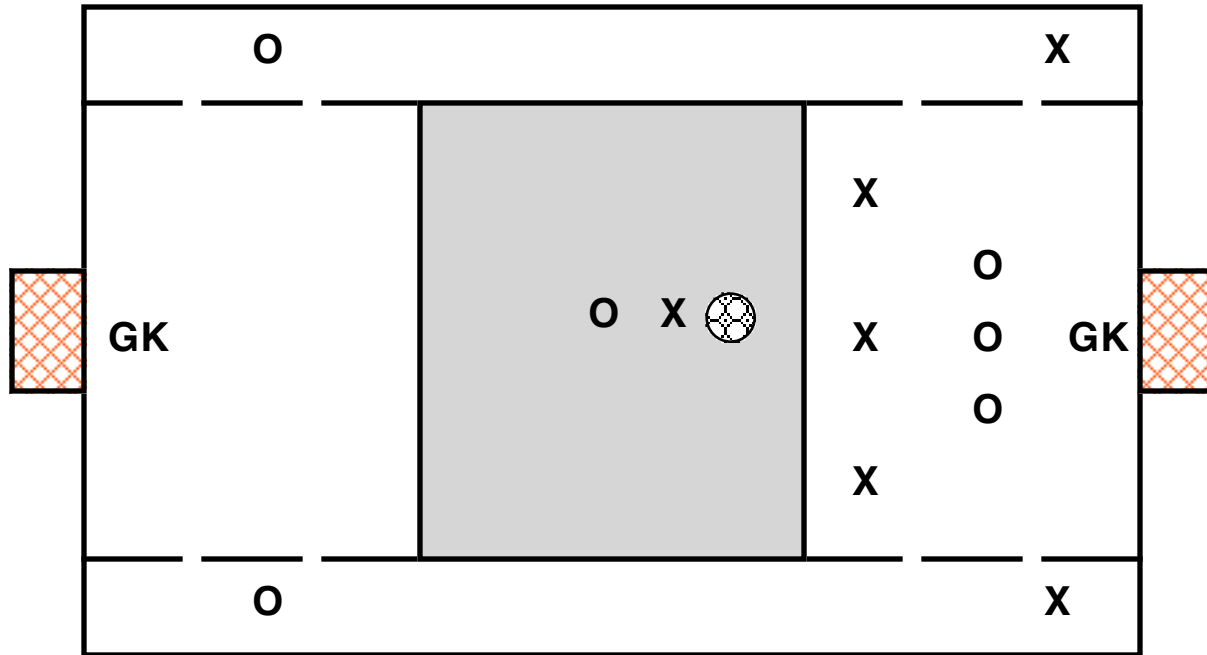


Tactics: Scoring

"4+2 v 4"



GRID SIZE: 54 yards long x 64 yards wide (divided into three equal zones); grid also includes a sideline zone that is 10 yards wide on each side x length of grid (54 yards)

NO. OF PLAYERS: 2 teams of 7 (includes goalkeepers)

GAME:

- > Play starts in middle zone (above, Team "X" is on attack vs. defending Team "O")
- > All players inside attacking zone must remain inside
- > Attacking team can pass ball out to flank players in sideline zone
- > Attacking player who begins drill in middle zone can enter the attacking zone
- > Defending team players have to get ball out to teammate in middle zone
- > Play continues until: goal is scored or defending team successfully gets ball to middle zone
- > Play continues if ball goes out for throw-in (for either team), goal kick (defending team), or corner kick (attacking team)
- > If defending team gets ball into middle zone under possession, teams switch roles

VARIATION (Advanced Play or Fitness Work):

- > If defending team gets ball into middle zone, teams switch roles but play does not stop, as defending team becomes attacking team and immediately moves into other attacking zone
- > This works on quick transition