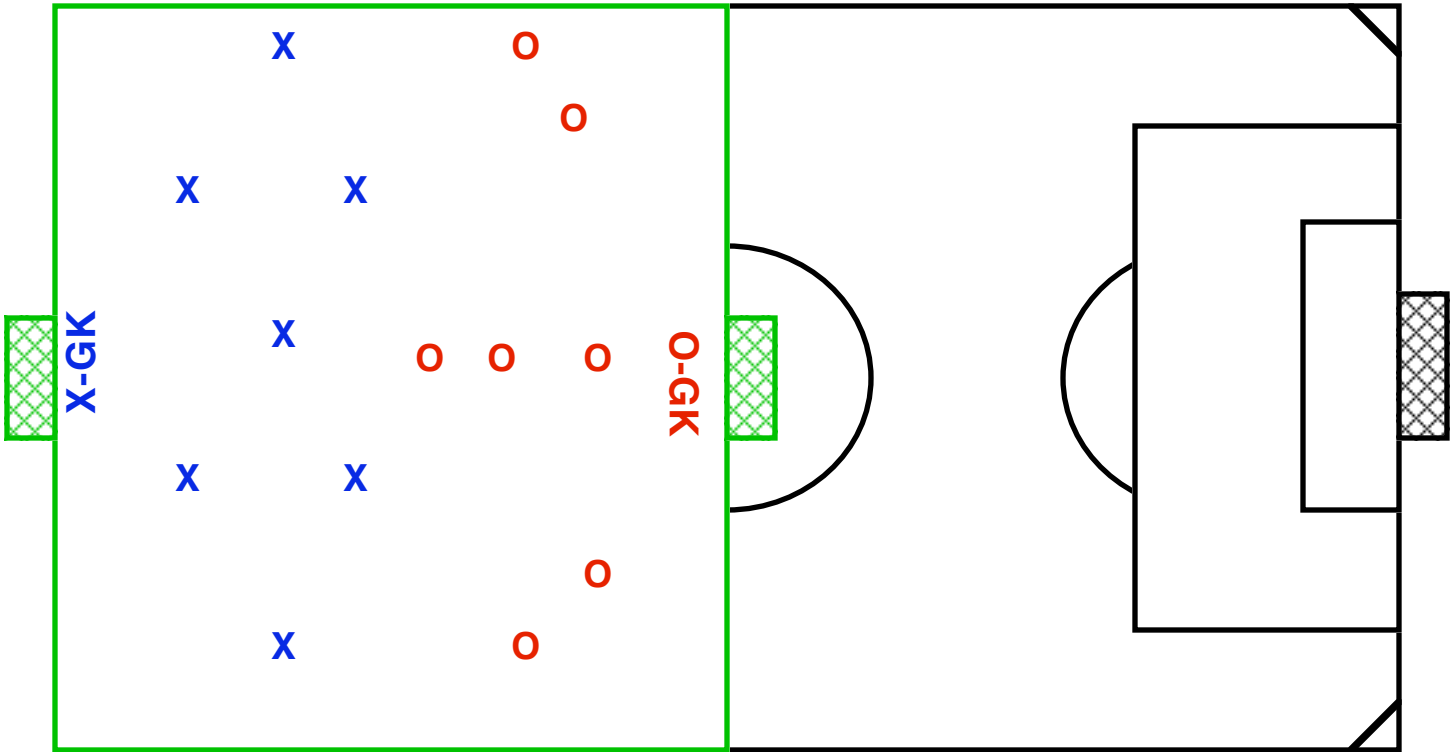


# TACTICAL: Scrimmage

## "Half-Field 8v8" w/ 2-Touch



**NUMBER OF PLAYERS:** Squad

- two (2) teams of 7 field players + one (1) goalkeeper
- < NOTE: teams should play in a formation
  - Team "X" above is in a 2-3-2
  - Team "O" is in a 3-3-1

**GRID SIZE:** half of regulation field with 2 regulation goals on each endline

**GAME:**

- > teams play a regular scrimmage
- > both teams are restricted to 2-touch

**Variation/Progression**

- start with no restrictions
- progress to 3-touch restriction
- progress to 2-touch restriction
- progress to 1-touch restriction

**Coaching Point(s):**

- < attacking & defending in a confined space
- < quick transition