



**SETUP:** a regulation field

**GOALS:** two boxes at each end that extend from the edge of the 6-yard (goalie) box to the 18-yard box  
20 yards wide by 12 yards long (green shaded areas in diagram)

**NUMBER OF PLAYERS:** entire squad, 10v10, 9v9, 8v8

## GAME

> Two teams play a directional scrimmage, the object being getting the ball into the shaded area box under possession --  
players can dribble into the box or  
pass to a teammate inside the box

> Teams play endline to endline so teams can score from "behind" the box

## COACHING POINTS

> Excellent drill to work on formation

if 8v8, play teams in 3-3-2 or 3-2-3 formation

if 9v9, play 3-3-3 or 4-3-2 or 3-4-2

if 10v10 play your regular formation, 4-4-2, 3-5-2, 3-4-3, 4-3-3