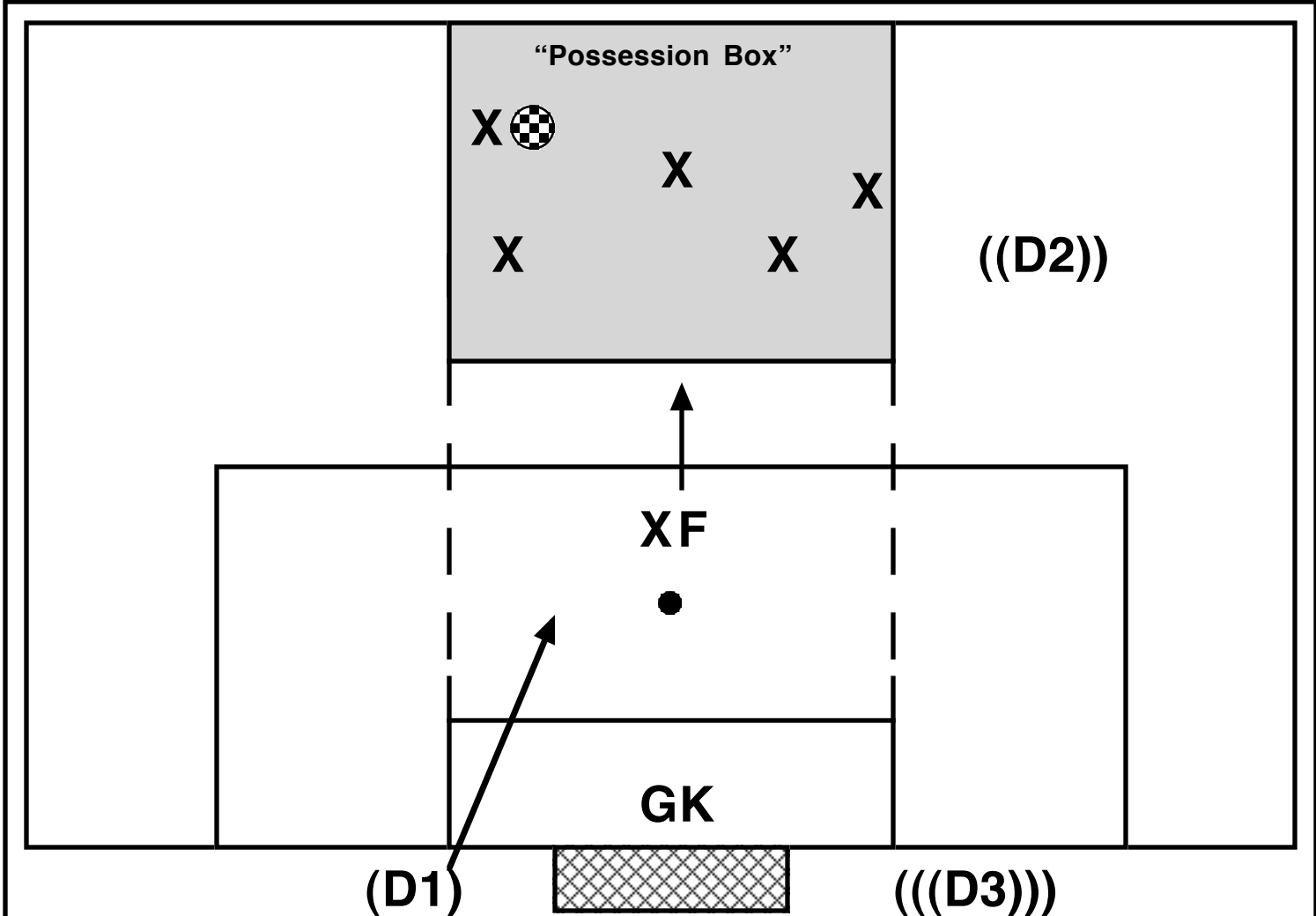


TACTICAL: Scrimmage “Quick Attack”



SETUP: Overall grid is the 6-Yard goalie box extended to midfield with a “Possession Box” at 20, starting at the midfield line.

GAME 1: The five players (X) in the “Possession Box” move and pass about. After making 5-10 passes, the “X” Forward (XF) withdraws from inside the 18-yard box and receives pass from teammate. XF turns and enters into 18-box. Defender 1 (D1) enters play for a 1v1 to goal.

GAME 2: Same as above but now Defender 2 ((D2)) is inside the “Possession Box” and defends against the five “X” attackers (5v1).

GAME 3: Same as above but now one of the “X” attackers in the “Possession Box” can leave the box and enter play inside the 18-box against D1 for a 2v1 to goal.

GAME 4: Same as above but now Defender 3 (((D3))) enters play inside the 18-box for a 2v2 to goal.

GAME 5: Same as above but now another attacker from the “Possession Box” can enter play for a 3v2 to goal.

GAME 6: Same as above but now another player from the “Possession Box” as well as D2 can enter play for a 4v3 to goal.

Coaching Point:

< have a time limit on each attack for more game-like situations