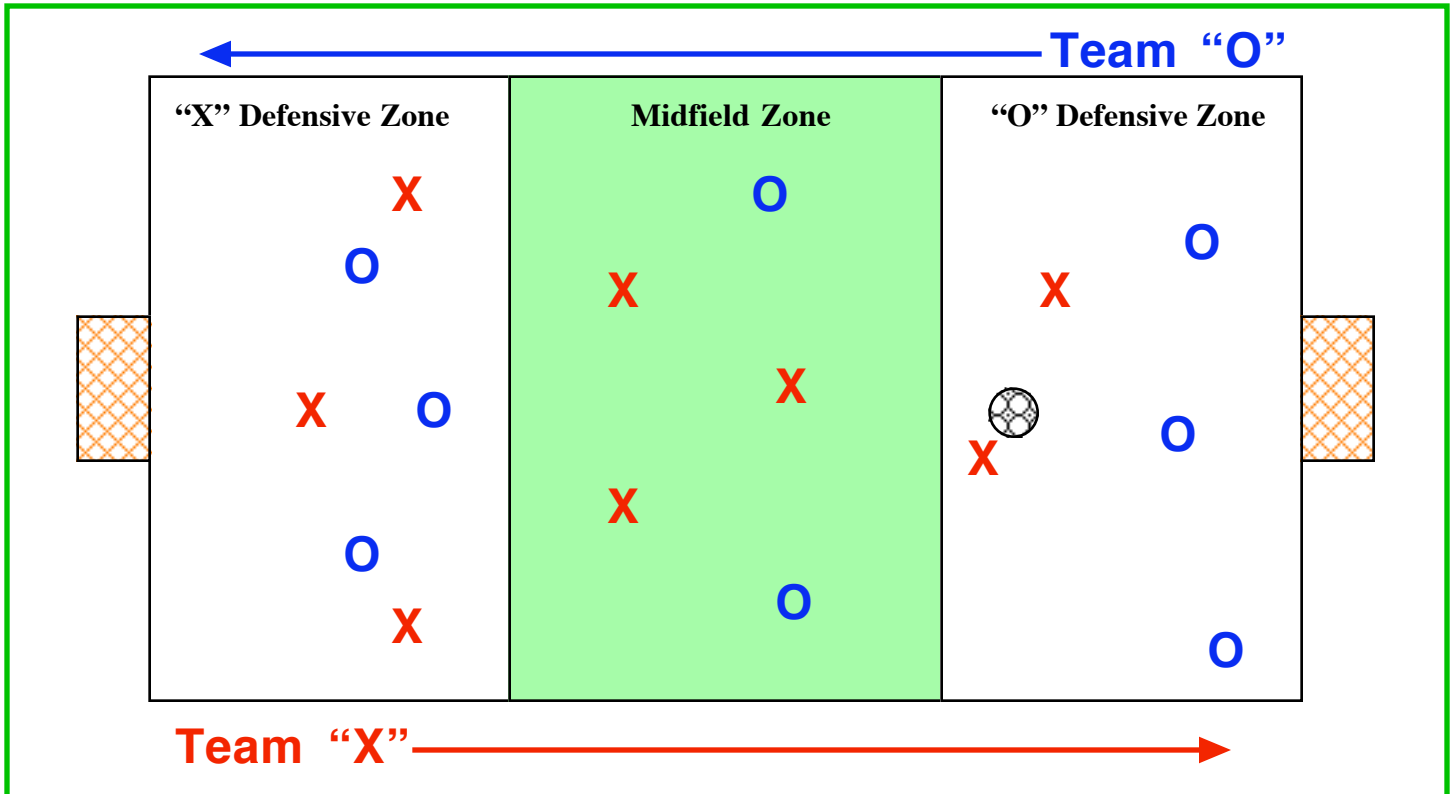


"3-Zone Touch-Restriction Game"



GRID SIZE:

> Depends on number of players (for 8v8 -- width of regulation field
x 76 yards long)

> Form three zones as shown above: the middle zone should be twice the length of the two end zones (above, the middle zone is 36 yards long; the two end zones are each 18 yards long)

THE GAME:

> 2 teams of 8 in a directional scrimmage;; both teams in some type of formation (Team "X" = 3-3-2, Team "O" = 3-2-3)

> Touch Restrictions are as follows:

- both teams are restricted to 1-touch in the Midfield Zone
- each team has a 2-touch restriction in its own Defensive Zone
- each team has a 3-touch restriction in the opposing Defensive Zone