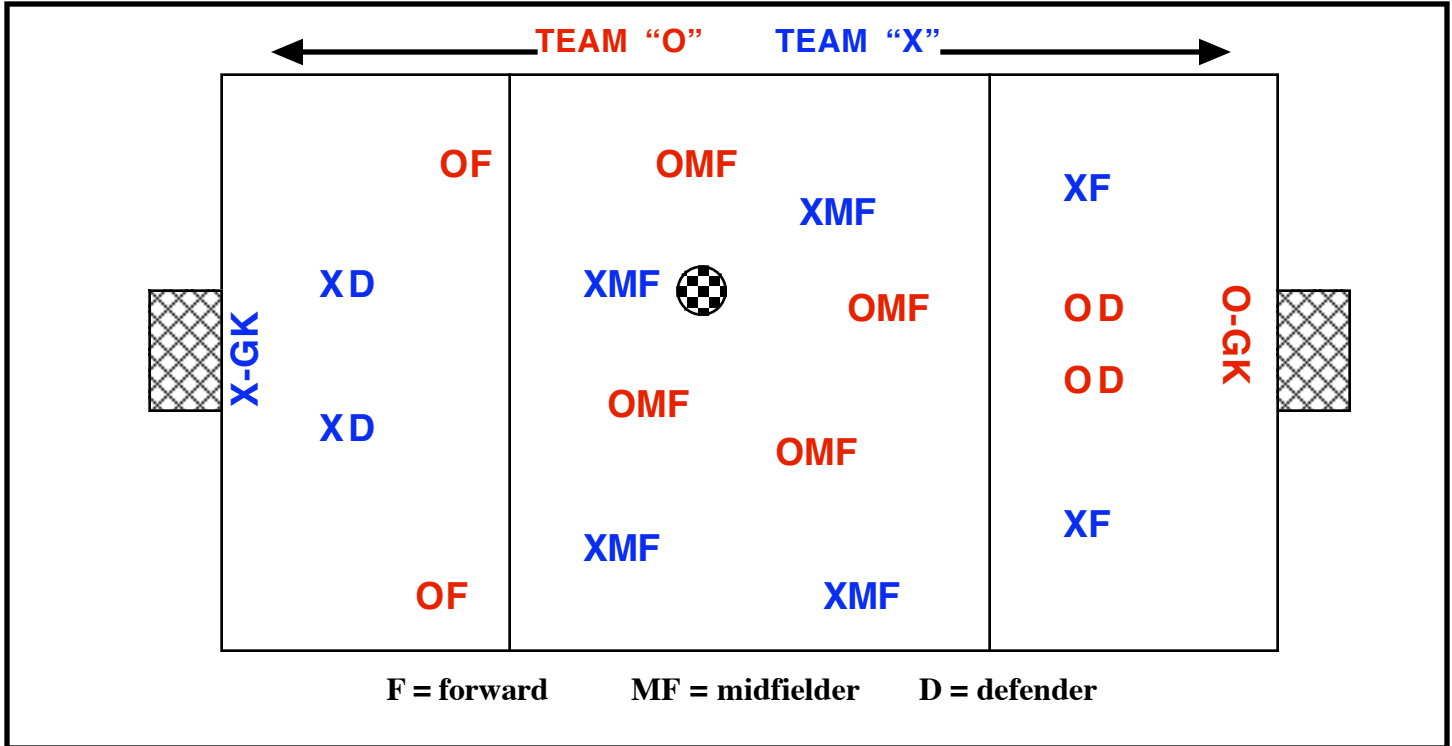


# TACTICS: Team Trains Midfielders

## "3 ZONE" SCRIMMAGE > 3v2 in Attacking Third



**NUMBER OF PLAYERS:** Full Squad -- two (2) teams of 8, w/ 2 Goalkeepers

**GRID SIZE:** 60 long x 44 wide (*width of 18-yard box*)

-- three (3) zones

< two (2) attacking zones @ 15 yards long x 44 yards wide

< one (1) midfield zone @ 30 yards long x 44 yards wide

**GAME:**

> each team plays with 4 midfielders in the midfield zone, 2 forwards in one attacking zone,

-- two (2) defenders in the other attacking zone

> both teams' goals defended by goalkeepers

> play starts in midfield zone

> teams attempt to play ball into attacking zone to their forwards

> upon playing ball into the attacking zone, one (1) midfielder is allowed to enter zone for a 3v2 to goal

> defending team attempts to get ball back into midfield zone

> play continues

> forwards and defenders are not allowed in midfield zone

**Coaching Point(s):**