

5 v5 “Must be over Half Field”



Set-up: (as pictured) Field should be a rectangle (40 yards long x 20 to 25 yards wide). Create a clear half field line

Coach should stand at the halfway line and observe the game. Try to keep comments to a minimum, but encourage all players to “push up” and “stay connected” with their teammates when attacking. **All players must be over half field for goal to count.**

Focus:

- Stay connected
- Taking space when team is on attack
- Immediate defending as a group when you lose possession. “Pressing”

Variation: Play the same with keepers to big goals