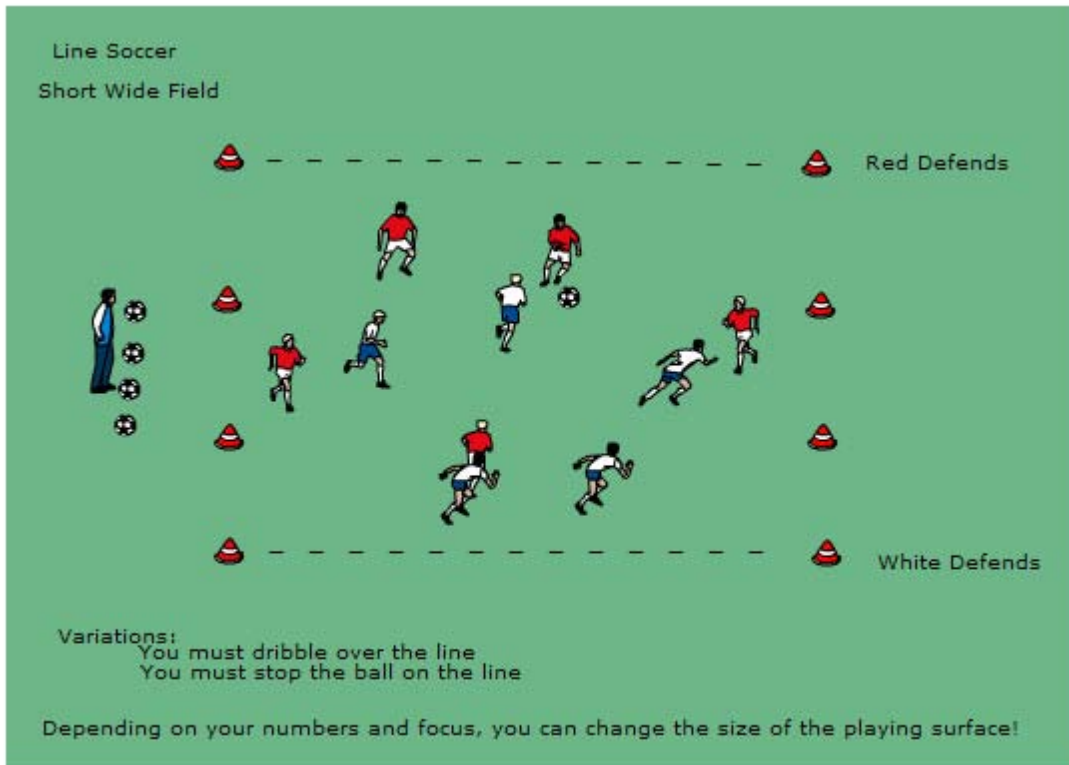


Line Soccer



Set-up: Short Wide Field: Forces your team to maximize the width of the field. This will improve your teams' ability to play laterally. Players should recognize how gaps open up in the defense if they can keep their spacing.

The Game: Two teams (Red/White) try to attack each other's end-line with the dribble. By forcing a team to defend an entire end-line it should create lots of 1v1, 2v1 opportunities if the attackers move the ball quickly.

Option 2:

Long Narrow Field (right): Space will now open up vertically. It will be important that you have a player "stretch the field" (remain high) so when you win possession you'll be able to play forward quickly. This is a good exercise if you are looking to improve your teams' ability to counter attack or transition from defense to offense quickly.