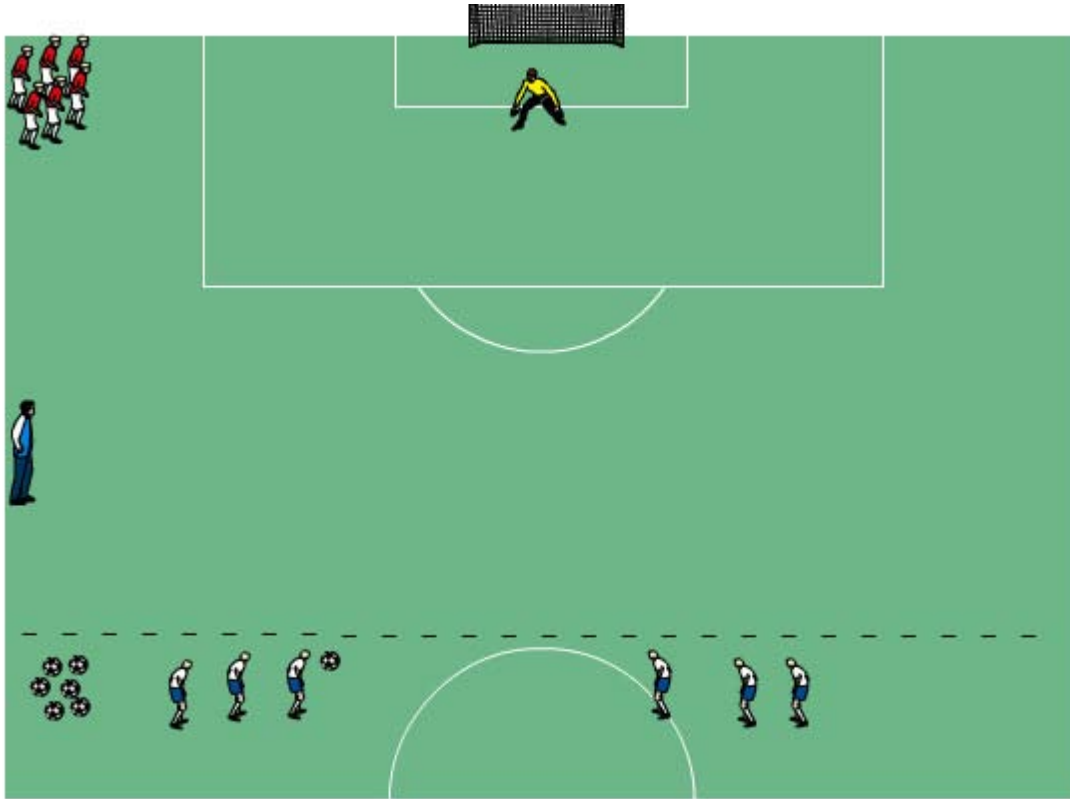


The John Abe Game



The Set-up: Divide into two equal teams and play over half the field. Mark off a line 10 yards inside half field as pictured.

The Game: The players in white attack the goal defended by the red players for 5 straight minutes.

Please Note: No attack can begin until all the white players have returned to a position inside the designated 10 yard zone! The coach calls out a number Ex. 2, this means two red defenders step out to defend the goal. The white (attacking) team should assess the situation and decide how many of their players should attack the 2 defenders. No need to send all 6 players vs. 2 defenders when 4v2 should allow for a successful attack.

Note: If the coach calls out 3 or more defenders and the white team loses possession. The defenders should try to keep possession of the ball until white can win it back. Once white wins the ball back that attack is over and white should return to their zone to have a new attack started.

After white attacks for 5 minutes, switch roles with red. If you have two goalies have one of them act as the server for the attacking team while the other plays the goalie for the defending team.

Focus:

- Attacking at speed
- Decision making- recognize the correct numbers to attack with
- Fitness
- Teamwork