

# 5v5 lose a player #4

**Objective** – Value of possession and risk management

## **Game Focus Reset Progression**

1. 1/8th of a pitch
2. 2 teams of 5v5
3. Aim of the game is to eliminate your opponents
4. After 3 (?) no of passes you eliminate a player
5. IF the defenders repossess the ball then all their players return and they are the attackers
6. Once a whole team is eliminated then you get a goal
7. After 10 mins team with most goals is the winner

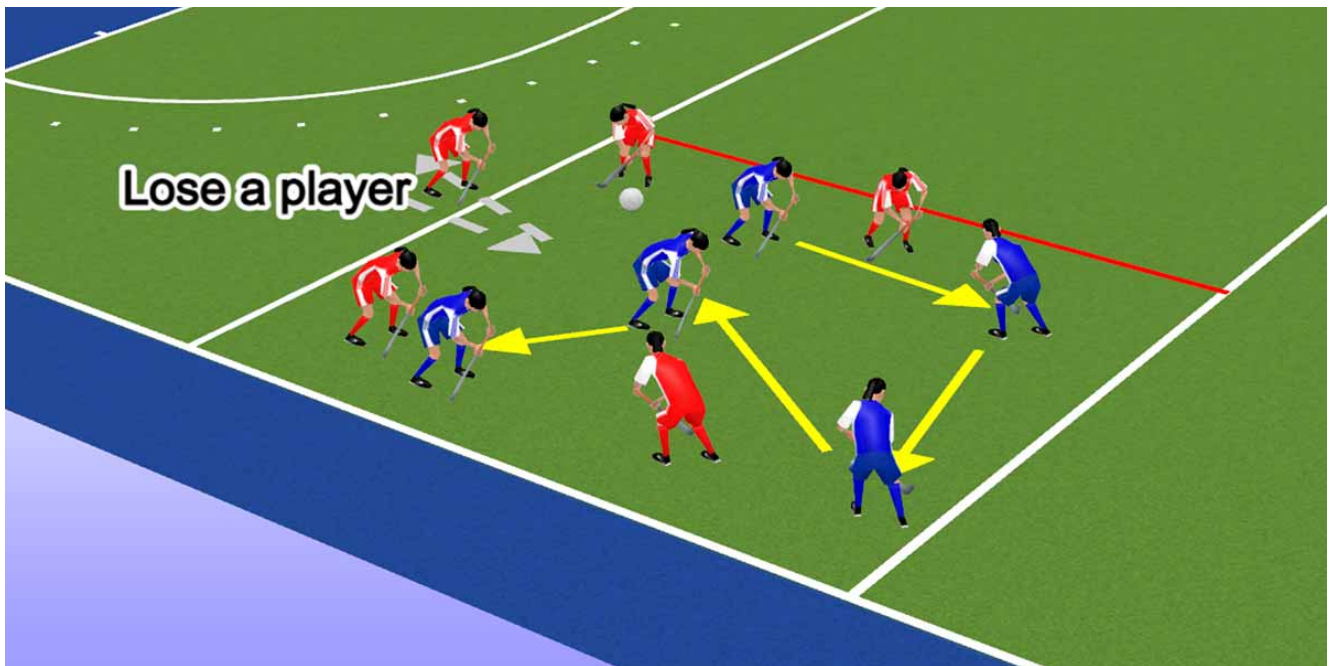
1. SPEED of reaction
2. Communicate
3. Run off the ball/play the angles
4. Pressure on the ball
5. Low and mobile body position / good footwork

## **Principles**

1. Defensive/Defensive transition
  1. Press after Loss
  2. Anticipation
  3. Interception
  4. Find your player
2. Attacking/Attacking transition
  1. Stick to stick
  2. Open vision
  3. T&S
  4. Width & Depth

1. Coach sends new ball in

1. Increase/Reduce size of box to add ease or difficulty
2. Each team gets a fixed number of balls – pressure not to be wasteful



SSP link