

5v5 lose a player #4

Objective – Value of possession and risk management

GameFocusResetProgression

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

