

# 5v5 + Squares

**Objective** – Force width into the game and do not waste possession

GameFocusResetProgression

1. 2 teams of 5
2. 3 players in central box
3. 2 Players on outside of box
4. 2 players on outside are there to receive wall passes AND to protect the goals
5. The players in the central box have to use each width player at least once prior to scoring in the opponents goal

## Defenders

1. Block line to goal
2. Pressure on the ball
3. Quick transition

## Attackers

1. Move ball to space instantly
2. Pass to space
3. Speed of reaction

Pass new ball to team that does not offend

1. 5 balls to each team
2. Minimum number of passes before scoring

