

5v5 + Wide Keepers

Objective – Test and move the keepers

GameFocusResetProgression

1. 4 v 4 (or more)
2. Look to score in either goal by catching the keeper out of position

Defenders

1. Protect L2G (line to goal)
2. Pressure on the ball
3. Diamond defense

Attackers

1. Pass/move to space
2. Move the keeper
3. Leading runs from spare players

Start from keeper if team transgresses

1. Maximum number of passes
2. Minimum number of passes
3. Time to score
4. Score 1 min after previous goal = double the tally

