

5v5 Zones

Objective – Marking, leading runs and play forward fast

GameFocusResetProgression

1. 5v5 (or more)
2. Players are fixed in their zones
3. 3v3 in central zone
4. 1v1 in either end zone
5. Central players are looking to get the ball high into their scoring zone
6. High player looking to lead and lose marker and to score

Attackers

1. Move the ball to “create”
2. Look for high player
3. Speed of thought

Defenders

1. Mark the high player – “cut him out”
2. Pressure on the central area
3. Pressure on the ball
4. Transition

Keeper starts with new feed

1. Limited number of starts
2. Reward speed of scoring
3. Time to score

