

Attack vs Defense Game #1

Organization: Attack v Defense – 5v4 situation

2 teams of 5 players divided between attackers and defenders + 2 neutral players in the flank areas. Attackers with 5 field players try to score on the regular goal. Defenders with 1 goalie and 4 field players try to score in the 3 small goals on the midfield line. If the defenders score in the small goals they become strikers and vice-versa.



Coaching Points:

- Game Adjust
- Regaining Possession
- Positioning

Equipment: balls, discs and small goals