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***Procedure:***

The two teams play 5 v 3 on the small field with eight supporting players on the outside. The team in red tries to maintain possession and finish on goal. The team in blue looks to win the ball, combine with the supporting players, and finish on goal. The support players are limited to one touch. Games are played to two goals with a time limit of five minutes, and the eight outside players switch in after each game.

***Coaching Points:***

- 1 Expanding the space – Attackers should use the entire width and depth of the field.
- 2 Speed of play – Play in a one and two touch rhythm and force the defenders to chase the ball.
- 3 Decision making - Look for passing options BEFORE you receive. Anticipate play.

***Progressions/Regressions:***

Progression 1 – The five attackers must make 5 passes before shooting on goal.

Progression 2 – The defending team must play the ball out to a support player before shooting.