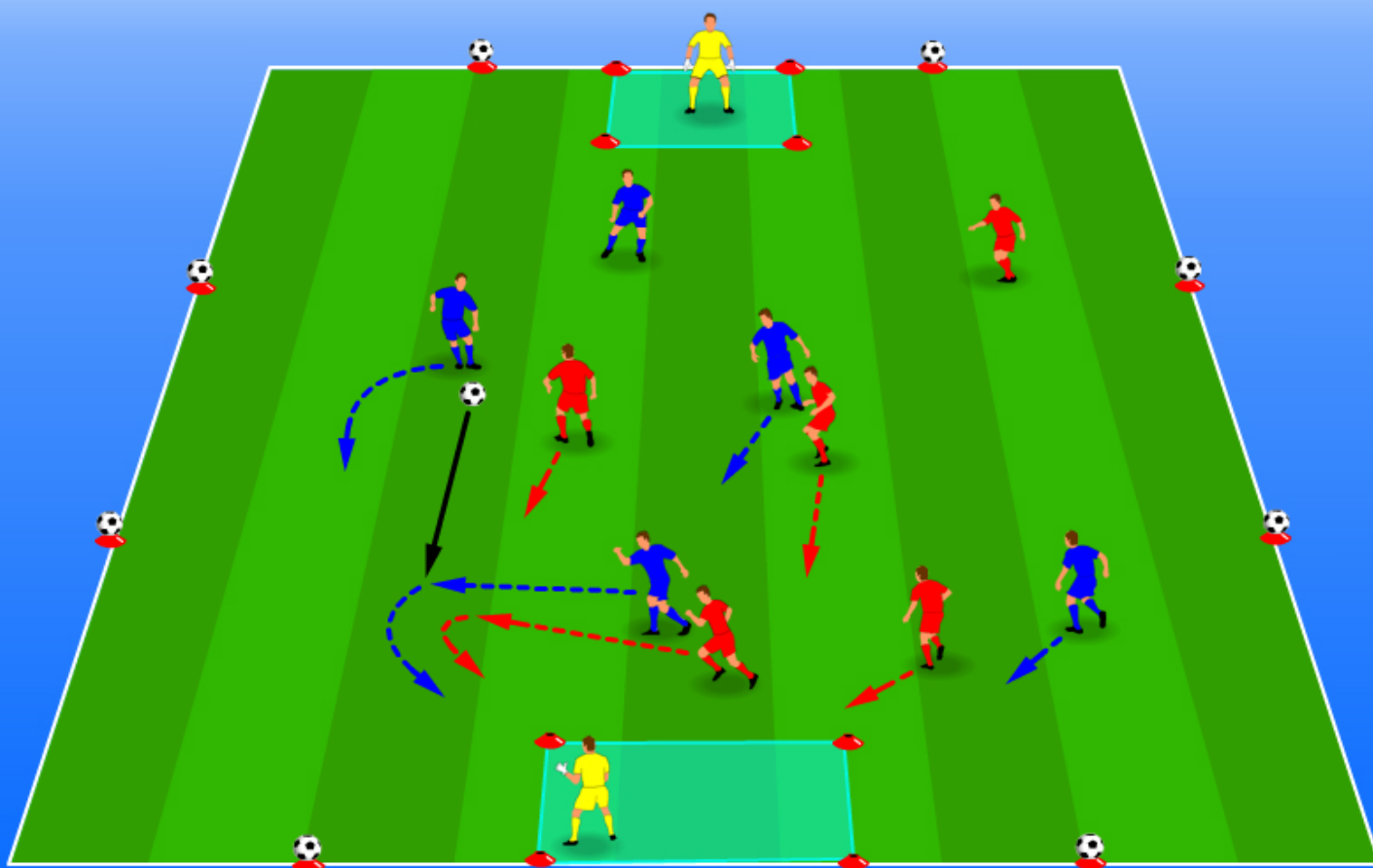


5 v 5 Knock Off Game

Small Sided

Possession, Transition



Created using SoccerTutor.com Tactics Manager

Procedure:

During play, the red team can score points by knocking the balls off of the cones with the ball. When they do, a player on the blue team must set the ball back up on the cone, creating a 5 v 4 advantage for the red team. After winning the ball, the blue team can score by passing the ball to either goalkeeper. After scoring, the blue team must attack in the other direction and try to score at the other end. The keepers must stay inside of their small zones during play. Games are played to five points, and the teams switch roles after each game.

Coaching Points:

- 1 Speed of Play – Get the ball off of your foot and play one and two touch soccer.
- 2 Decision Making – Look for passes against the flow of play. Reverse direction on the defense.
- 3 Concentration – Stay involved in the play as the ball moves away from you. Don't switch off.

Progressions/Regressions:

Progression 1 – Add another goal and goalkeeper on the inside of the field.