



Set Up / Organisation

this area is set up as a 50 x 40 and has 4 mini goals positioned at each end of the pitch as shown. 2 teams of 5 must attempt to score in 1 of the 2 goals at the opposite end. play as a normal game and allow teams to set up formations if necessary. Clear focus on defending the 2 goals here with compactness hugely important

Key Points

Compactness as a unit in defensive phase with few gaps in between players
slide/shuffle across quickly when play switched quickly
Communication between players to limit space for opposition