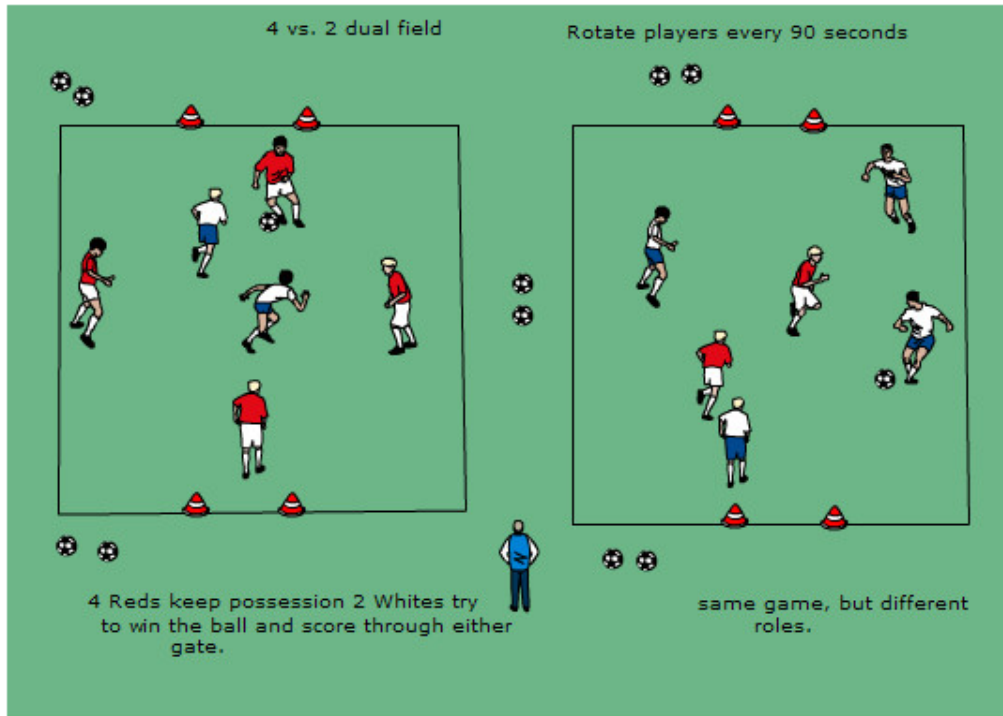


4 v 2 Dual Field



The Game: (as pictured).

Coach can make the games competitive. Team that is numbers up get a point for connecting 5 straight passes', defenders' get a point for scoring between the gates. Play games to 3 or for a designated amount of time (90 to 120 seconds).

Note:

The coach can make several adjustments to make this game more effective.

1. Can add an extra possession player creating 5v2.
2. Can make the field bigger if the 2 defenders are having too much success.
3. Make the Gates bigger or field smaller if the team in possession is having too easy of a time.

Focus:

Attack- good angles of support, keep the space as big as possible, proper weight on passes.

Defending- work as a group, communicate, try to score quickly when you gain possession.