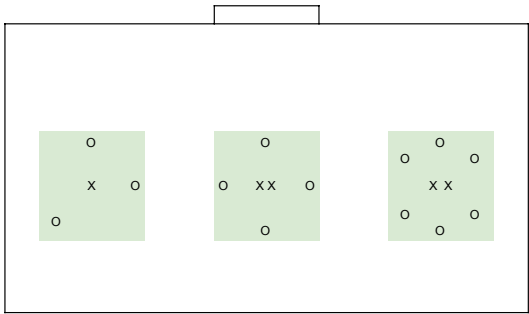


Practice

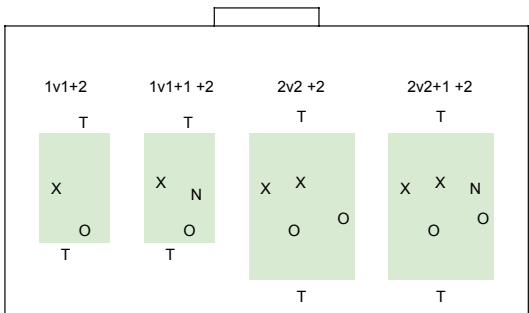
Rondo on Arrival



- Objective
- Attackers keep ball away from defender
 - Defender win ball and dribble OUT of the box
 - Attacker who lost ball goes into middle
- Setup
- 10x10 boxes (4 cones)
 - 4v1, 3v1 (shown), 4v2 (shown), 5v2, 6v2 (shown)

Practice

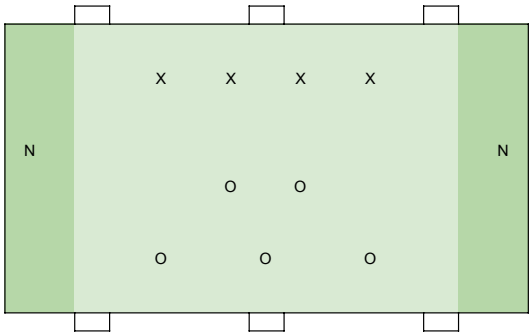
Position Play



- Objective
- Keep ball away, play end to end to T targets who are outside of the box
 - Inside attacker(s) must find space, try to open body to play across w/o having to turn
 - N option is neutral all time attack
- Setup
- ~10x12s for 1v1s
 - ~12x15s for 2v2s

Play

Training Game (O vs X + N)

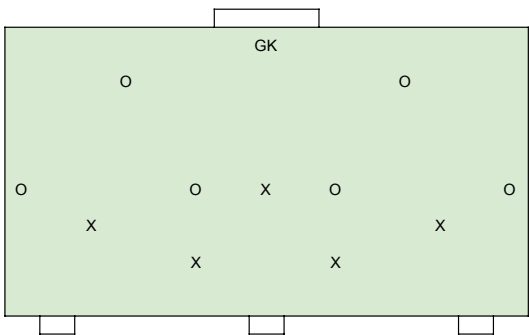


- Objective
- Attack and score on 2-3 small goals
 - Neutrals add +N numerical advantage (2 in wings shown, could add 1-2 in middle)
 - Wings must stay out wide and can score, everyone else can go anywhere
- Setup
- Half field or so, 2-3 small goals on each side, coned off wide lanes for neutral wings
 - u10 ~ 4v4+2 u12 ~ 5v5+2 u14 ~ 6v6+2
 - 3-1 inside setup 3-2 inside setup (shown) 3-3 inside setup or more

Play

20m+

Half Field or Full Scrimmage



Free Play.