

5 v5 “Must be over Half Field”



Set-up: (as pictured) Field should be a rectangle (40 yards long x 20 to 25 yards wide). Create a clear half field line.

Coach should stand at the halfway line and observe the game. Try to keep comments to a minimum, but encourage all players to “push up” and “stay connected” with their teammates when attacking. **All players must be over half field for a goal to count!**

Focus:

- Stay “connected as a team”
- Taking space when team is on the attack
- Immediate defending as a group when you lose possession “pressing”

Variation: Play the same game with goalies to large goals.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Introducing Passing on the Move
Team Triangle Warm-up

Possible Previous Activity:

5v3 plus 2
5v5 Double Penalty Box