

5 vs. 5 plus Keepers Double Penalty Box



Set-up: Two teams of 5 field players and a keeper play on a field 44 x 36 yards (Double Penalty Box). Use the top of the penalty box to divide the field into two zones.

The Game: Teams play 3 defenders plus a keeper vs. 2 attackers in their defensive half of the field. Players cannot move from one half of the field to the other. Coach should rotate the players to the different zones.

Focus:

- Quick ball movement at the back
- Shooting from distance
- Finishing
- Forwards learning to play numbers down (2 vs. 3 plus keeper in attacking half) in both the attacking phase and defensive phase.
- Blocking shots.

Note: Coach should have a supply of balls to keep the game moving. Also place some additional balls in each goal.

Variation: Allow one of the defenders to enter the attacking half of the field after the ball has been successfully passed into a striker. This will create a 3 vs. 3 plus keeper in the attacking half. This player would need to return to his zone once a change of possession occurs.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Progress to: