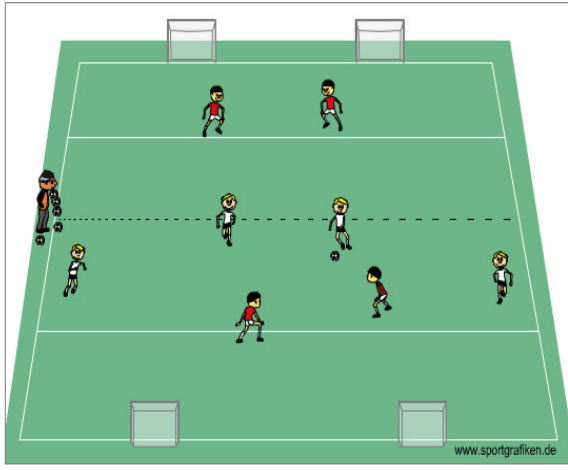


4 v2 Four Goal Game with 10 Attacks!



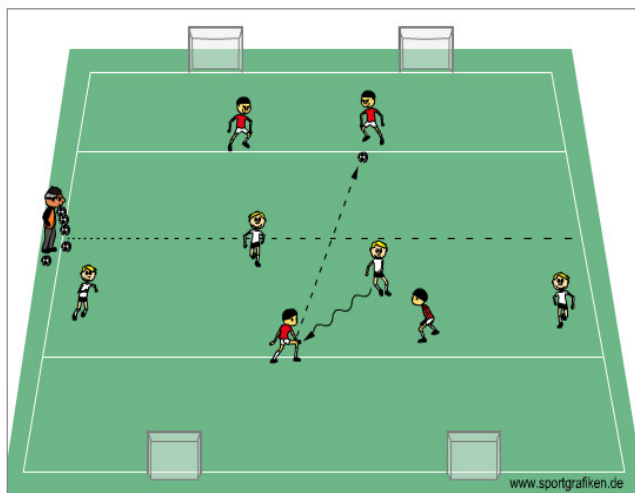
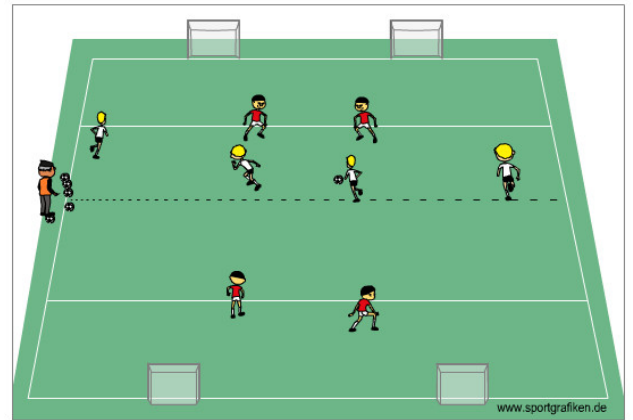
The Set-up: A field approximately 40 yards long x 25 yards wide is divided into half. Place two mini goals (puggs or discs) on each end line. Divide the group of 8 into two teams of 4. Coach should have a supply of balls.

The Game: A white team of 4 players attacks 2 red defenders guarding a pair of goals while the other two red defenders rest. On completion of the attack, the white players turn and receive a new ball for the coach and begin to attack in the opposite direction. (Pictured below)

Rotation: After 10 attacks, 5 in each direction, the roles reverse.

Coach should observe:

- Are the attacks being carried out at speed?
- Is the movement off the ball dynamic (overlaps, give and go's, etc.)
- Are proper decisions being made?
- Are the passes into space or too feet?
- Can we defend #'s down?
- Is the communication Clear & Concise!



Final Phase: The Game: 4 white players attack 2 red defenders to 2 goals while the other two red players remain in their half. If Red wins the ball, they must pass the ball to their teammates in the other zone.

Rotation: The Red quickly move to support their teammates and become the attacking team. Red would now go on the attack with two white players taking up positions in each half of the field to defend.

Play game for 5 minutes. Keep score!