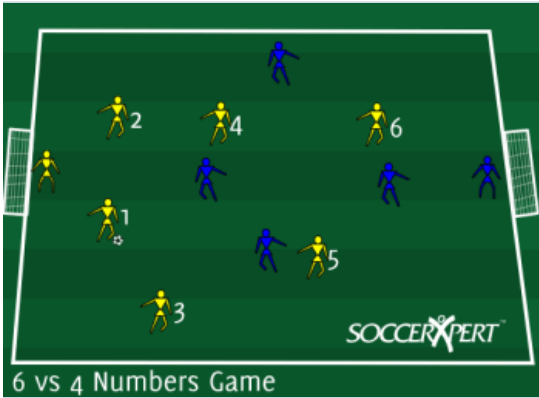




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 12+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

6v4 Team Training Numbers

Objective:
This 6 vs 4 team training drill focuses on team movement, communication, and passing. This is a great session to end on after an intense passing practice.

Setup

1. Setup a grid about 40X60 yards with full-size goals at each end line.
2. Split the field players into 6 vs 4. With a goalkeeper in each goal.
3. Number the team of 6 from 1 to 6.
4. The team of 4 does not need to be numbered.

Instructions

1. The team of 6 must pass in numerical order.
2. The team of 4 is not restricted and does not have to pass in numerical order.
3. When possession is regained by the team of 6, the numerical order begins with the player that has possession.

Coaching Points

- Movement and communication will be crucial for the team of 6.
- The team of 4 must attack quickly to off balance the team of 6.

Variations

- Make the team of 6 complete a pass to all 6 team members before going forward to goal.
- Increase to 6 vs 5, and then 6 vs 6.