



5v5+1 to Two Large Goals

Purposes: Attacking Build-up / Shooting from Distance / Finishing / Combining / Counter-Attacking / Attacking & Defending Offside Space / Group Defending.

Organization: Field divided into 18-20-18 x 35 yd thirds * 5v5 with one neutral player (6x5) * Offside lines 18 yds from each goal * 5-10 minute rounds * Goals score 3 points * Shots on goal from middle third score 1 point * Goals from inside final third score 1 point * Regular throw-ins * Corner kicks (not taken) score 1 point.



Tom Turner, April 2009