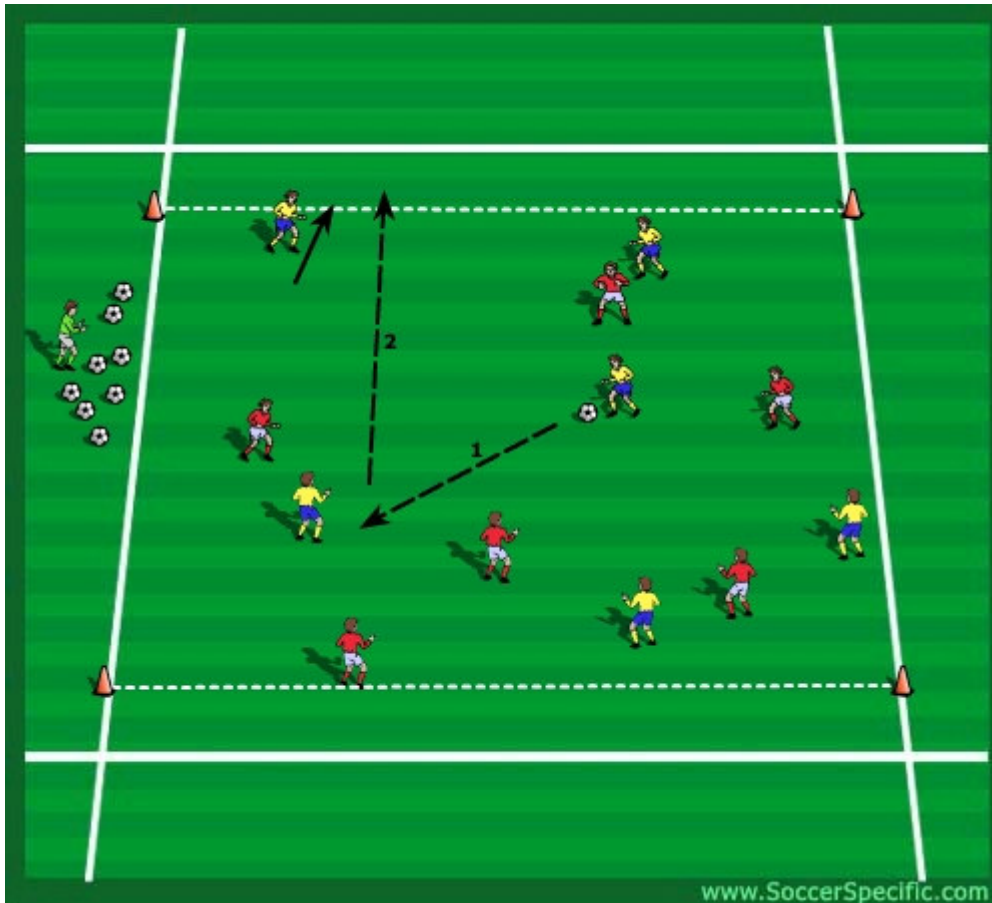


6 v 6 With End Zones

Emphasis: Switching the point of attack, Passing, small-sided game



Set-up:

40 x 40 yard grid with cones placed as shown to create a 3-4 yard wide end zone at each side. Players are split into two teams. Two sets of colored bibs. A 6v6 is organized inside the grid as shown. Balls are located outside grid with the coach.

Objective:

Both teams try to maintain possession of the ball. Points are awarded for completing a pass to a teammate located inside either end zone. Players cannot score in the same end zone twice in a row. After a point is scored at one end of the grid the next point must be scored at the other end. If the ball leaves the playing area the coach should quickly play the next ball into the grid to keep the intensity high.

Progressions:

1. Players use a maximum of 2 touches.
2. Player cannot enter end zone before the ball enters, to encourage well-timed runs

Coaching Points:

- Keep the ball moving with quick accurate passing.
- Attempt to switch the ball to the opposite end zone as quickly as possible.
- Movement and angles of support are important if switching opportunities are to develop.