



5v5+1 around the Penalty Area

Purposes: Attacking Build-up / Finishing /
Combining / Counter-Attacking / Defending.

Organization: Field 30 x 44 yds * 5v5 with one
neutral player * Offside lines 6 yds from each goal *
5-10 minute rounds * Goals 3 points * Bonus points
for 1- or 2-touch goals * Bonus points for shots on
target * All out of bounds restarted with respective
goalkeeper * Bonus point for corner kicks (not taken).



Tom Turner, April 2009