

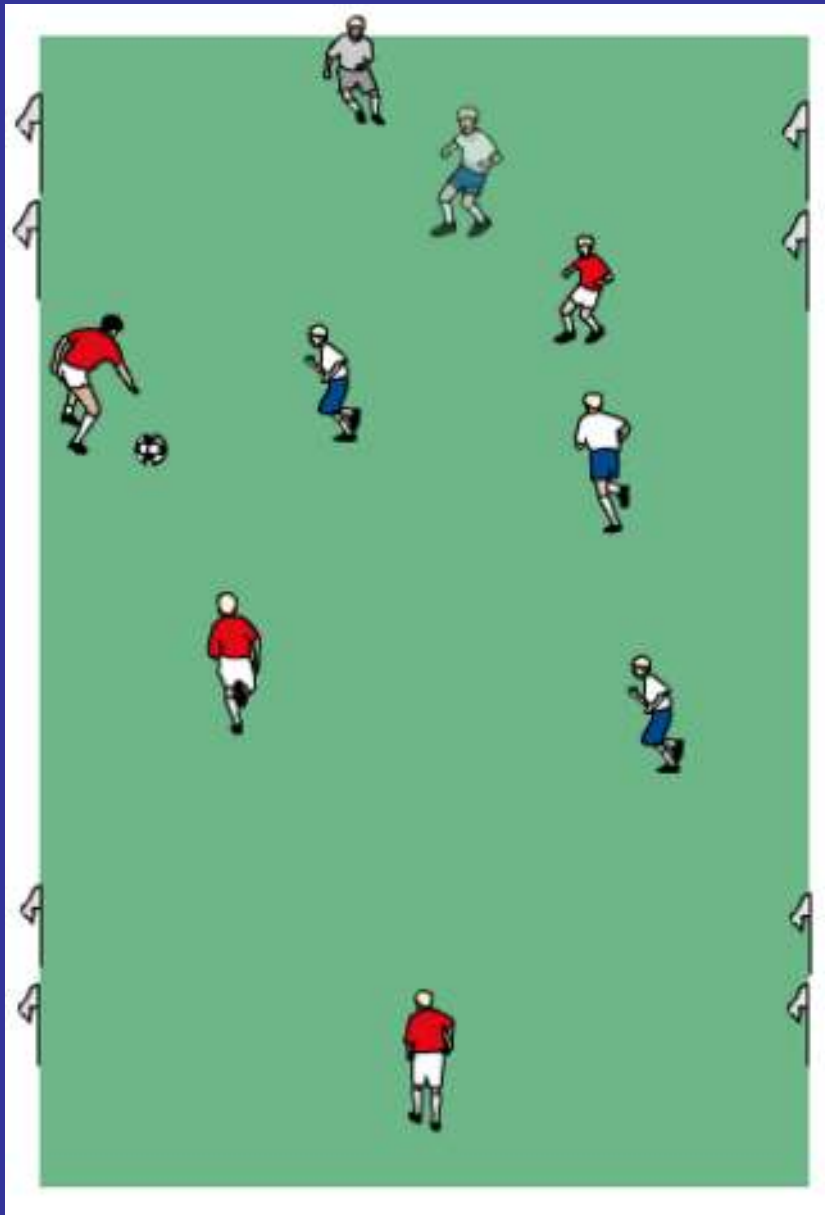


## 4v4+1 to Two Goals on the Long Line



**Purposes:** Possession & Ball Circulation / Rhythm of Play / Combining / Defending

**Organization:** 40 x 30 yds \* Four field players and one neutral player \* Five-minute rounds \* Kick-ins from the sidelines\* All restarts are indirect \* Each team has two goals to attack and two goals to defend  
\* Goals must be scored on the ground \* Goals can be 1-2 touch only \* Corners (not taken) score half a goal.



Tom Turner, April 2009