

Play To End

Fitness: 60% **Technique:** 80% **Tactics:** 80%

Passing, Defense, Transition, Ball possession, Tactics Offense, Tactics Defense, Any, Game situation, Warm-up, Team, 0 Goalies



Setup:

2 teams - with at least 5v5, but can be done with more.

Field size should be rectangle in shape and be at least 20x15, but should be adjusted if you have more than 5v5. 1 player from each team should be along the end line of the rectangle, the rest inside. 1 ball.

Execution:

Play begins and the teams try and pass the ball to their teammate that is on the end line. Then they will switch out. The ball is awarded to the other team and play resumes.

coach the players on the end lines to move/ shadow the flow of the ball and not stay in one spot. They must receive the ball with control behind the end line for it to count.

Play first one to 5 wins.

Variations:

Add a defender on the end line.

Add a second player on the side touch lines.