



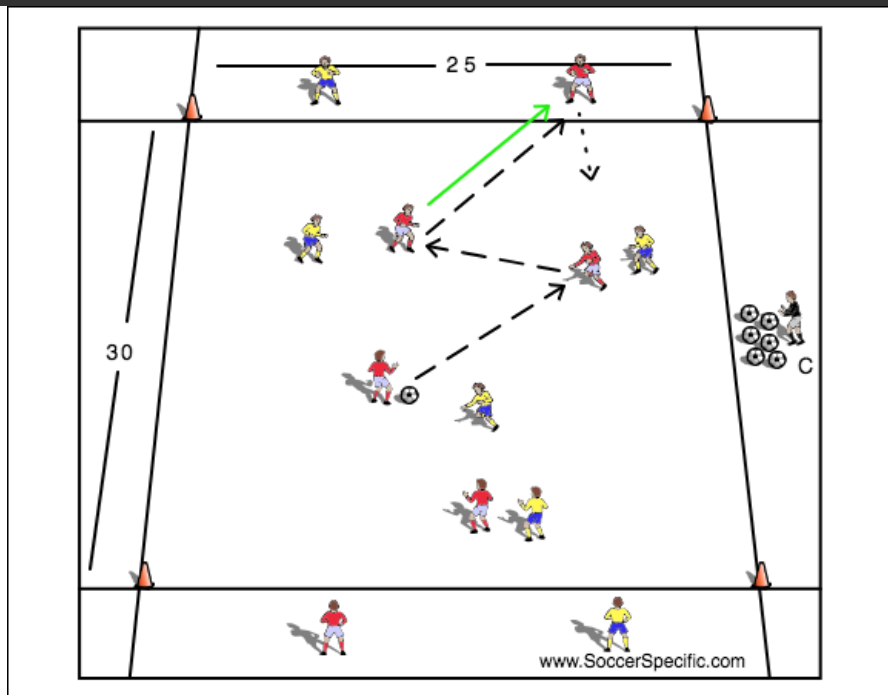
6V6 Interchange

Date: Jul 23, 2018

Duration: 4X2 Min

Team: SoccerSpecific

Intensity: ● (5/10) | Category: Tech / Tact



1

⌚ 4X2 Min ↗ 25X30

Setup: 6V6 possession, 24 total players, 12 field players per group, 4v4+2 targets for each team, one on either side of a 25X30 yard playing area as shown in the diagram. 4X2 minutes, 1 minute rest in between. Two identical field set ups.

Instructions: Normal possession inside the playing area, if the ball is played to one of the targets then the player who played the ball must switch positions with him. The target then must penetrate into the grid on the dribble or with a pass. 4 sets of 3 minute games, Variations for each game include 3 touch max, 3 touch max and 8 passes is a goal, unlimited touch and 10 passes is a goal, 3 touch directional play and combine from end to end for a point.

Coaching Points: Possession, passing accuracy, mobility and movement off the ball, combination play, deciding when to penetrate or possess, communication and all previous coaching points.