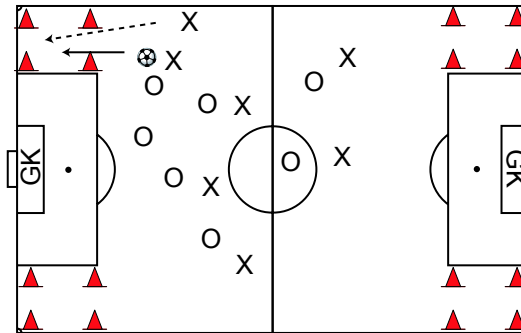




Scrimmage # 7: 7v7 Flank Attack



Both teams can score on either goal after passing the ball to a team mate in one of the corner squares.

Players cannot be challenged in the square.

Teams must play ball across the center of the field before they can score again.

Coaching Points/Progression

On change of possession (goal, winning the ball, ball out of play) the team that was defending now transitions quickly to get the ball across the half. Once across the half, they have the choice to attack ANY of the four squares. If you notice that they never reverse direction to attack the goal they just defended, then stop play and point out the missed opportunity. They need to realize that reversing direction against the run of the team chasing them will open up the most space.

Progress the drill by allowing players in the square to be challenged by the defending team.

Consider having more players on one of the teams to challenge the defense or to provide a "success" for the offense. This depends on your motivational emphasis at the time of practice.

Coach's Notes