1v11 Activity for U13 and older Players - 6v5 on a half pitch

OBJECTIVE: Pressure, Cover, Balance, stay compact, and remain compact

PLAYER ACTIONS: Protect goal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative

ORGANIZATION:
6v5 on a half pitch play to 3-goals and one big goal with goalkeeper 1. Each player stay in a quad. Players can move to empty quad 2. Coach restarts each play. 3. Team with most goals win 4. Encourage defensive principles

NOTES:
You can use this to also teach attacking principles.