

## 5V5+GK HALF FIELD GAME

### STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Group defending.
- + Counter attacking and finishing breakaways

#### Competencies:

- + Defending in pairs and small groups.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Shooting technique

### WHY USE IT

This activity focuses on the coordination of defensive play across 2 tactical lines.

### SET UP

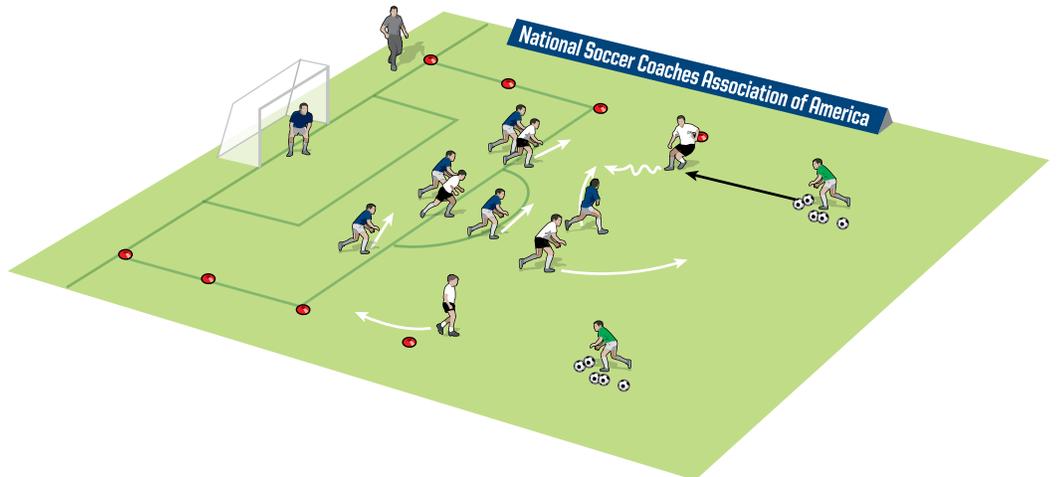
Use cones to narrow half a full-sized field to the width of the penalty area. The attacking team of 5 players and defensive team of 5 field players plus a goalkeeper take the field. Both teams line up in a 3-2 formation. Position two wide target players near the halfway line, each with a supply of balls and place an assistant coach on the touchline to enforce the offside law.

### HOW TO PLAY

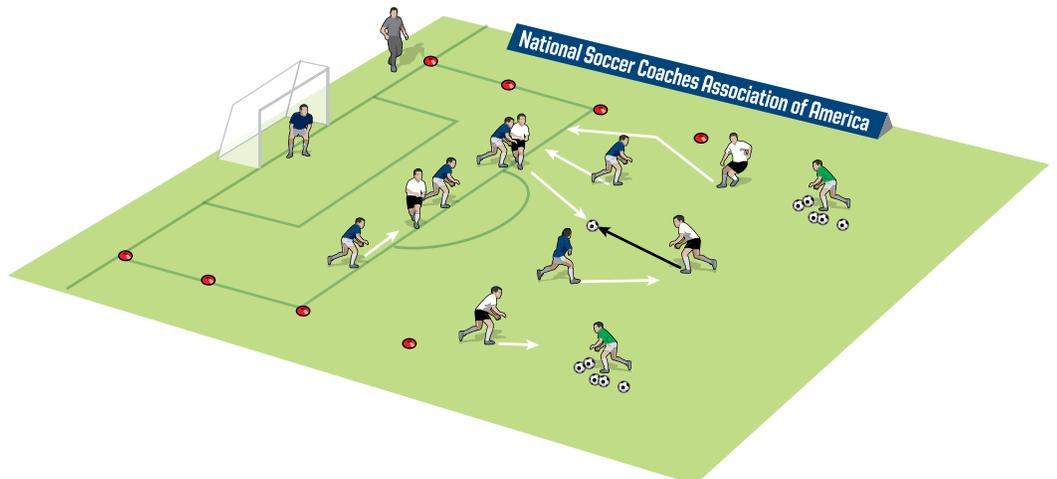
Play begins when one of the target players passes a ball to a midfielder on the attacking team. The attackers work to score. The defensive team works to win possession of the ball and then deliver a pass to either target player. Award 3 points for any goal scored by the attackers, and 1 point for each pass made accurately to the target players by the defenders.

### COACHING NOTES

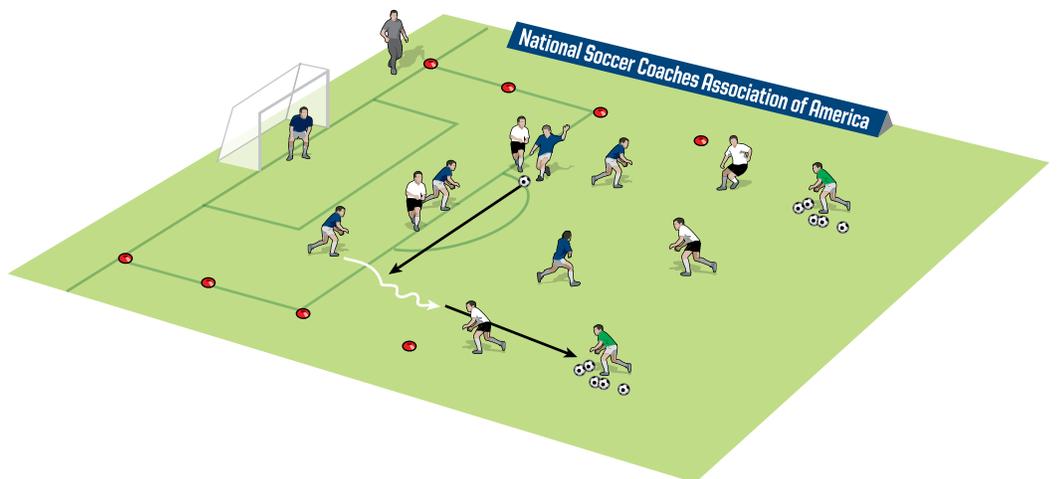
- + Coaching objectives – Coach defensive play on both sides of the ball, with the 2 advance players giving initial pressure and limiting options as the back 3 players provide cover and balance.
- + Coaching tip – The use of midfield target players trains defenders to transition to attack quickly once they win the ball.
- + Adaptations – Increase the numbers to 6v5+GK.



- + Once the ball is in play, the first defender applies pressure and limits penetrating options



- + When a forward checks back to the ball, the defenders must coordinate their response



- + When the defenders win the ball, they transition to the attack immediately
- + The defenders score by completing a pass to either target player

