



Organization:

White: #4, #2, #3, #6

Red: #10, #9, #7, #11

(Red & White play together)

Blue: Defends - Assumes positions of color that makes mistake or loses possession. (Transition)

Concept:

Groups in possession need to hold team shape, connect lines, have proper movement off ball, use proper passing/receiving techniques, create rhythm with passes between all players. Transition from defending to attacking (assume proper shape). Transition from attacking to defending (apply immediate pressure).

Duration/Intervals:

15-20 minutes duration

1:30 Intervals (30 sec rest)

Short intervals with rest provide high pace

Increase competitive mentality - push ups for team defending at end of interval