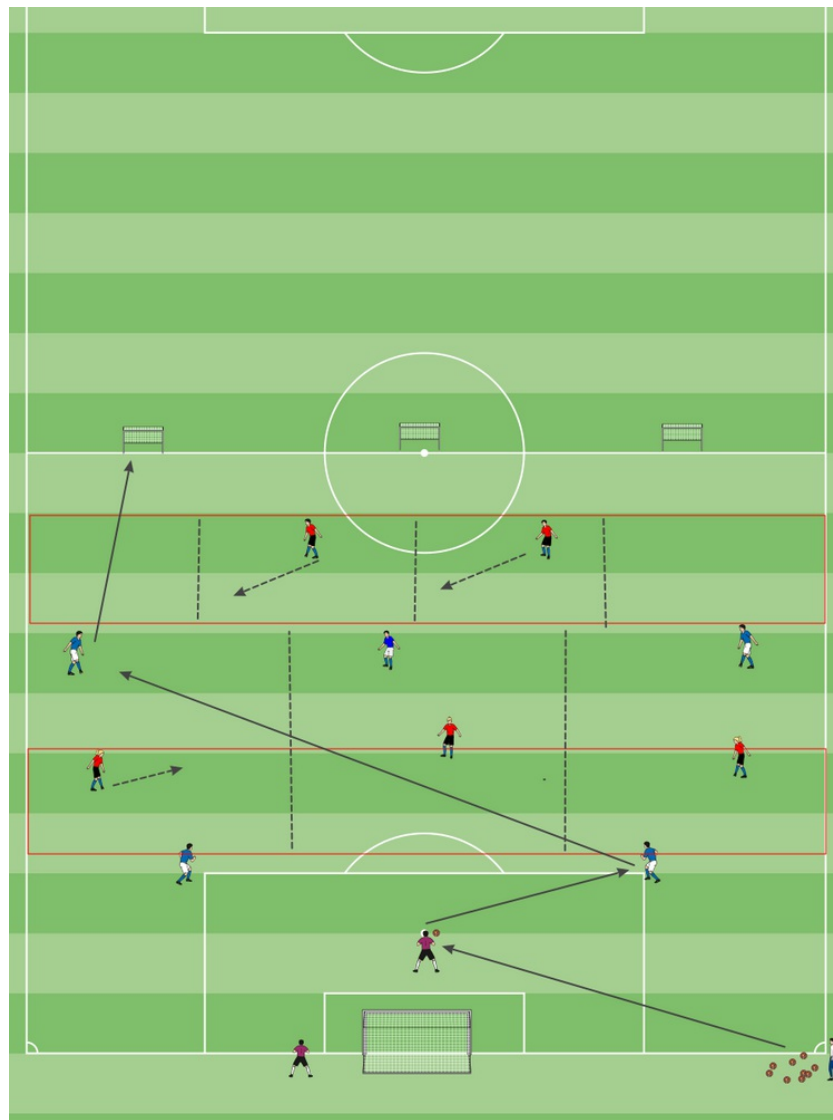


**11v11 Activity for U13 and older Players - 6v5 on a half pitch**  
**OBJECTIVE:** Pressure, Cover, Balance, stay compact, and remain compact  
**PLAYER ACTIONS:** Protect goal, Get compact, Pressure/cover/balance  
**KEY QUALITIES:** Read game/make decisions, Focus, Initiative



**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.

🕒 **MOMENT:**  
Defending

👤 **AGE:**  
U13+ / 11v11

👥 **PLAYERS:**  
6 vs 5

🕒 **DURATION:**  
30:0 min