

# 5v5 + Height vs Width

**Objective** – learning to attack with height or width

GameFocusResetProgression

1. 5v5 1/4 pitch
2. Each team has “extra room” for players
3. They can use those players to help them to score
4. These players cannot be tackled BUT they cannot hold the ball longer than 5 sec

1. Use the players in space
2. Play straight back in after inviting pressure

1. Start with keeper if backline
2. Start with coach if sideline

1. Time to score
2. If use wide/high player 2 goals
3. Turn and burn when scoring
4. If score in 30 secs after last goal then 2 goals

