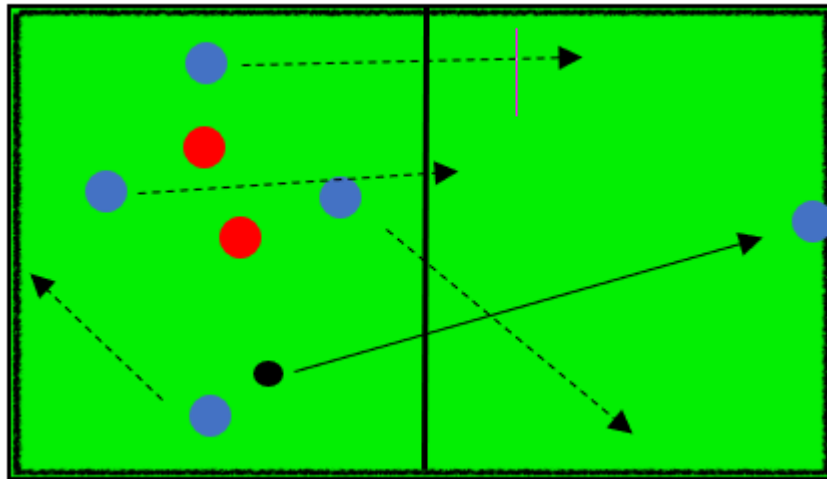


Conditioned Small-Sided Games - Playing out of Pressure



4 V 2 plus Target Player



Objective: 4 V 2 on one side of the grid (each side approx. 15 X15 yds). After 3 or more passes players look to play out of pressure by playing a longer pass into the opposite grid to the target player. The player who played the pass out of pressure stays and becomes the target player. Play continues on the other side with the same conditions. The two defending players carry pinnies to designate them as defenders. They switch out after winning the ball five times. Two attacking players take the pinnies and roles are reversed.