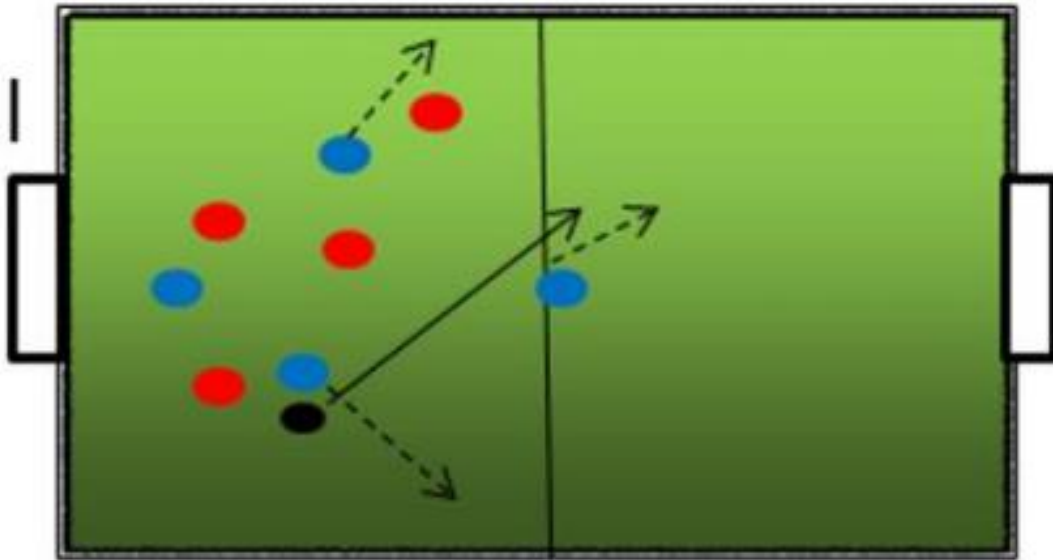


Conditioned Small-Sided Game – Depth



Conditioned Game (Dispersal –width and depth)

If you win the ball in the offensive half you must play back into your own half in order to go forward and score.

Note: Diagram uses halfway line to drop behind. This works well if you are coaching one team attacking goal. If you would like to introduce the concept to both teams, use a line for both team to drop off and play behind to start the attack. These two lines would be similar to the “Blue Lines” in hockey.

Diagram below:

