

ALL UP AND BACK

Organization: Two equal small-sided teams, one ball.

Structure: If possible, adjust the field size and goals to appropriate size (smaller players = smaller field).

Procedure: Play as any small-sided game, except when your team loses the ball. All players on that team should attempt to run back until they are behind the ball. When your team wins the ball, all players on your team should run forward to attack. A goal only counts if all players on the attacking team are on the attacking half of the field. A goal counts for two points if it is scored while any member of the defending team is not back in the defensive half of the field.

Coaching: Quick transition.