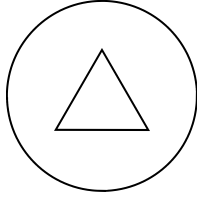


5 v 5 v 5 v 5



XO

XO

XO

XO

5v5 set-up at one end of the field and 5v5 set-up at the other end. The 50yd line and the sidelines are the boundaries for each segment. The 5 attackers at one end are teammates with the 5 defenders at the other end (wearing same color jersey/pinny). The goal is to successfully clear the ball to your teammates on the other end without crossing over the 50 yd line. The drill is great regarding cutting, communication and stamina... very difficult!

XO

XO

XO

XO

XO

XO

