



# 5 v 5 Defensive Shape

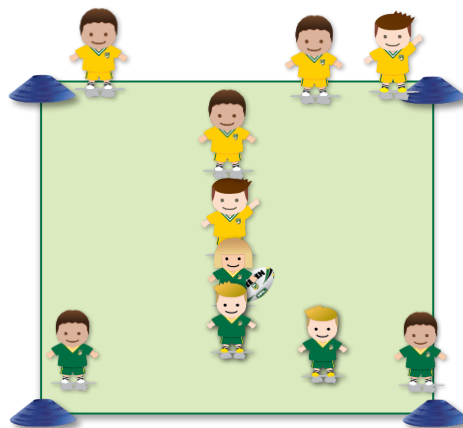
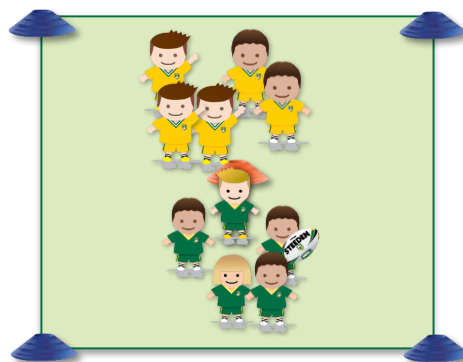
**Skill – Attacking & Defensive Fundamentals, Passing, Tackle**

TYPE  
**Open**

AGE  
**12+**

## Description

- » 10 players start in the middle of a grid, 5 attackers and 5 defenders (see the top diagram).
- » On go, they have 3 seconds to set up a play the ball (see the second diagram)
- » On the second go, the attackers have one play against the defenders. The defenders must communicate to cover the attacker correctly.
- » Once finished, 10 new players go to the middle of the grid to repeat.



## Logistics

(10m)



(20m)

## Players



10 x Attackers



10 x Defenders

## Equipment



x (5) Markers



Whistle



x (1) Football's

## Progression

- » Make the grid bigger or smaller
- » Add or remove attackers and defenders
- » Progress to a rolling 5 v 5 activity



Click to watch the video



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