## Group U11 to U13



Two pairs of players are positioned in a grid 20 yards $\times 25$ yards.
Each team starts from their goal.
One team on offense starts with the ball, the other team on defence.
The offensive team attacks with two players and attempts to score a goal.
The defensive team plays with one defender and one goalkeeper.

Only the goalkeeper may use his hands.

If the attacking team scores, one attacker becomes a defender, the second must run into the goal to act as a goalkeeper.

If the defending goalkeeper catches the ball, they now become the offensive team.
If the defending player wins the ball, they now become the offensive team.
When possession changes, the offensive team must counter as quickly as possible.
The team, who scores the most goals in 10 minutes wins. Rotate groups to compete against different players.

