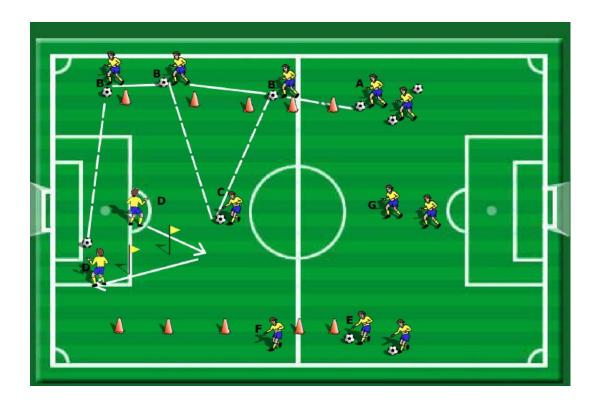
## Restricted and Pattern Play

The Coach cannot just talk about game tactics; the players must go through their roles on the field and practice many times. However, it is not enough to just put them out on the field and scrimmage. You need to guide them through the correct positioning and reactions to different situations they will encounter. **Restricted** and **Pattern Play** exercises create game situations that are practiced over and over so they can perform in games.



7 v 7 Pattern Play
A more advanced exercise in moving the ball up the field

## Players:

- A—right back
- B—right mid
- C—center mid
- D—forward
- E—left back
- F—left mid
- G—next center back

## Play:

- A passes to B, who plays a give and go to Player C
- While the 1st pass is being made, player D makes a checking run around the flags.
- When the return pass to B is made player D goes toward the far post of the goal
- B crosses to D who finishes
- A moves to B position, B to G, C to D, D to A, G to C

Restart the exercise with player E passing to F

## **Coaching Points:**

- Make sure that passes are to players' feet or the space in front of them.
- Make sure that the players know their passing options and their runs off the ball.