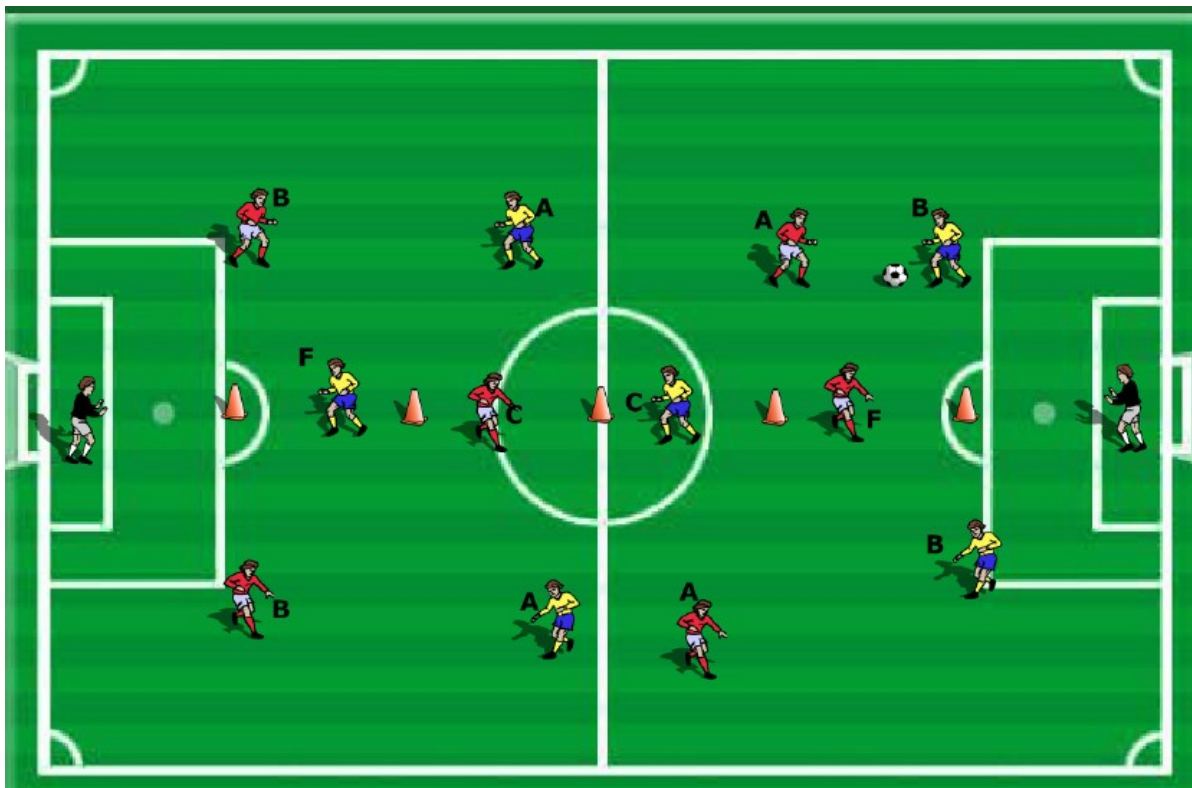


Restricted and Pattern Play

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.



Restricted 7 v 7—Avoiding the “Swarm” A beginning exercise for players to practice correct positioning

Setup:

- Divide the field in half with cones
- Leave the penalty areas as free zones.

Players:

A—outside mids
B—outside backs
C—center mid
F—forward

Play

- Outside backs (B) and outside mids (A) cannot cross over into the other half, except in the free zones at either end.
- The backs can defend their zone and the mids can attack the other zone.
- The central players (C) and forwards (F) can go anywhere on the field.

Coaching Points:

- Make sure that the defense knows it can defend in the last section of the field.
- Try to keep the players from hanging out at the center line when the ball is not on their side
- Make sure that no matter where the ball is, you point out the passing options.