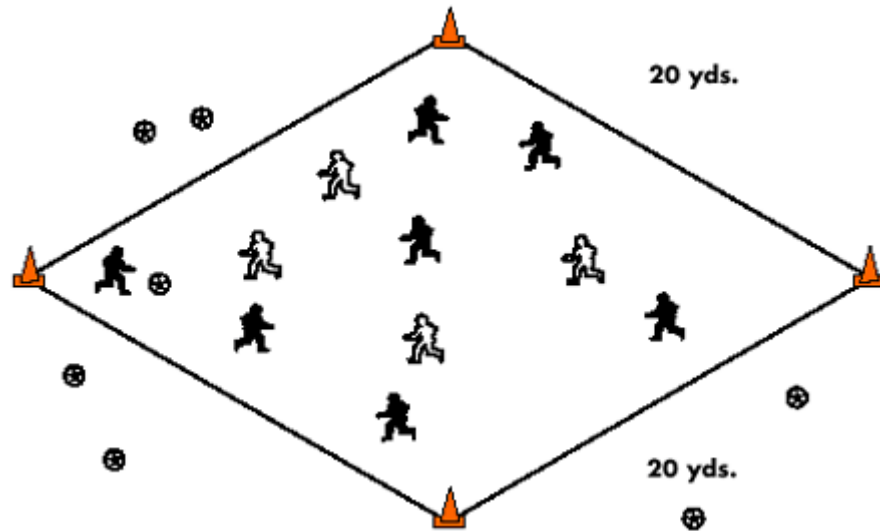


# Seven vs. Four



## The Setup

1. Four cones (use cones to create a square or rectangular playing area).
2. Seven offensive players.
3. Four defensive players.
4. One ball.

## The Game

1. To begin the game, the seven offensive players are given possession of the ball.
2. Seven players try to possess the ball. 15 passes equal a goal.
3. Four players are collectively trying to gain possession and get the ball out of the space.
4. One point is awarded each time they get it out. A total of three points wins the game.

## Coaching points

1. Encourage ball control.
2. Remind defensive players to anticipate and intercept passes.
3. Encourage offensive players move around to receive passes.
4. Offensive players will learn to make the best possible to maintain ball possession.

This game can be played with different combination of players. Depending on the strength of your players the number of passes necessary to gain a point can be altered.