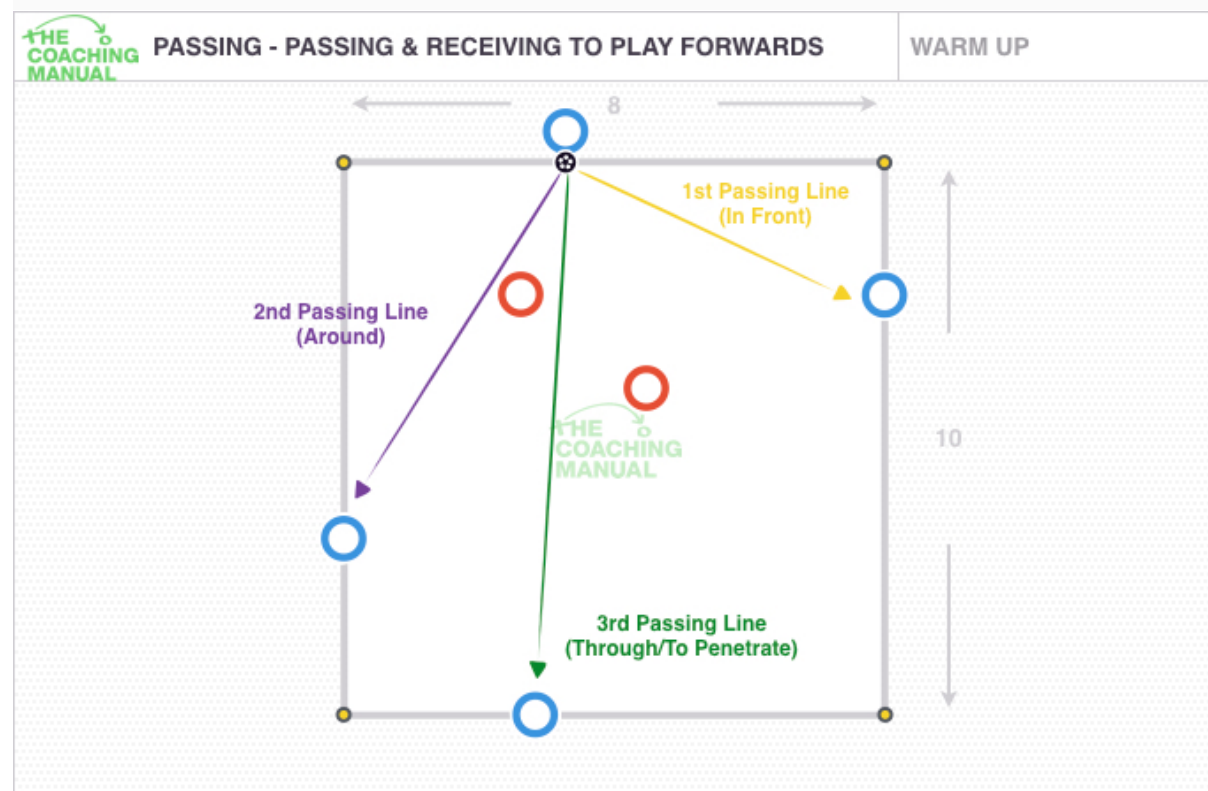


# Set Up

- 10 mins
- 6 players
- 1 balls
- 6 bibs
- 4 cones
- 10x8 area



## Key Coaching Points

- Structure  
Players should maintain diagonal angles and good distances keeping the structure to penetrate effectively.
- Movement  
To create passing lines, players should create 'triangles' and 'diamonds' shapes to provide passing options and penetrate the opposition
- Quality of passing  
With the correct weight and decision players need to make decisions to play in front, around or through the defence.

## Setup

4 x Attacking players (Blue) and 2 x Defenders (Red). The Attackers on the outside can move along the length of their designated line, whilst the Defenders attempt to close down the ball and regain possession.

Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on going forward either through a penetrating pass or playing around the Defenders. Every successful through ball is worth 1 point.

Red Team (Defenders): If possession is won, dribble to any line of the area to replicate a counter attack in a game and score 1 point.

First team to score 3 then swap Defenders.

## Make it easier:

1. Make the space bigger
2. Start with the ball in the hands

## Make it more challenging:

1. Decrease size of playing area
2. Challenge players individually
3. Add more defenders