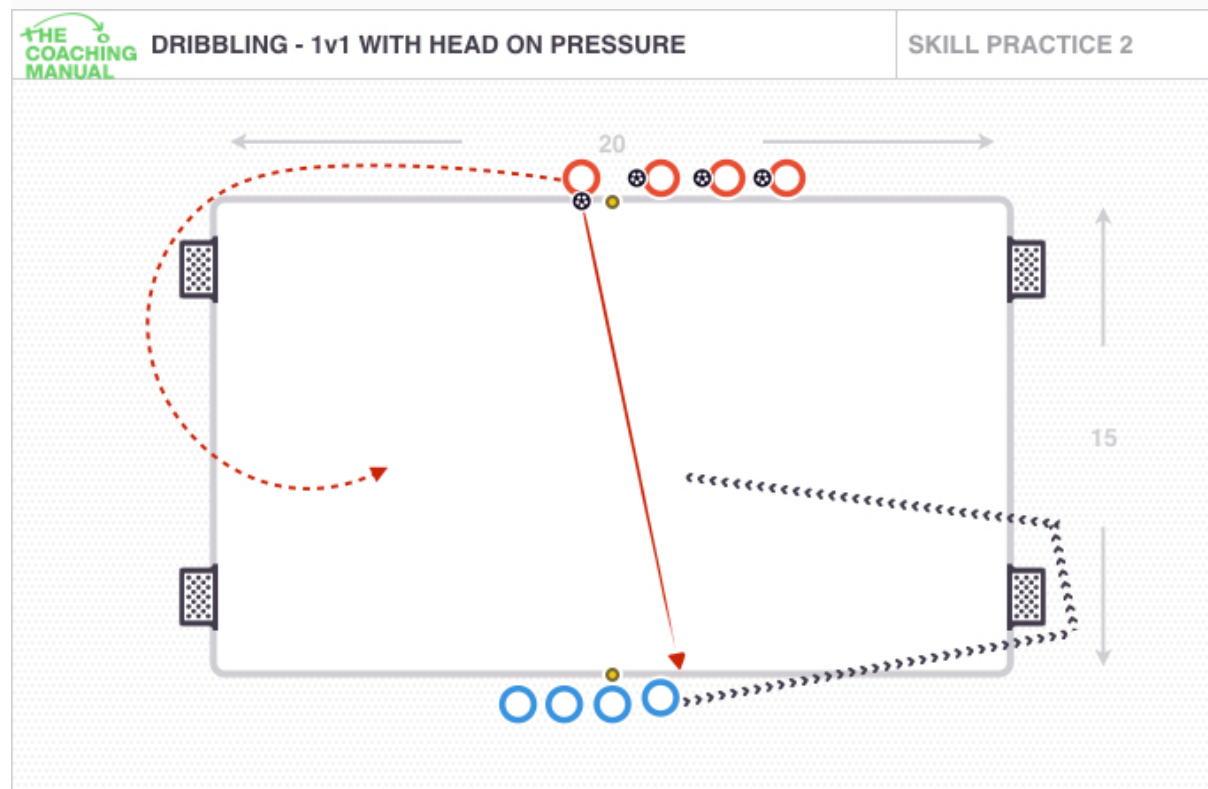


Set Up

- 20 mins
- 8 players
- 4 balls
- 8 bibs
- 6 cones
- 20x15 area



Setup

2 x small goals at each end. Defenders begin with the ball on the halfway line and pass to the attacking player on the opposite halfway line cone. The defender then runs around the goals to provide head on pressure to the attacking player. The player in possession travels around their goals and attempts to dribble and score in any of the 2 x small goals. If the defender regains possession they score in the opposite 2 x small goals. Players then rotate roles and join the opposite line.

Key Coaching Points

- Close control

Players should look to maintain good close control of the ball whilst recognising when to dribble and when to run with the ball depending on the space available or perform ball mastery skills where necessary.

- Head up

When dribbling players need to be aware of the ball, space and opposition to try and beat the defenders where possible.

- Protect the ball

If a ball mastery skill isn't to be performed, attacker to protect the ball shielding it with their body and look to turn to face goal again (360 turn).

Make it easier:

1. Increase area

2. Create 2v1 situation

Make it more challenging:

1. Decrease area

2. Create 1v2 situation