

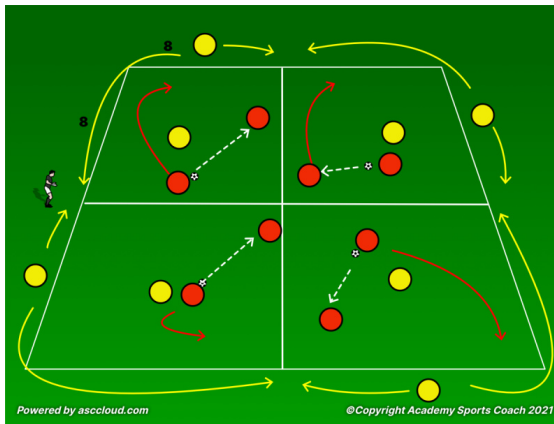
Select a Date

Week 5

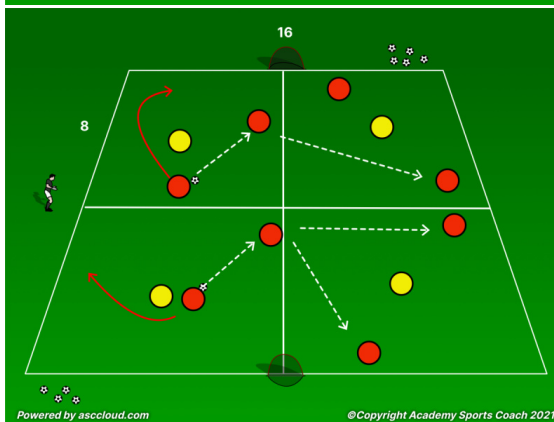
Select team

Protecting the ball and taking advantage of 2v1 situation

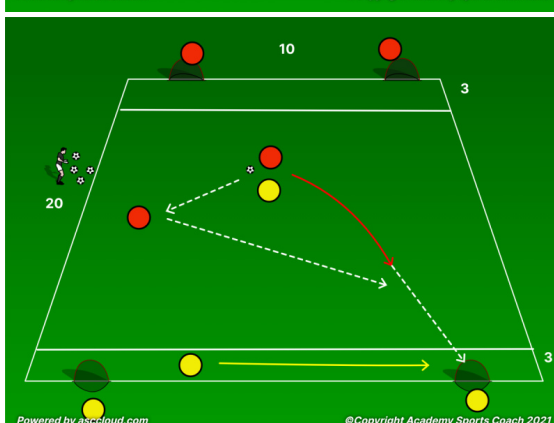
60-90 minutes



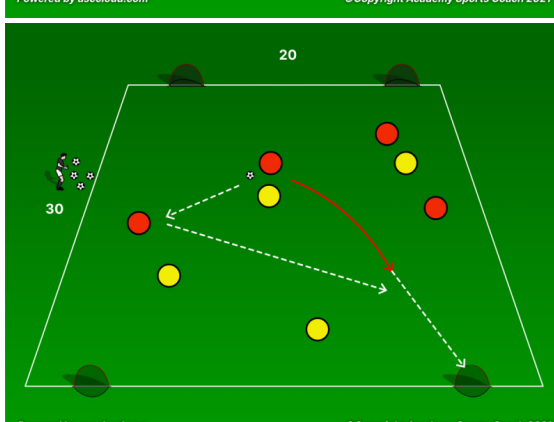
Attackers' objective is to keep possession of the ball.
 Defender's objective is to win the ball and keep possession by playing a pass to a supporting team mate that can move anywhere on the outside.
 1 point awarded for every 4 passes completed by the attackers.
 1 point awarded for defender winning the ball and playing to the supporting defender.
 Attackers count number of consecutive passes.
 Keep rotating the players to ensure they participate in all roles.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



Attackers' objective is to keep possession of the ball.
 Defender's objective is to win the ball and dribble out of the grid or scoring in the goal. Players must stay within their 2v1 space.
 1 point awarded for every 6 passes completed by the attackers. Players can keep possession by moving the ball in to the connected square.
 1 point awarded for defender winning the ball and dribbling out of the grid, 2 points awarded if they win possession and score in the target goal.
 Attackers count number of consecutive passes.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



8-12 Players
 Attackers' objective is to score in the 2 small goals.
 Defenders' objective is to win the ball and score in the other 2 small goals.
 If you have the ball, both players are on the field, if you do not have the ball, one player must drop back and protect the goals and become the goalkeeper. If the defender wins the ball, automatically a player must drop from the team that lost the ball and the player that was defending the goals can join in.
 If the ball goes out of the field, its game over and players rotate in.
 1 point is awarded for every goal scored
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



8 Players
 4v4 to pug goals
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession