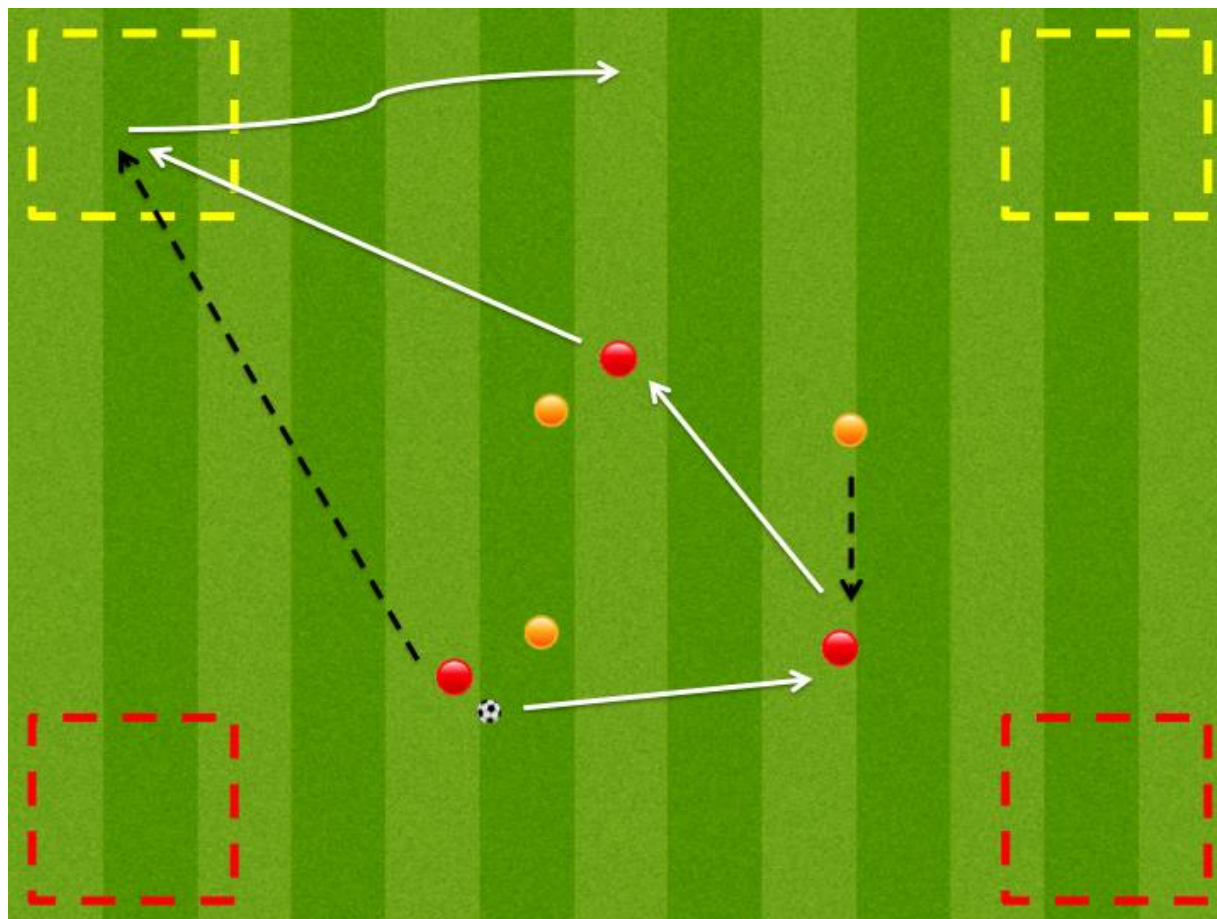




Notes:

Attack and Defend- End Zones

Dimensions: 16x20 yard main pitch and four 3x3 yard end zones in either corner.

How To:

Two equal teams occupy the main area, each team has two end zones to defend and two to attack, the team in possession must make a set number of passes then make a pass into one of the end zones, a pass must be received by a team mate in an end zone for a point to be scored. Defenders can only oppose players in the main area.

Coaching Points:

Quick, accurate passes, communication, passing and support angles. Creativity and timing of runs.

Progressions:

One yellow defender can run into the end zone to try to win the ball before the attacker; if the defender wins the ball, then possession switches and the game continues.



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