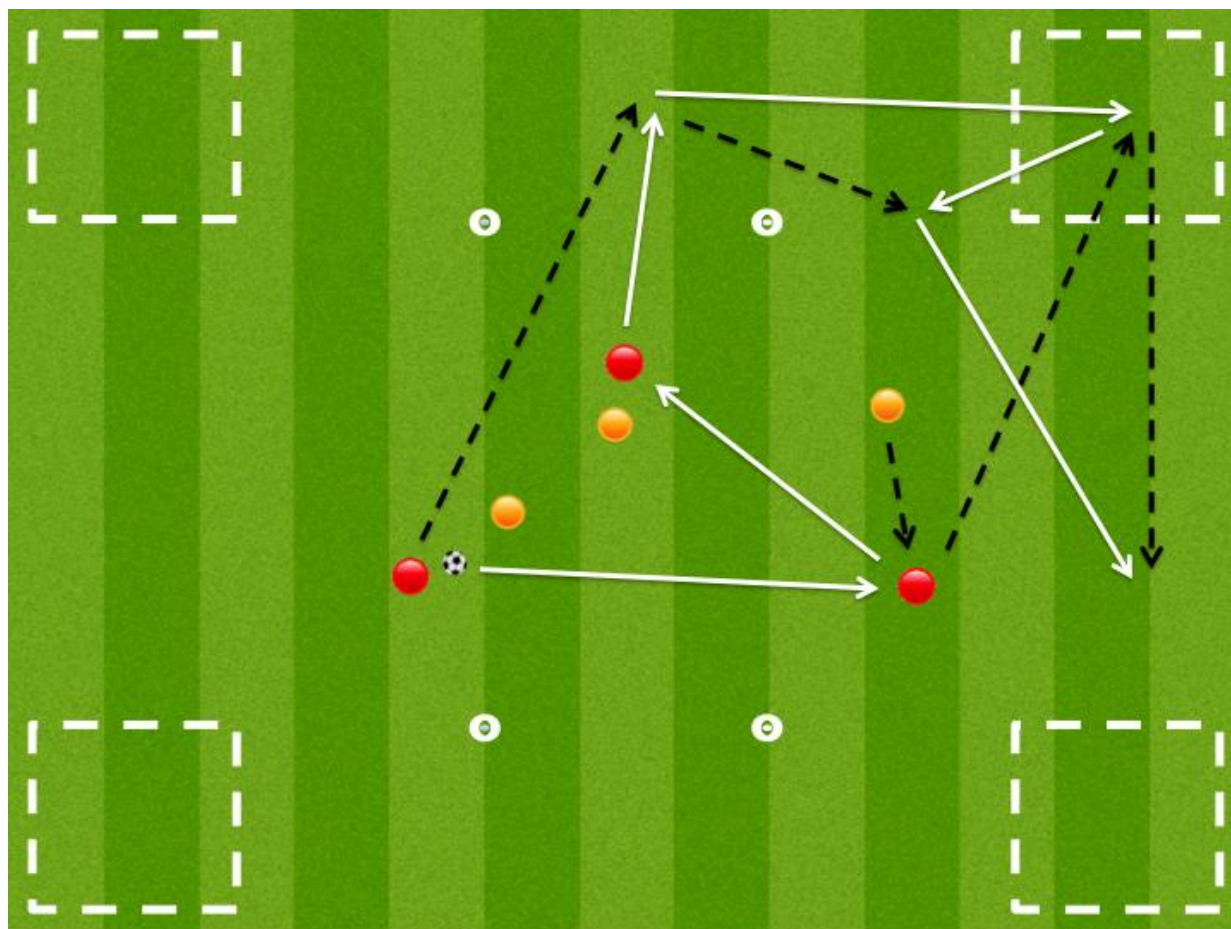




Notes:

End Zones- Attacking free play

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

How To:

Two equal teams play against each other inside the main area, the team in possession attempts to make a pre set number of passes, once the number of passes has been made, the team must make a successful pass through a coned gate. Players on either team can attack and defend every corner. Once this pass is received by a team mate through a gate, the player must then make a pass into one of the end zones, a supporting team mate must move quickly to occupy an end zone and receive the pass. Once a point is scored, the player dribbles back into the area and play continues. If the opposing team win the ball back they can break immediately and pass through the gate and score without making the number of passes, this is to simulate a quick counter attack.

Coaching Points:

Quick, accurate passes, communication, passing and support angles. Creativity and timing of runs. Angle of run and final pass selection. Movement off the ball.

Progressions:

One yellow defender can run into the whole space of end zone behind the cones to try to win the ball before the attacker; if the defender wins the ball, possession changes and the game continues.



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