



Dimensions: 20x20 yard square with a defender in one corner and an attacker in the opposite corner. Mark two 1 yard goals in the other unused corners (see image for exact layout)

Make additional squares for more players, try to keep lines to a minimum.

How to: The defending players start with a ball and pass it into the attacker. The attacker can score in either goal, defender must stop the attacker, if they win the ball back they become the attacker and can score a point.

Once play has concluded, attacker and defender switch lines

Coaching Points: Use turns and changes in speed to try and lose the defender. Attack the space one you have made room.

Use fakes and moves to try and trick the defender, encourage a little bit of showing off here, It can help raise the level of competition amongst players.

Progressions: 2v2/ 3v3 (increase the area side accordingly)

Notes:

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