



Dimensions: 12 x 12 Yard coned square, 6 players per square split into three teams of two. (Distinguish teams clearly using coloured bibs)

How to: One team of two starts in the middle of the square as defenders, the other two teams work together around the outside of the area creating a 4v2 scenario.

Defenders cannot leave the square, their goal is to intercept passes.

Passing teams must attempt to move the ball quickly around the outside, their objective is to pass the soccer ball through the middle of the two defenders, splitting them. Points are scored each time they successfully split the defenders.

If the defenders win the ball back, the team that lost the ball become the defenders in place of the current defenders.

Coaching Points: Play with your head up. If the pass isn't there to be played then be patient, don't force the play

Encourage off the ball movement. Be a passing option.

Move the soccer ball quickly. Take advantage of poor defensive form created when a defender is drawn to a certain area.

Notes:

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