

1-Template

Objective – Moving/passing to space – clearing out of pressure

GameFocus/PrinciplesResetProgression

Do 2-3 min rotations – with countdowns – see *Progression tab*

Score

1. Point for 5 passes

Defenders

Attackers

On losing possession

1. IMplode
2. Pressure on receiver
3. Protect line to zone
4. Stay in the game
5. Triangular zonal defence
6. Mark the angles

On gaining possession

1. EXplode
2. Pass & Move to space
3. Send high ASAP
4. Instant overload on defenders
5. PROTECT the ball
6. Have a guard

1. Any infraction coach throws new ball in
2. If big box then can play sidelines

1. Increase/Reduce size of box to add ease or difficulty
2. With younger players start with NO defenders then build with every 3/5 passes
3. 5 balls each to encourage retention
4. One/two touch
5. Add another defender when 5 passes up
6. Countdown the last 15 secs of each cycle