

1V1 Turn And Burn

Objective – learn defending and attacking skills in a tight space

GameFocusResetProgression

1. Divide squads into groups of 3
2. 2 players are live at anytime
3. Defender passes to attacker
4. Who attempts to get the ball over the line
5. If they do then defender exits the pitch and the sideline player joins in
6. Aim to make the pitch roughly 6m x 9m.

Focus on one key area so easier to remember

Defenders

1. Where do you defend
2. How do you defend

Attackers

1. Run the angles
2. Encourage a challenge

Start with new player

1. Split the end line in half with a red cone with the right worth a double goal
2. At the end of a three minute game the
 1. Winning player moves up one grid
 2. Defender moves down 1
 3. Middle player stays in position

