

2v2 Defending

GameFocusResetProgression

1. Attacker starts with ball and aims to score in opposite goal
2. Defender looks to channel, repossess and score in side goals
3. Extra defender and extra attacker go around outside cones and join the game with same objectives

1. Speed of defensive
2. Aggressive and quick movement to put pressure onto attackers
3. How to deny space
4. Work as a team
5. Communicate

1. Game restarts on goal or back line loss
2. Attackers pass to their side and game restarts – BUT defenders have to swop over

1. 30 secs to score
2. 5 balls and see which team scores the most

