

3V1 Diagonal Retention

Objective – Pass out under pressure

GameFocusResetProgression

1. Piggy in the middle but with goals in the corners of a big box
2. Attackers look to get the ball across the box (1 goal)
3. Cutting a corner enables possession but no goal
4. Defender wins the ball and scores in corner goals
5. Attackers not allowed into the box when they lose the ball

Attackers

1. Pull the defender out of line
2. Patience

Defenders

1. Defender to react quickly
2. Do not dive
3. Cover the channel (Line to goal)

1. Attackers restart
2. Defender subs when scores

1. 5 balls each
2. Time limits – 5 mins = how many goals

