

Channelling to score

Objective – move, delay force defender to rollout

GameFocusResetProgression

1. 2 teams 4 v 4 (5v5 depending on pitch space)
2. Defending players aim is to channel the ball to their goals
3. Attackers is to rollout and score in their goals
4. IF an attacker rolls out and does not pass in 5 (?) secs then they lose the ball
5. Defender is NOT allowed to tackle unless 100% sure of possession

Defenders

1. Pressure on the ball
2. DO NOT DIVE
3. Force the attacker back
4. Force a ball handling error

This is not about attacking but you can at higher levels suggest to the attackers

Attackers

1. Move the ball when under pressure
2. Fast reactions

1. Any infraction coach throws new ball in

1. Time to score
2. 5 balls each to encourage retention
3. Add a magic player who plays for the possessing side

