Cream cracked

Objective – Dynamic subs and all attacking and playing – width

GameFocusResetProgression

1. Normal game with a box in the middle for subs
2. You cannot go through the subs box you have to go around
3. Sub every 30 seconds while the game goes on
4. Ball goes out of play the coach in the middle throws a new ball in somewhere else.
5. NO positions everyone should be sprinting into attack and sprinting back for counter
6. As soon as they stop running they get off someone else comes on.

1. When and how to sub
2. Intensity
3. Look for width and height

1. Coach throws the ball in

1. Each side starts with 5 balls
2. 1 min to double score after a goal