Deny space & protect line to goal

Objective – Protect Line to goal for defenders

GameFocusResetProgression

Game makeup

1. Pitch size dependent on numbers
2. 3 zones – 1 large central and 2 smaller at each end
3. 2 teams
4. Players can be 4/5/6 vary pitch size accordingly
5. Teamscore by passing to end player "off the pitch"

Attackers

1. Speed of passing
2. Movement off the ball
3. Scan, receive, pass
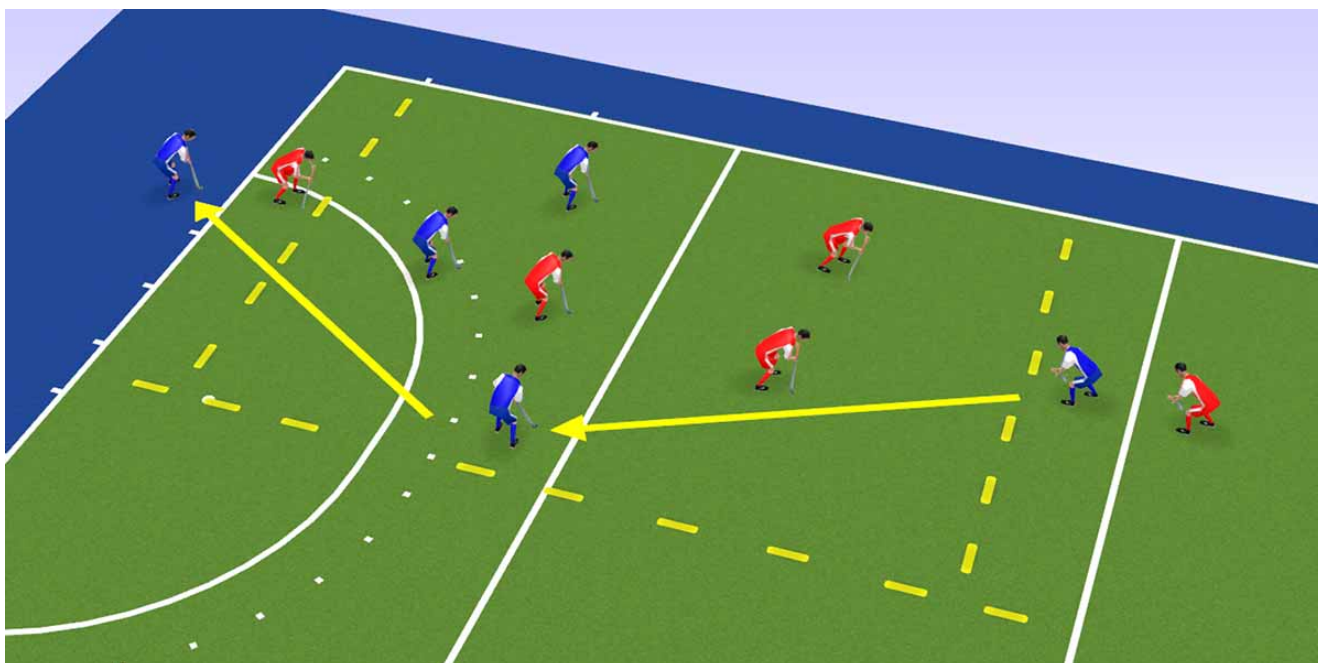4. Communicate
5. Dynamically restructure

Defenders

1. Closing passing channels
2. Do not commit
3. Patience, wait for mistake
4. Block tackle

Transition/Reset

1. Restart when goal scored
2. Normal sideline hits
3. Always restart from defense when over the back line

Progression

1. 1 touch pass
2. 3 touch pass
3. Pitch size
4. # of players
5. 5 balls to discourage wastage