

Diamond play with guard

Objective – remember to always have a guard

Game Focus Reset Progression

Game makeup

1. 1/8th of a pitch
2. 3v3 with goal scorers for each team in the End Zone
3. Teams score by passing the ball to their End Zone
4. When a team scores, then the passer/scorer sub out
5. Play in sets of 2 mins

Scoring – Keep cone scores

1. 2 pts for pass into end zone
2. 1 pt for interception turnover

Defenders

1. Force the attacker to rollout
2. Delay, Deny, disrupt – **Do not dive**
3. IMMEDIATE Press after loss
4. Channel
5. Double team the attacker and force a mistake
6. Low and mobile body position / good footwork

Attackers

1. Explode on winning the ball
2. Ensure you always have a guard if you rollout

1. Coach Restarts if ball goes over the side

1. Each team give 5/10 balls to play with – encourages ball retention
2. Players may only use push passes and if they sweep/hit then they lose possession
3. If a player gets hit on the feet, they have to replace the End Zone player immediately

