

Feed on goal

Objective – Transition transition and transition

GameFocusResetProgression

1. 4v4, 5v5 etc
2. Each team has a feeder in a corner
3. Team A starts with ball
4. If they score then they get another ball from their corner
5. Miss then the other team gets a ball from their feeder

Transition transition and transition

Defenders

1. Mark your man – HARD
2. Pressure on ball and man
3. Protect line to goal
4. V defence

Attackers

1. Leading runs
2. Speed of attack
3. Reshape fast

1. Continue if score with new ball from YOUR feeder
2. Miss and become defenders

Progressions

- Add time limitation to score

- 2 touch
- Overload with feeder?

