Jump back – fast forward

GameFocusTransition/ResetProgression
Game makeup

1. 1/6 pitch (depending on skills)
2. Cone off side of pitch
3. 2 teams 3 per team
4. Attackers score by stopping ball under control on end line
5. Goal scorer has to run off side of pitch around cone and come back to defend

Attackers

1. Leading run
2. Speed of movement
3. Forward first fast
4. Driving hard and fast if there is space in front of them
5. Communicate – who is going
6. Are they using 'Left foot pass', how can we encourage this?
7. Running angles

Defenders

1. Delay
2. Deny the passing channels
3. Do not commit
4. Block/jab tackles

Reset

1. Restart when goal scored
2. Restart when ball off sideline to keep game going fast

Progression

1. Pitch width and length
2. Time to score
3. # of players
4. Distance cone is from pitch
5. Limited # of balls to see who can score the most