

Leading – 4v4+1 #9

Objective – Teaching off ball players to lead for a pass

GameFocus/PrinciplesResetProgression

1. 1/8th of a pitch
2. 4 v 4 (+ 1 as a joker – who supports the possession team) ONLY if the team is sophisticated
3. 5 sets of 2 cones 2m apart (goals)
(1 set more than the team players)
4. Players have to score by passing THROUGH the cones to a member of their team
5. Each through cone pass = 1 point – 4 points = goal (use cones to mark goals)

1. Communicate
2. Run off the ball
3. Pressure on the ball
4. Low and mobile body position / good footwork

Principles

1. Defensive/Defensive transition
 1. Press after Loss
 2. Block the line 2 goal
 3. Interception/Channelling
 4. IMplode
2. Attacking/Attacking transition
 1. Find T&S, width and depth
 2. Stick to stick, stick to space
 3. EXplode

1. Coach sends new ball in

1. Make different goals worth different amounts
2. Increase/Reduce size of box to add ease or difficulty
3. Each team gets a fixed number of balls – pressure not to be wasteful

