

Move the ball to move the player – 6V4+1

GameFocusResetProgression

1. 2 teams of 3 with central pivot
2. 2 boxes with central area
3. 4 defenders, 2 in each box
4. 3 passes and then switch through pivot – each switch = goal

1. Bounce pass -> manipulate defenders.
2. Pass with intent -> firm.
3. Speed of reaction
4. Stick to Stick
5. Next job

1. New ball

1. 1 defending player can press pivot.
2. 1 defending player can move into the other area to help.

