

Performance – 4v3

Objective – Aggression fast skillful scoring

GameFocusResetProgression

1. Coach feeds the ball in to attacking team
2. Attack try and score/win corner and defence try to stop them/counter back to the coach
3. Play 3 balls then swap teams
4. Goals = +3, corners +1, defence to coach +1
5. SET 1-3 minutes to attack each (most points)
6. SET 2- Sniper mentality- no shot = swap over who is attacking immediately (most points) (6 minutes)
7. SET 3-Alternate, first team to 6 points (first to six)

ATTACKING focus	DEFENDING PRINCIPLE
Something to goal	Your player does not score
Be low be ready	See player and ball
Depth in the circle	Protect the centre

Coach feeds new ball in

1. Number of balls and final scores
2. Time to score

