

Performance – Channel busters

Objective – looking to move fast and use the channels

GameFocusResetProgression

1. 5v5 game with a square in the middle
2. High intensity and expect the players to work hard
3. When the ball leaves the pitch (sideline/baseline) coach restarts the ball by sending backwards or sideways
4. NO ball is allowed through the box (you can aerial over the box)
5. Players allowed through the box
6. Any foul in the circle is a penalty flick (add up to the end)

1. When pressing aggressively look at frontal forehand pressure as well as looking to cut to one side.
2. If possible see if they can create a defensive double team
3. Attackers look to give and go to create an offensive overload

Attacking Principles:

1. Play to space
2. Give and go

Defending principles

1. Find a player
2. YOUR player does not score

1. When the ball leaves the pitch (sideline/baseline) coach restarts the ball by sending backwards or sideways

2. Play in 4 minutes sets

1. Rewards for the attacking team if they score and there are no defenders in the D
2. Rewards for the defending team if they win the ball in the outfitting teams circle (high press)

