

Progressive Attacks

Objective – Looking to use the overload – zonal defence

GameFocusResetProgression

1. About 9 players
2. Aim is to steadily overload the game until it breaks down
3. Start with a 2v1
4. Attackers look to score
5. Defenders if win the ball pass back to another attacker
6. If pass back then a new attacker and defender joins in

1. Communication
2. Possession as overload
3. Attacker to keep the ball from defender who is “tackling him from behind”

1. Backline then reset completely
2. Sideline feed ball in from back

1. Set defenders and attackers and allocate 10 balls each team
2. Time to score
3. For every pass add a goal when they score

