

Score in the box (AKA diamond defense)

Objective – do not force develop patience/V defence and keep the channels clean

GameFocus/PrinciplesResetProgression

1. Large square with small square in centre.
2. All players can move anywhere
3. Attackers score points by making a pass to a team-mate inside the centre box
4. Only one attacking player in the centre box at one time (and they cannot camp out)
5. Players pass around the square to create space and angles.
6. Use cones to register scores

Change defense and attack after 5 mins

Scoring

1. Cone score each group in phases

Defenders

1. Pressure on the ball
2. Diamond/V Structure
3. Communication
4. Protect the line to goal

Attackers

1. Do not force the attack
2. Draw the defenders
3. Move the ball very very fast
4. Run pass to space

1. Coach throws new ball in as and when

1. Add alternative goals

- 1. 1 for pass in
- 2. 2 for pass back to same player
- 3. 3 for pass back to other player

