

Score under pressure

GameFocusResetProgression

1. 2 teams of players
2. Defender passes to attacker (left or right alternately)
3. Attacker has to score FAST
4. Defender once passed has to run in to defend
5. Defender and attacker already in D have to “work things out”
6. 10 balls each team
7. Goals scored in normal way but:
 1. Deflection (2 goals)
 2. Small circle (3 goals)
8. Keep cone scores

1. Speed of scoring
2. Different techniques
3. Develop 2 v 1 then push ball high

1. Goal or off the pitch then reset with new sequence
2. Score with cones

1. Fixed number of balls per team
2. Time to score
3. NO Rollouts

