

Turn & Burn

GameFocusResetProgression

1. Players in groups of 6, with 1 x group in central box waiting to join on goal
2. If a team scores they immediately turn and attack the other end zone
3. Once the team has scored the defending team leaves pitch immediately
4. Spare team from central area to join and attempt turnover and score at the other end
5. Normal game rules apply.

Attacking

1. Explode
2. HiLowWidewego
3. Forward first fast

Defending

1. Self organisation
2. Pressure on ball
3. 5 Ds

1. Normal game rules
2. If no goals then replace team
3. Put ball in wherever – coach led

1. Bonus points for speed of recovery & scoring
2. Goal for reaching high player on recovery
3. # of players in D = number of goals

