

Ugly Zone – GK Pressure

Game**Focus/Objectives****Transition/Reset****Progression**

Game makeup

1. 2 Goals in v close proximity with small Ds touching at apex
2. 2 teams with 3-5 players in each (depending on pitch size selected)
3. Shout number of players and throw a ball in
4. Teams have to score as quick as poss
5. If keeper scores then double points

Attackers

1. Speed & AGGRESSION
2. Fast passing
3. Communicate
4. Change the channel for the final pass
5. Pull the ball out if too constricted

Defenders

1. Disrupt – encourage a mistake
2. Aggressive defending
3. Do not commit
4. Keeper to organise

Transition/Reset

1. Reset on goal or when ball exits pitch

Progression

1. More players

2. Time each game and quicker they score more points
3. 3 teams and have competition

