



Dimensions: 10x10 yard square with a defender occupying the middle of the square. Line the players up 2 two each side of the square with two balls. One of the lines facing each other should have a ball at their feet to they have a receiving player in front of them. Lay more areas to accommodate more players

How to: One player sets off and attempts to dribble past the central defender before passing the ball to the player opposite them. Once the player opposite has received the ball, the other player with the ball at their feet running across the previous attacking players path sets off and tries to beat the defender, lines alternate. If the defender wins the ball back they join the back of the line the player was attempting to reach and the player who loses the ball becomes the defender.

Notes:

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Coaching Points: Attackers must play at speed and attempt to get around the defender, they will have to use close control and creativity to pass the defender. Be alert to when it is your turn to try and beat the defender and try to take advantage of poor defensive position while the defender recovers from the previous attack.



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