

1. Supplies

Minimum 10 players+ 1 goalkeeper

10 cones - 2 hats

2. Organisation

Form 3 imaginary lines on the pitch, each about 4-5 metres apart. On each line, place one player as a defender. In front of the goal create an imaginary square of 6x4 metres, in which one defender (defender 4) is placed. Group A and B start simultaneously from two different positions.

3. Description

Start:

On the whistle, both players A and B start and dribble towards their first opponent.

Actions of Player A:

Player A tries to pass defender 1.

- On success: He dribbles on to defender 2 and then to defender 3, with the same aim.
- On failure: If the ball is intercepted by a defender, player A becomes a defender himself, and the defender who intercepted the ball dribbles on.

When Player A has successfully passed all three defenders, he joins Group B.

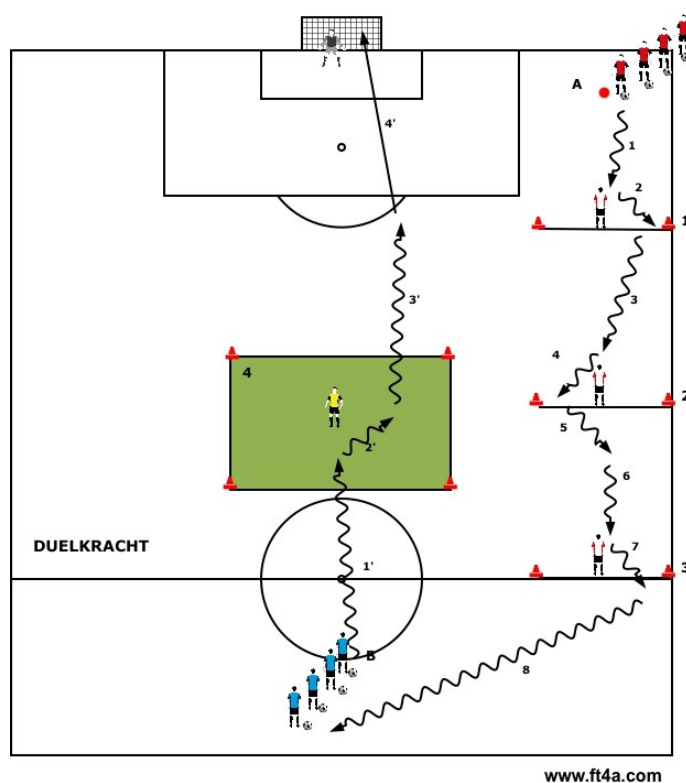
Actions of Player B:

Player B dribbles towards defender 4 (in the imaginary square) and tries to pass him.

- On success: He may finish on goal.
- On failure: If the ball is intercepted, player B becomes defender 4, and the new attacker finishes on goal.

Rotation:

After finishing on goal, the player joins group A.



4. Coaching and Points of

Attention Coaching points:

Attackers:

- Encourage players to dare to make actions and show individual skills.
- Encourage quick decisions when dribbling and dodging opponents.
- Motivate defenders to be active and focus on intercepting the ball.
- Emphasise good positioning and timing when defending.

Points of attention:

Defenders 1, 2, and 3 stay on their imaginary line and must not leave it. Defender 4 stays inside the square in front of the goal.

Adjust the distance between the lines and the size of the square based on the level and age of the players.