



ACTION:

The first player in Group A passes to the first player in Group B and moves forward to defend the small goals. Player B receives the ball and tries to beat the passer/defender and dribble the ball through one of the small goals.

If the passer/defender gets possession of the ball, roles are reversed and he/she can attempt to score in either of the small goals while the other player defends.

Once completed players join the group opposite from where they started.

TIPS:

Players should use practiced 'Moves' to get past the defender. If possession is lost, play until ball goes out of play or for 90secs then stop.

Encourage players to be decisive in their movement. Defenders should stay on their feet and not rush in to challenge.

NOTES:



MOVES

SET UP:

20 x 20yd area

Two small 'goals' approx 2 yds wide

Two groups of up to six players. Group A with the ball as shown and Group B facing them without a ball.