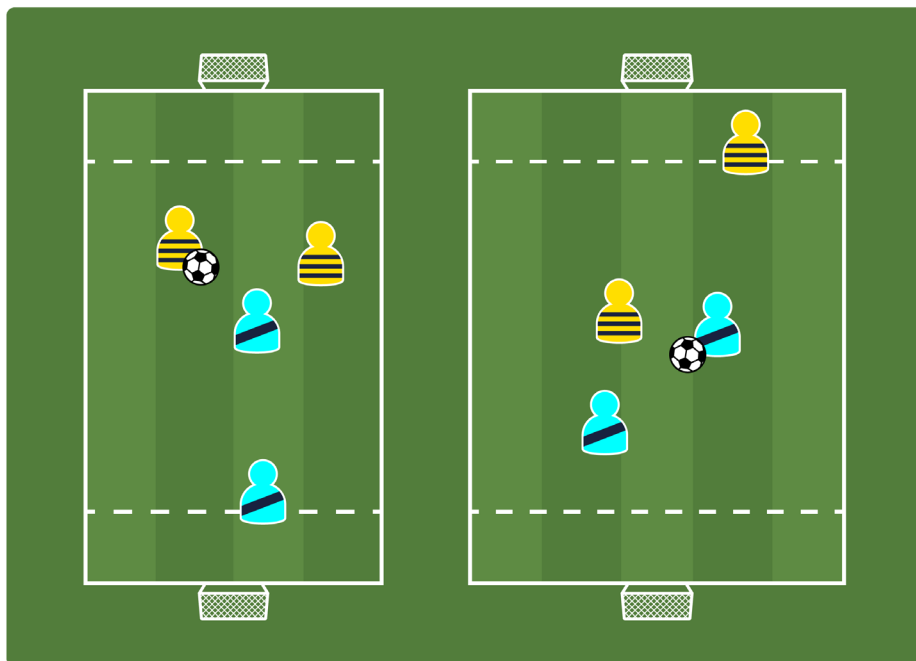


Supporting on the line

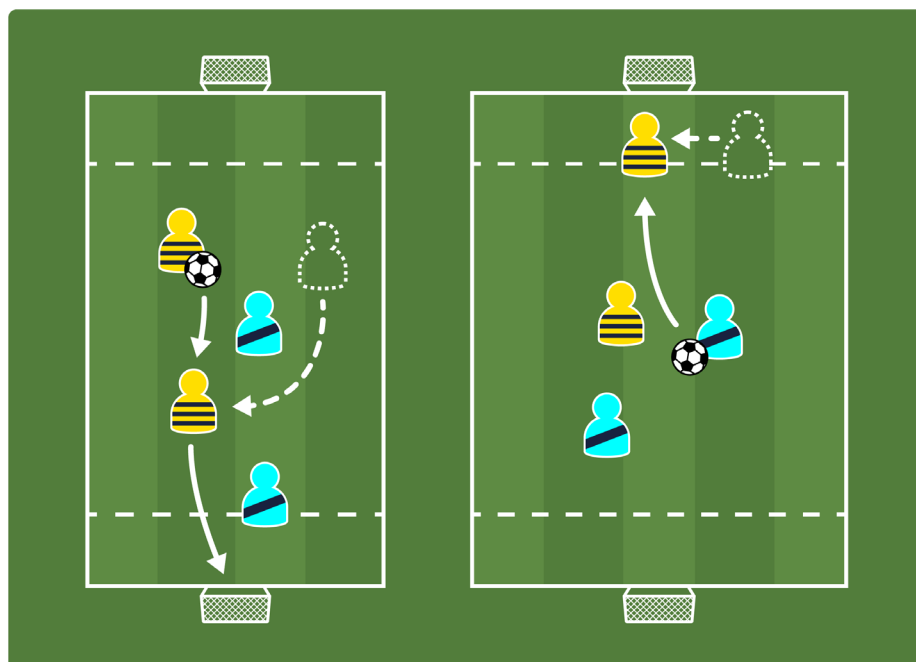



Ball: 


Team 1: 


Team 2: 


Mini-goal: 





Ball: 

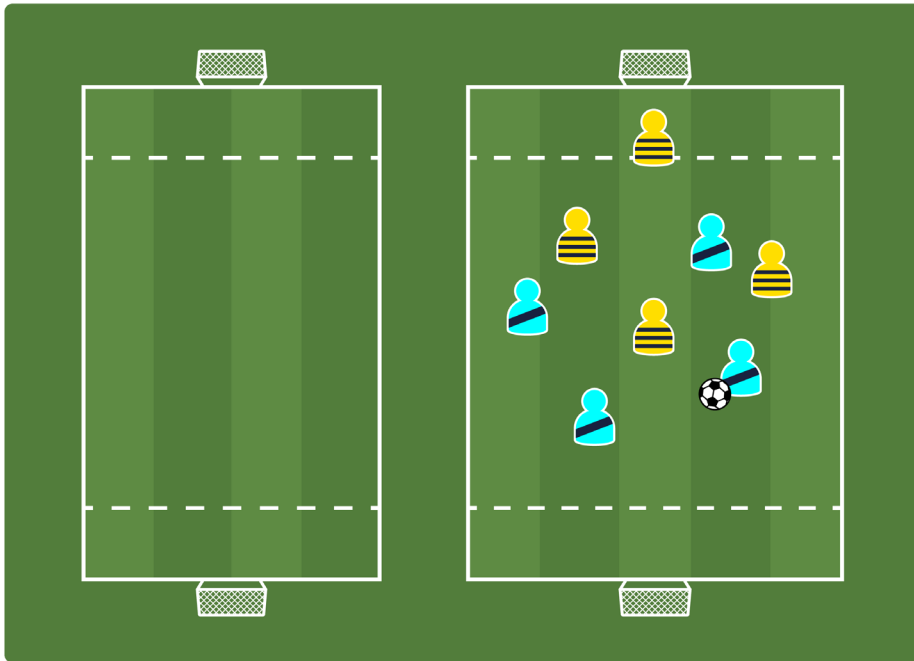
Team 1: 

Team 2: 

Player movement: 

Ball movement: 

Mini-goal: 

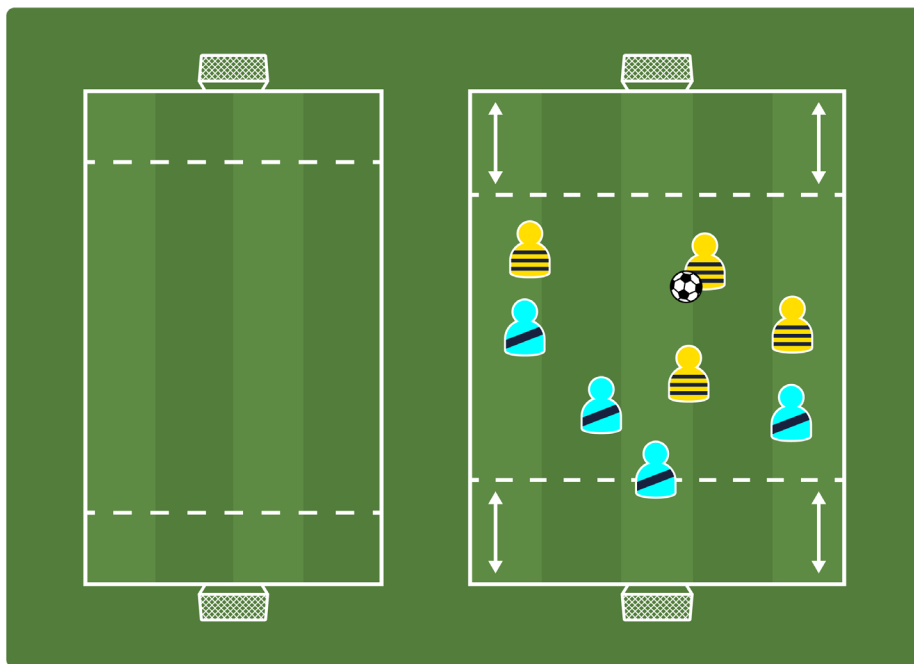


Ball: 

Team 1: 

Team 2: 

Mini-goal: 



Ball: 

Team 1: 

Team 2: 

Mini-goal: 

OBJECTIVES

This session will help players:

- cover for their teammates when defending
- move to make interceptions
- press on their own and as a team.

ORGANISATION

- Set up two parallel pitches with a mini goal at either end – our example uses eight players and two pitches, one 60x40 yards and the other 60x30 yards
- Use cones to mark a line ten yards out from each goal
- Have a 2v2 in the middle area of each pitch

HOW TO PLAY

- The aim is to score more goals than the other team
 - The team out of possession must keep a player on the ten-yard line in front of their goal
 - Once your team has the hang of it, increase the numbers – play a 4v4 on your bigger pitch to increase the chance of attacking and defending in tight spaces
 - Increase the depth of the line in front of the goal to bring the defender closer to the action
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