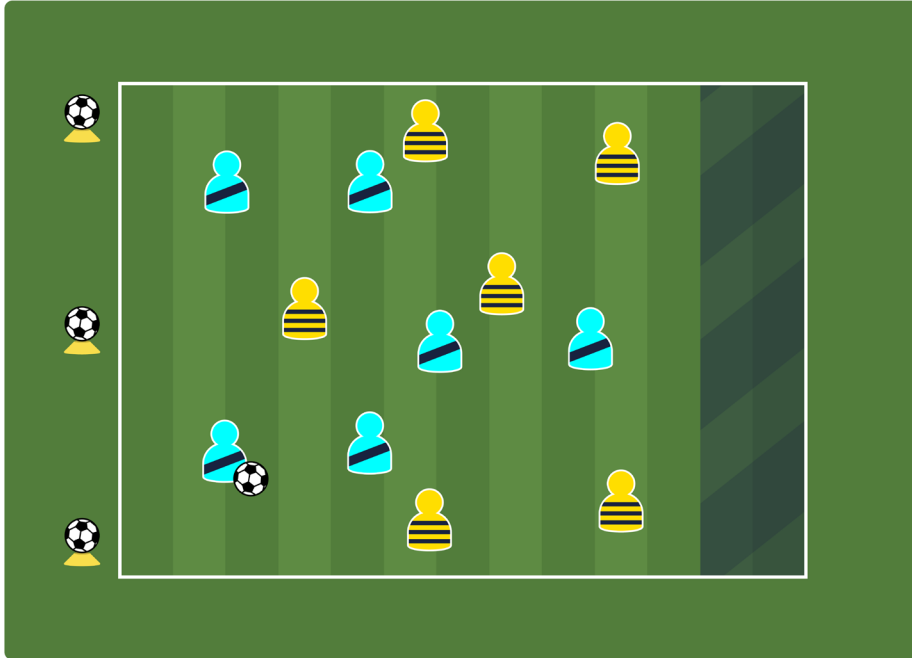






Moving past the defence




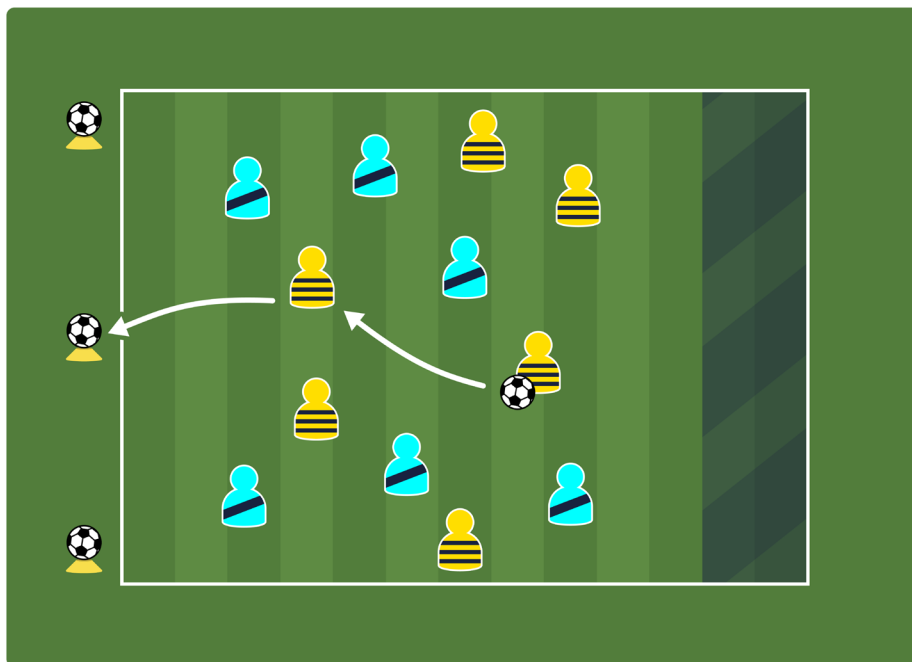
Ball: 


Team 1: 


Team 2: 


Cone: 


End zone: 





Ball: 

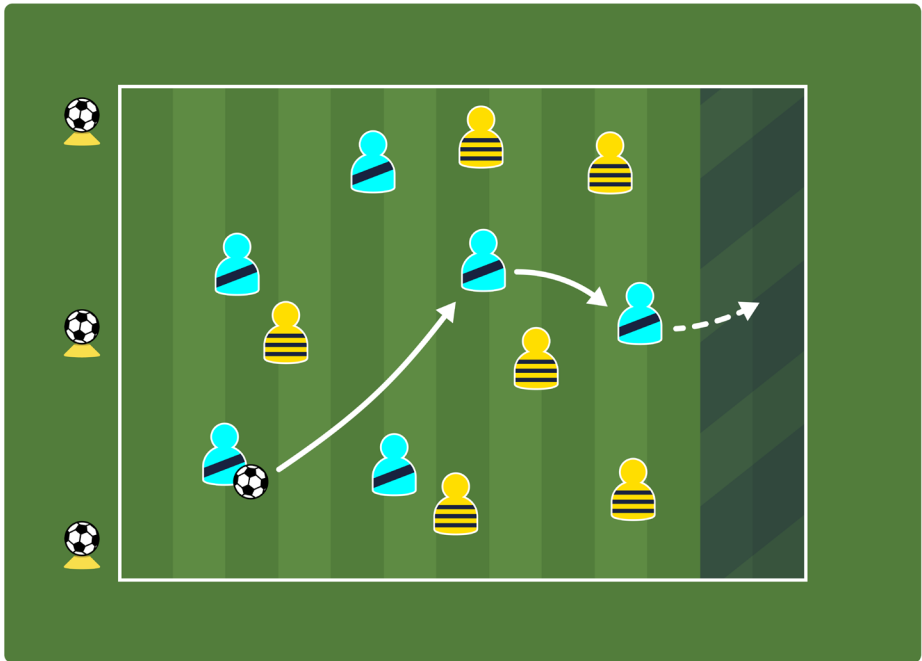
Team 1: 








Team 2: 

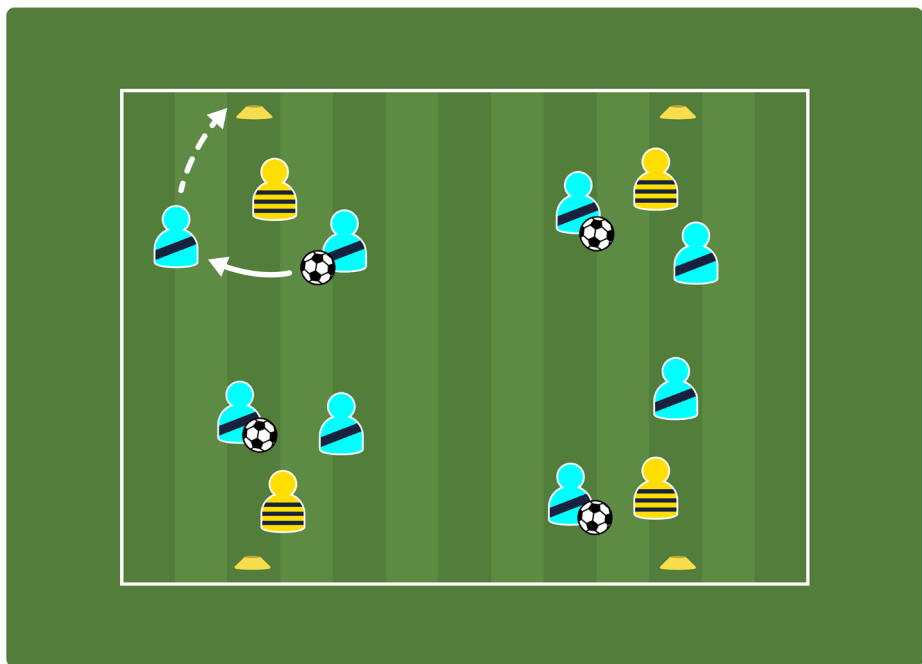
Cone: 







Ball movement: 

End zone: 



- Ball:** 
- Team 1:** 
- Team 2:** 
- Cone:** 
- Ball movement:** 
- Player movement:** 
- End zone:** 



- Ball:** 
- Attackers:** 
- Defenders:** 
- Cone:** 
- Ball movement:** 
- Player movement:** 

OBJECTIVES

This session will help players:

- improve core attacking movement skills
- develop their receiving skills
- improve their communication skills.

ORGANISATION

- Mark out a large area with cones – our example uses 12 players and one 60x30-yard pitch
- Create a smaller end-zone at one end of the area
- At the other end, place footballs on all the cones
- Each team will have their own end

HOW TO PLAY

- The team attacking from the end zone aim to knock the footballs off the cones at the other end of the pitch
- The other team needs to get the ball into the end zone

PROGRESSION

- Get the players to split up into groups of three
 - One player will be the defender, and the other two will be the attackers
 - Get the groups to find a cone or line that can be defended
 - The aim of the attackers is to get past the line or cone
-