



EXERCISE RULES:

Field set up as shown. If no access to goals just create cone goals and remove the GKs. The only rule is once the ball is moved into the attacking half the players are only allowed to pass backwards. If a forward pass is made by a player in his/her attacking half it is a turnover and the other team is awarded possession. Play for 3 minutes.

FOCUS TEAM

Team function:

Attacking

Team tactical principles:

Opponent Team

Team tactical principles: