

Description

4 v 4 with 1 v 1 in Outside Grids (20 mins)

Forward Functional Activity 15-20 Minutes

Players will play 4 v 4 in center grid. Each outside grid has 1 forward per team.

Teams in possession make 2-3 passes and find forward on either side and can join to make 2 v 1

Players score by dribbling through gate

Attacking team has to pass the ball to one of the attacking players in order for the rest of them to enter the attacking half

Hold on to the ball - create rhythm - find the right timing to get the ball to the forwards

move to become available for your teammates

Use combinations to create scoring opportunities

