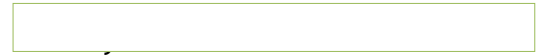


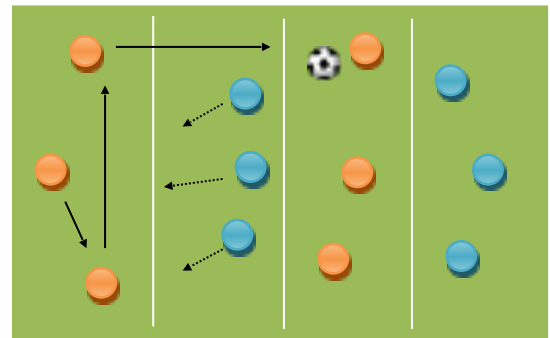
Group U11 to U14



- ◇ Bibs 12
- ◇ Cones 20
- ◇ Balls 10

Topic

Changing the point of Attack



- ◇ Area: 40x 25

To create chances, a team must penetrate & get behind an opponent's defense. This can be done by changing the point of attack. Here, the Orange team plays the ball around looking for an opening to pass the ball through to their team-mates in the other zone. If Blues intercept, they gain possession and must try to find their team-mates (Blues) in the other zone.

- 4 teams of 3-4 players.
- Small designated area split into 4 zones

Variations:

- Make uneven teams or increase/decrease team numbers.
- Vary size of playing surface and number of zones (e.g. add a zone with no players in it).
- Add time limit to play penetration pass or introduce two-touch play.

Tips:

- Aim at creating space through plenty of movement. Use fake actions to create space.
- Be patient but always looking to play the penetration passes.
- First team to 10 points is winner. A team is awarded a point for each gained possession or for managing to transfer the ball to the other zone