

4v4 Awareness 360° – #11

Objective – teach awareness

GameFocusResetProgression

1. 4v4 in 1/8th of pitch
2. 5 cones (1 more than players)
3. Aim is to get the ball to within each of the 5 cones
4. If you lose it then start again
5. Start with big area then go small

Attacking

1. Open vision, Give and go, Stick to space
2. Escape, width, depth

Defending

1. Interception, Channelling
2. Press after loss, Block the hotline

Coach sends new ball in to the team that has not transgressed

Time

No of balls to encourage retention

