

KEY:

Run

Pass

Dribble

4 v 4 to Targets

Organization:

- Play 4v4 to own teams targets. Triangles play North/South, Circles play East/West
Play with Make it/Take it rules.

Technique:

- Passing/Receiving
- Dribbling

Tactics:

- Movement off the ball

Coaching Points:

- Look to play forward first
- Angle and distance of support

Variations:

- Add a condition that the Target only has one touch to get into the game. Playing with in and out rules.

