

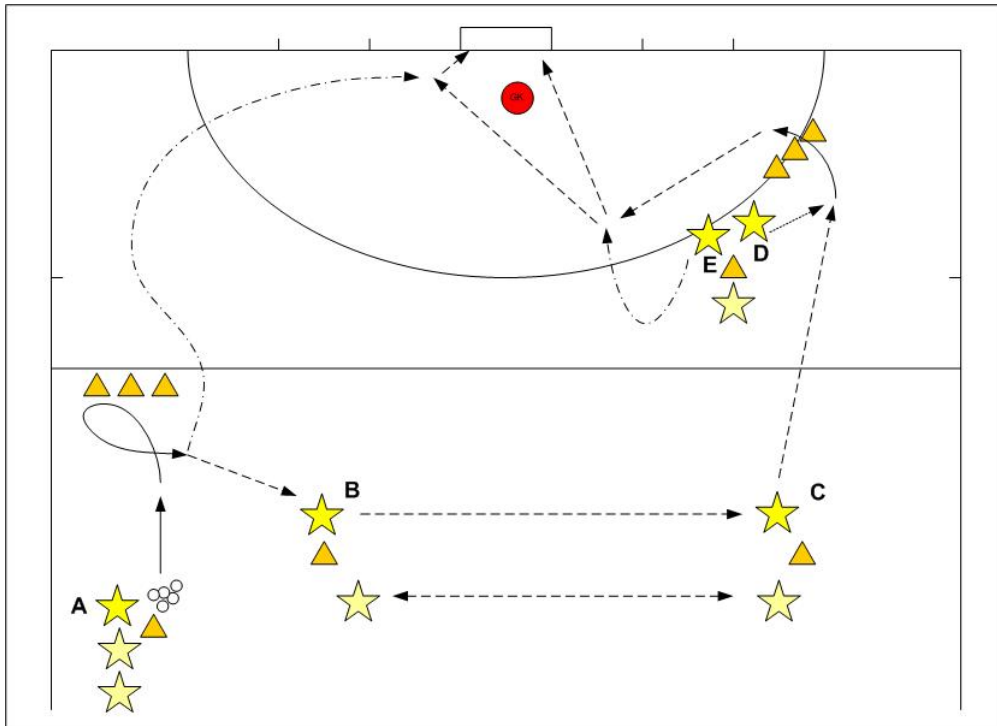
Title: Team Attack

Aim: Practice using teamwork on attack

Equipment Needed:

- 7 x cones
- 6 x hurdles/hoops (optional)
- 5 x players minimum

Set Up:



Description:

- Start with 3 groups of players A - B&C - D&E
- A dribbles forward, too many defenders (cones) so rolls out and back passes to B
- B transfers the ball to the right side, to player C
- C lets ball come across to right side of body and passes onto D
- D reverse traps then either jinks or dodges cones, then passes onto E.
- E splits from D when D is receiving the ball, and leads back and around into space ready for pass from D
- E then shoots or passes to A who is wide on the post.
- After A passes they run into position on base line.
- Spare players at B & C can make passes back and forward while waiting for goal to be scored.
- Rotate within Group A, Group B/C and Group D/E so as to practice one thing at a time and get the timing right. Then change positions as required.

Variations:

- Players D & E can be marked by a defender and work out effective timing of the split.
- Players A & E have to run over hurdles/hoops to get into position.