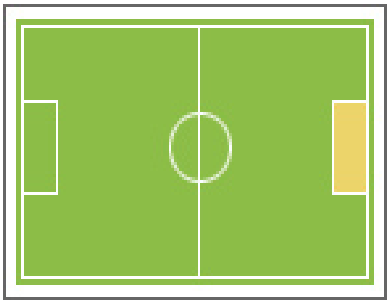
Materials Needed



25 x 25 around penalty area

- Pennies
- Balls
- Goal
- Cones

Defending (Stop turning and shooting)

Description:
Players are numbered 1-4 (depends on number of players).
The coach (server) calls out two numbers, the first number is the attacker the second the defender.
The coach plays the ball in and the defender runs or passes out of the grid.
Two pairs can be called at the same time.

Coaching Points

- Marking
- Approaching the ball
- Preventing opponents from turning.
- Distance from opponent
- Stance
- Focus of attention
- Challenging for the ball

Progressions:
Progress to server becoming an attacker and then another defender can come out. 2 v 2