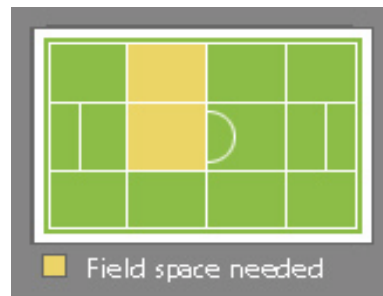


### Materials Needed



### Balls

- Cones
- Training vest

## End Zone Attack (1v1 attacking)

### Description:

Blue player starts the exercise by passing into the green player. After pass the blue player must transition into a defender and as the Green player receives the ball they must aim to attack the end zone which is opposite the green line. Greens score by dribbling the ball into the end zone and the blues score by defending the end zone.

### Coaching Points

- Ensure a positive first touch is taken
- Attack open the open space at speed

- Keep ball close and under control

### Progressions:

Progressions

- Give the attacker a time limit