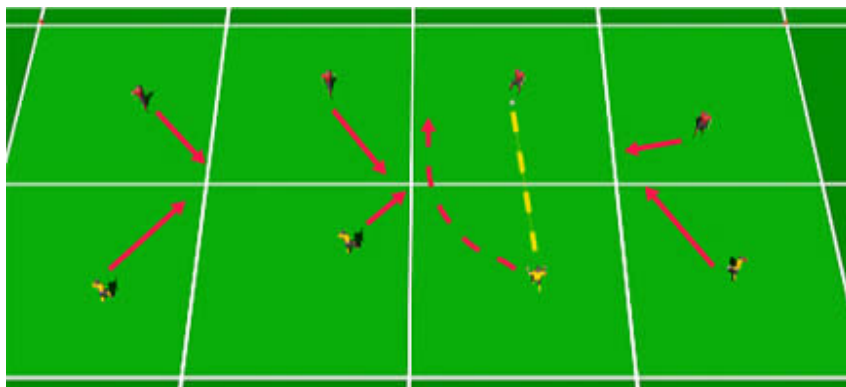


PROGRESSION #2



Set Up

- ▣ 8 Players
- ▣ 4 Cones
- ▣ 1 Ball
- ▣ Two sets of bibs

Coaching Points

Increase the area to 36 x 20 metres and play 4 v 4

What you need to coach:

- Don't follow the ball-know where the ball is and track your player.
- Start to build an understanding with The four defenders.