



# SPEED

**SET UP:**

20 x 30yd area

Two goals 2yds wide at one end as shown.

Player into four groups of no more than five players. Each group forms a line, with two groups on each side of the coach.

The two lines closest to the coach C & B are attackers A & D are defenders.

**ACTION:**

The coach plays the ball to the first player in one of the attacking groups (C or B). The receiving player tries to dribble at speed to get a shot at either of the goals while the front player from the closest of the defending groups tries to stop the shot and win the ball. Should the defender win the ball he/she can try to score.

Attacker and defenders change lines after each attempt so all get the opportunity to attack and defend.

### TIPS:

- Advise attackers to get in front of the defenders with a good first touch.
- Drive towards goal after first touch.
- Remind attackers that defenders cannot tackle from behind and that as long as they stay in front of the defender they have the advantage.
- Attackers should keep the ball on the side of the body that is furthest away from the defender.

**NOTES:**