



#### ACTION:

Player A passes to Player B. On receiving the ball player B tries to score by knocking the target ball off of the cone. Player A becomes the defender.

The receiver, player B, can change direction as often as he/she likes using any of the 'Moves' he/she has learned.

The defender, player A, can stop the attacker from scoring by tackling the ball out of the area or by winning the ball and scoring on his/her own. Players change lines after each sequence.

#### TIPS:

Encourage players to use 'Moves' that create them space and time to shoot.

Highlight to 'receiving' player that his/her first touch is vital, otherwise defenders will close them down before a shot on goal is possible.

Remind players to look up before they shoot and drive towards the target before taking aim.

#### NOTES:



## MOVES

#### SET UP:

20 X 40yd area

Two target balls on top of disc cones at each end of the field.

Two groups of up to six players at opposite sidelines, as shown.

Each player in one group has a ball.