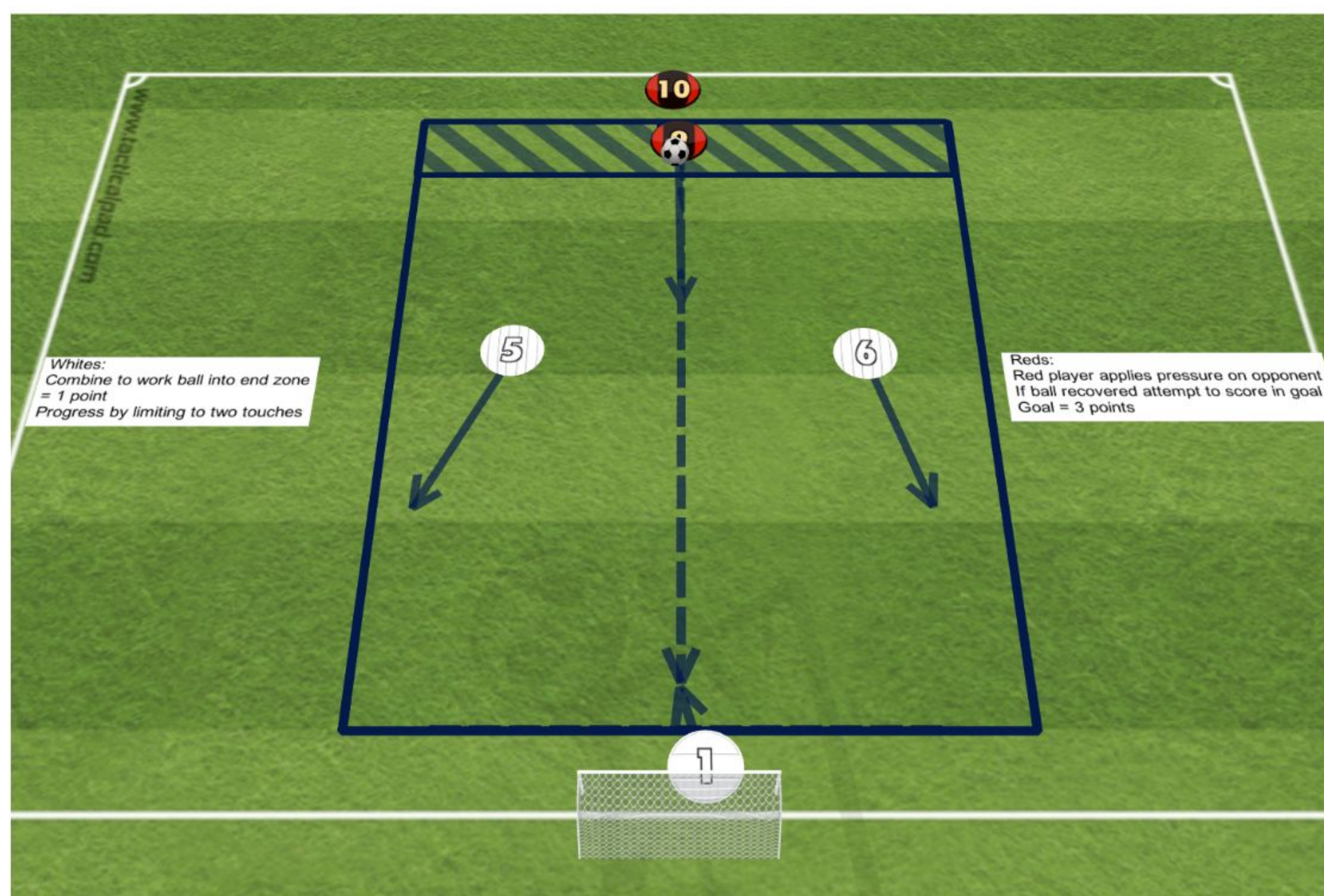


ANIMATION 2



| | | | | | |
|---------|---------|-----------|-----------|------|-------------|
| Players | Space | Intensity | Act. Time | Rest | Repetitions |
| 4 | 20 x 10 | | 4 mins | | 4 |

White team combine to dribble ball into the end zone = 1 point

Increase difficulty by limiting touches and stipulating minimum number of passes.

If red player recovers ball, objective is to score in the goal = 3 points

Key points:

When, Where, Weight of pass

Body shape - can player receive to play forwards and drive into the space
If under pressure can player use GK as spare man to create space to play forwards

If possession lost can players recover quickly and prevent shot on goal