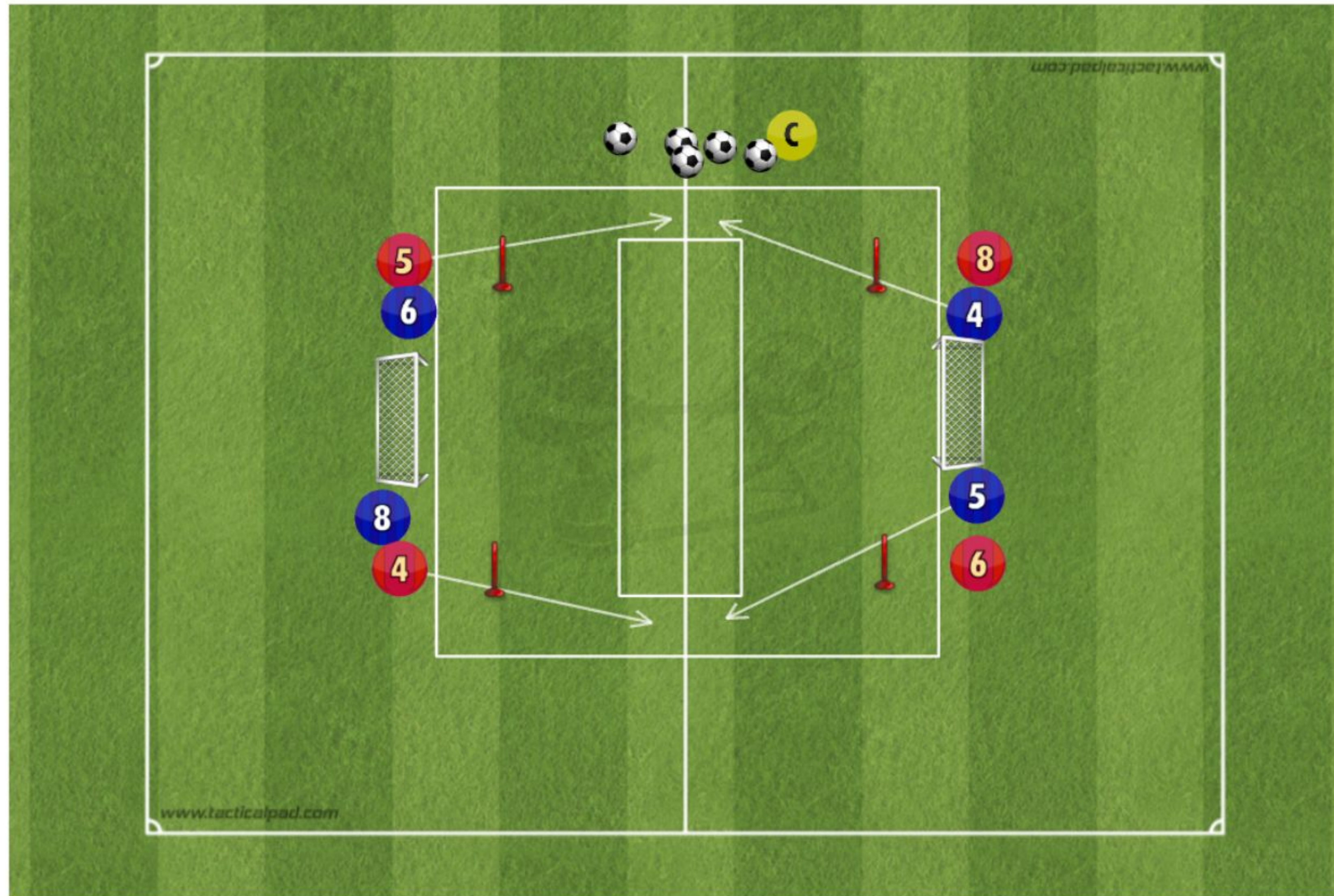


# CHASE 1



In this game situation, youngsters could be mentally directed towards defensive duties. This drill simulates real situations when the forwards are running towards the goal with defenders chasing them. This is mostly a situation of counter attacks, after corner kicks. With the addition of physical requirement, the challenge is raised. In the video, youngsters run towards the poles, turn and race towards the middle zone. The first team in the middle zone receive a pass from the coach and attack the nearer goal with the other team chasing them trying to defend. Once this attack is finished, the second team start their turn.