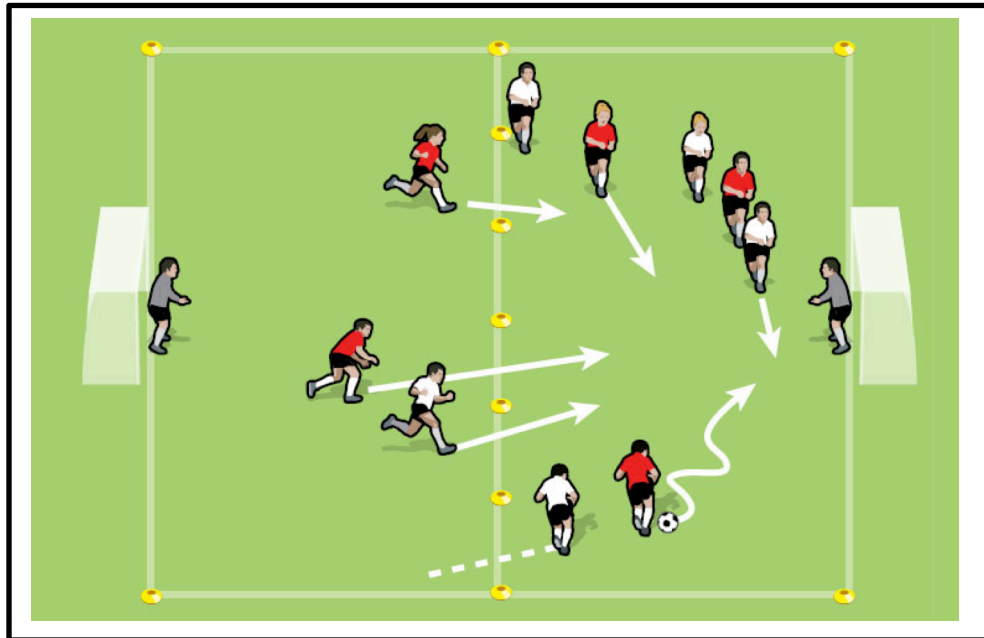


Up and Down

Active Start, Fundamental & Learn to Train



Instructions: Play with two teams of five players, you can use a floater if you have an odd number or one team is weaker. When in attack, a goal only counts if all the attacking team, except the goalkeeper, are on or over the halfway line when the goal is scored. If a goal is not scored in this way then the attackers retain possession until they are over the line. And when the last player crosses the line they can then score. All defenders must be in the defending half or any goal will count double, this encourages quick attacks and recovery runs.

Coaching Points: Counter attack quickly and push forward as a team, and recover as a team to defend. React to gained or lost balls, speed and direction, passing and forward runs, defend and delay, and recovery runs to mark players or space.

Equipment: 1 Ball, 2 Goals, Cones (or a set middle line)

Progressions: If it becomes too easy, or you want to emphasize playing out of the back – make a rule that the team must make 3 passes in their own half before entering the opponents half.

Risk Assessment: Ensure participants are keeping their head up, tackling safely, and making safe decisions