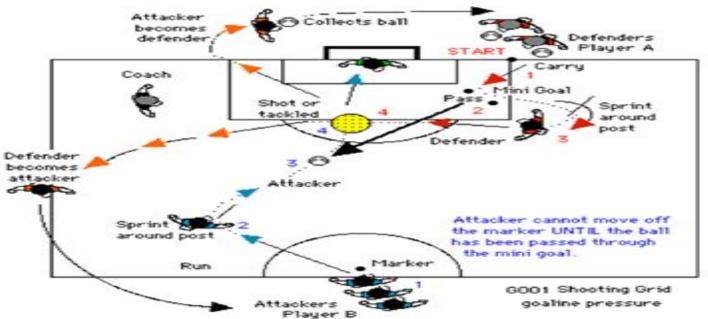
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Roles: <u>Defenders Make</u> a good weighted pass (towards the field post (2)) then sprint around your post (3) as shown and try to get in front of the attacker and prevent the shot on goal (4). **Attacking players** Take off from their marker (1) at speed, <u>turn</u> at post (2) control the ball (3) and try to get a shot on goal (4).

Targets: Defenders to get to their position early, turn sharp at the post (3) towards a position between the attacking player and the goal, prevent a shot on goal, tackle the attacker, or force the player wide, spoilt the shot on goal in 1 v 1 situation.

Attacking players to control the ball quickly, get a clean shot on goal, dribble past the defender or shoot from long range. (As indicated by the coach - two touch or carry into penalty area)

Goalkeepers: Come out to defend or cover <u>long range</u> shots as you feel necessary, talk to and encourage your defender. Be aggressive in shot saving.

Coaching Points - This is an aggression building sprint grid, rather than have players line up to take a pot shot on goal here we have pressure, speed and real game action. Look for both players speed off the mark, <u>DEFENDER</u> (Red) to make a good (fair) weighted push pass. ATTACK player, (Biue) encourage speed off the mark, (no cheating - do not allow attackers to creep off marker (1)). <u>correct</u> poor ball control at speed, look for early body position for shooting and the placement of the shot, i.e. shooting using the drive, knee over the ball, head forward - power - accuracy (player to pick spot) etc.

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Lei Huang

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