

AVOID YOUR OPPONENT

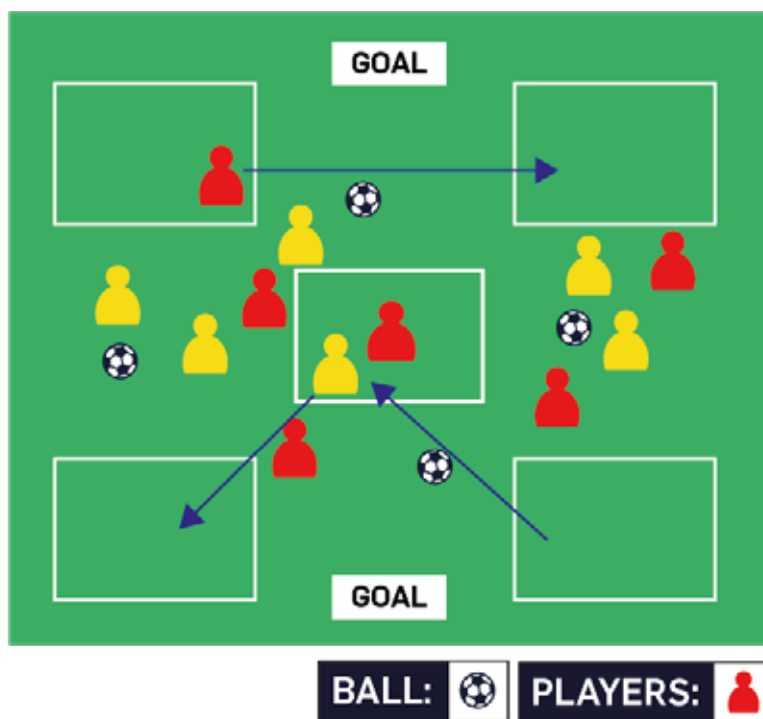
This session encourages movement and 1v1 interactions - and you don't even need a ball.

SET IT UP

- Create a playing area with five 'box' zones – one in each corner and one in the middle.
- Place a goal at each end.
- Split your players into attackers and defenders.

GET PLAYING

Attackers score a point by getting from one corner box to another. If attackers move through the middle box on their way to a corner, they get two points. Defenders can't go in any of the boxes. Their aim is to 'tag' out the attackers while they're on the move.



INCREASE THE CHALLENGE

Give each attacker a football. Ask the defenders to tackle the attackers and 'steal' the ball. When they have the ball, defenders can take a shot at one of the goals.