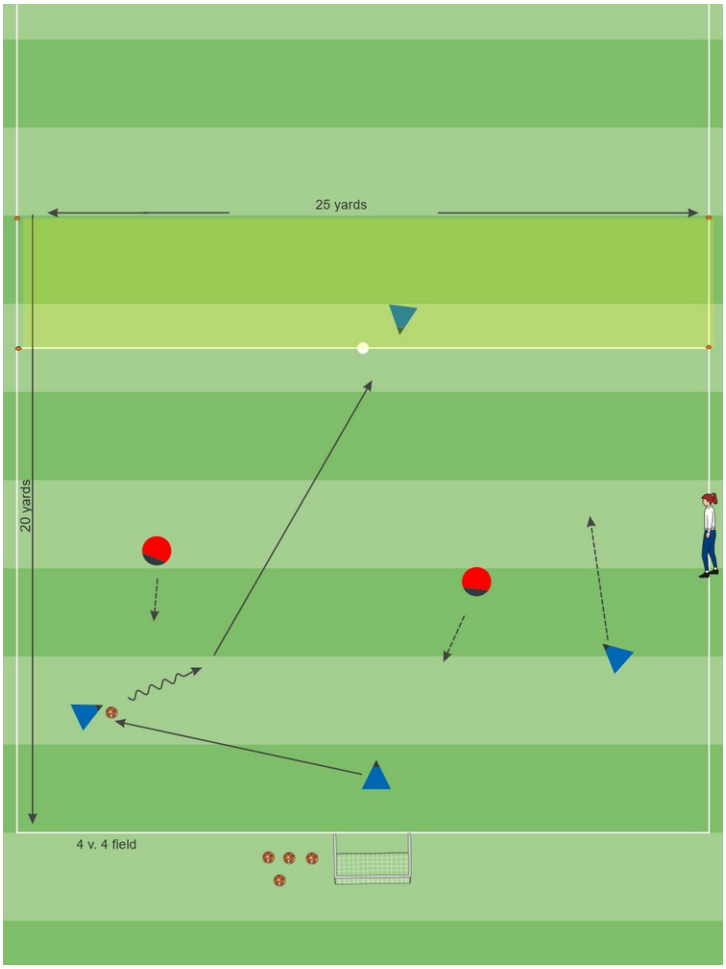
Advancing the ball
OBJECTIVE: Improve ability to move ball forward into attacking half
KEY QUALITIES: Read game/make decisions, Optimal technical

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ORGANIZATION:
Mark out an 20x 25-yard field with an end zone on one end and goal on other end line.. Attackers (Blue)are set up with 1 -2-1 formation. The defenders (Red) are set up as to try and prevent the Blue from moving the ball foward. The first attacker can dribble or pass forward. To score a point the attacker can dribble or pass to the blue player in the end zone. The first defender runs in and tries to stop the attacker from moving the ball forward. The defender can score by winning the ball and scoring in the goal. Afterwards, the next ball starts with the blue at the bottom of the field. Play for 20 minutes with two breaks.

PLAYER ACTIONS
Pass or dribble forward, Spread out, Support the attack

KEY WORDS:
Pass and Dribble

GUIDED QUESTIONS:
1. Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

ANSWERS:
1. Dribble or pass to the player in the end zone 2. Switch direction or pass to the free player. 3. Being forced backwards with no help

Moment
Attacking

NOTES:
Core Activity Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Spend a total of 20 minutes in the Practice Phase.