

8-12

4 Lines - Shooting

Written by Jonny Bonner

Set Up



20 mins



9 players



8 balls



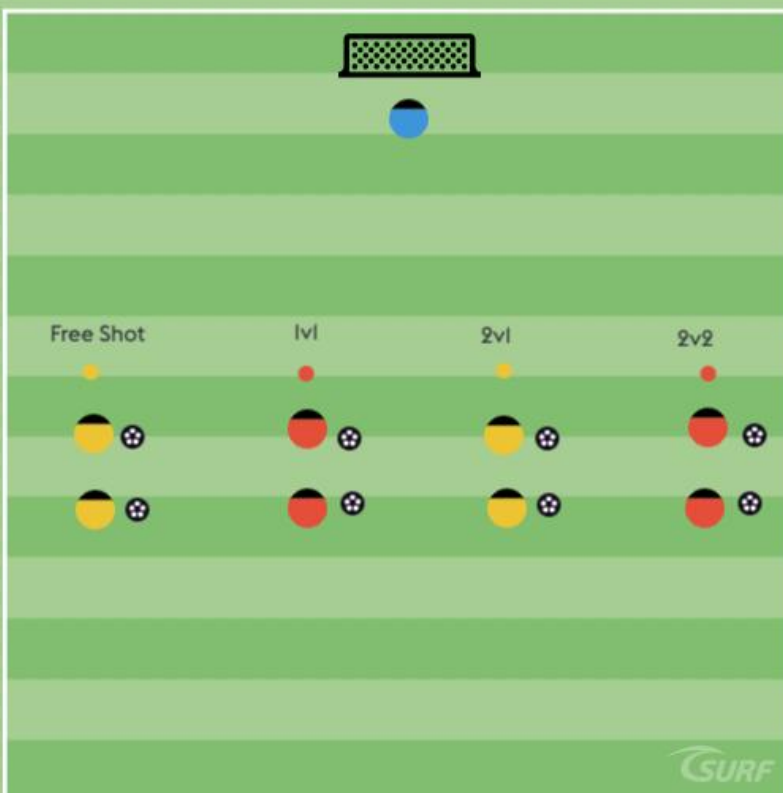
8 bibs



4 cones



15x15 area



Session Overview

- 4 Lines as shown in diagram - Line 1&3 are together - Line 2&4 are together
- Line 1 has a free shot on goal
- Line 2 attacks the player that just had a free shot in a 1v1
- Line 3 partners with line 1 to make it a 2v1 against line 2
- Line 4 Partners line 2 to make it a 2v2 against line 1&3
- TIP: Tell the players after you have attacked you now become a defender
- TIP: Line 1&3 should be in the same color and Line 2&4 should be wearing the same color

Key Coaching Points

1. Hit the target when shooting
2. Attack at speed
3. React quickly after you attack as you must now defend the next player coming into the grid