

8-12

# Over The River

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## Set Up



20 mins



12 players



1 ball



12 bibs



12 cones



35x15 area



## Session Overview

- 2 outside grids have 4 players each. 4 defenders stay on outside of the grid ready to go into one of the zones. (1 defender at a time)
- Grid dimensions should start at 2 (outside) 15x15 grids and 1 (middle) grid 5x15
- One defender goes into an outside grid to try win the ball
- 4 players in the grid try to complete a certain number of passes before they try to play the ball to the opposite grid (start with 2-3 passes needed then make it harder the more joy they get)
- When the ball is transferred from one grid to the other a new defender comes in and the other defender leaves the grid and rejoins the back of their line
- Progression: If it is going well - add a defender to the middle zone to block passes
- Let each group defend for 3 minute periods

## Key Coaching Points

1. 1st touch & movement off the ball
2. Quality of pass from one grid to the other