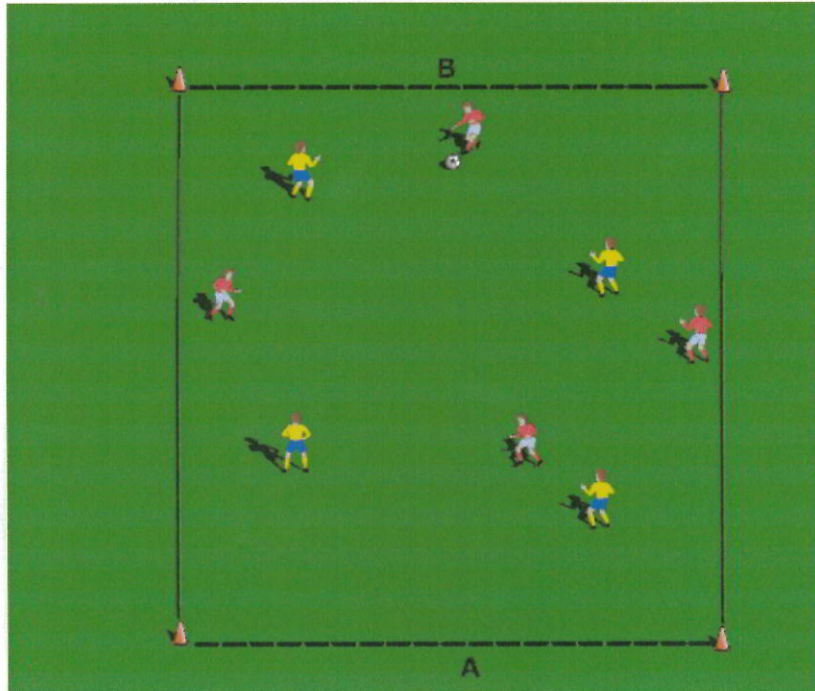


4 v 4 LINE BALL GAME

ORGANIZATION: Area 25yds x 40yds. 4 v 4, No GK

INSTRUCTION: Teams try to score on each other by running the ball over the opposing team's end line; while under control. Example; the Red team must run the ball over Line 'A' and the Yellow team must run the ball over Line 'B'. Each time a player receives a pass they MUST take five touches. This will promote players to protect the ball under pressure. Change of possession after a team scores.



COACHING POINTS:

1. On gaining possession 'spread' the field
2. Awareness of pressure, support and space
3. Angles and distances of support as the ball travels
4. Maintenance of self possession by shielding, screening, foot skill or accelerating into space
5. Quality passing and receiving
6. Look for scoring opportunities