

## Warm Up Activity - #11 / Team Multi Goal Defending

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 30m x 30m.
- Session set up as illustrated.
- Nominate one team to work as attackers and one team as defenders.
- Get the attackers to continuously dribble balls out of the middle zone and try to score in the goals.
- The defenders must work together and try to stop the attackers scoring.
- The game will start with lots of 1v1 situations but as the balls decrease thus will turn into various overload and small sided games (2v1), (3v2), (3v3) etc.
- Once all the balls have been played count the goals scored, rotate the roles and repeat the practice.

### Coaching Remarks

- Encourage players to work quickly.
- Encourage player to keep their head up.
- Encourage players to stay on their feet.
- Encourage players to support their teammates.

### Diagram

