

## FAST BREAK GAME

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.
- + Shooting

#### Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.
- + Shooting technique

### WHY USE IT

To encourage players to attack the goal numbers up with speed.

### SET UP

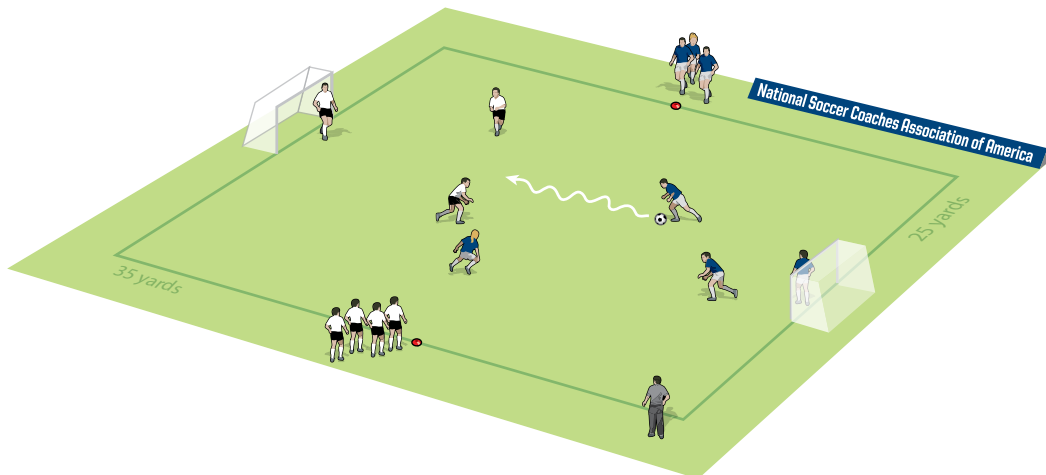
35x25 yard space. 14 players split into 2 teams. 2 goals. A goalkeeper in each end. Start with 3 blues and a goalkeeper vs 2 whites and a goalkeeper - with extra players for both teams on the side of the field.

### HOW TO PLAY

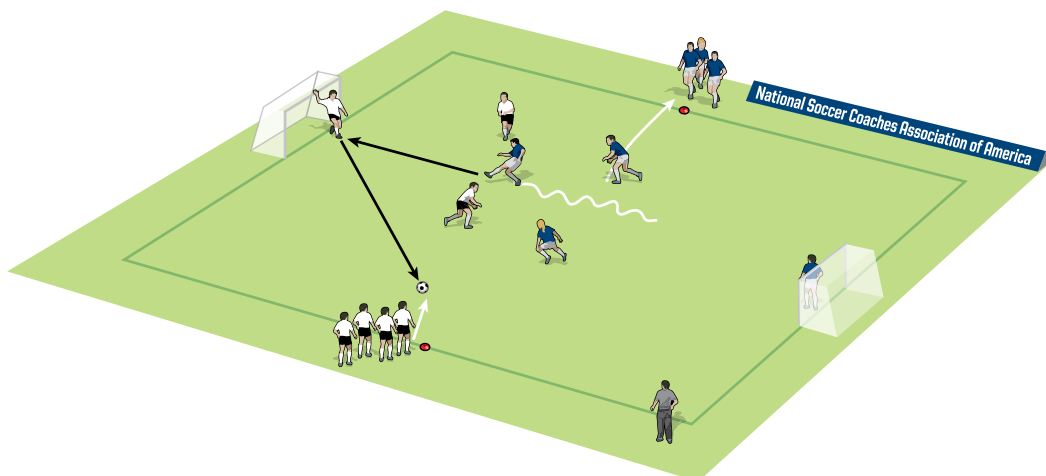
Commence the game with the coach playing a pass to blues. Blues attack the white's goal. When a goal is scored or the defending team wins possession (turnover) the team winning possession add an extra attacker and the opponent drops a player to create a 3v2 overload in the other direction.

### COACHING NOTES

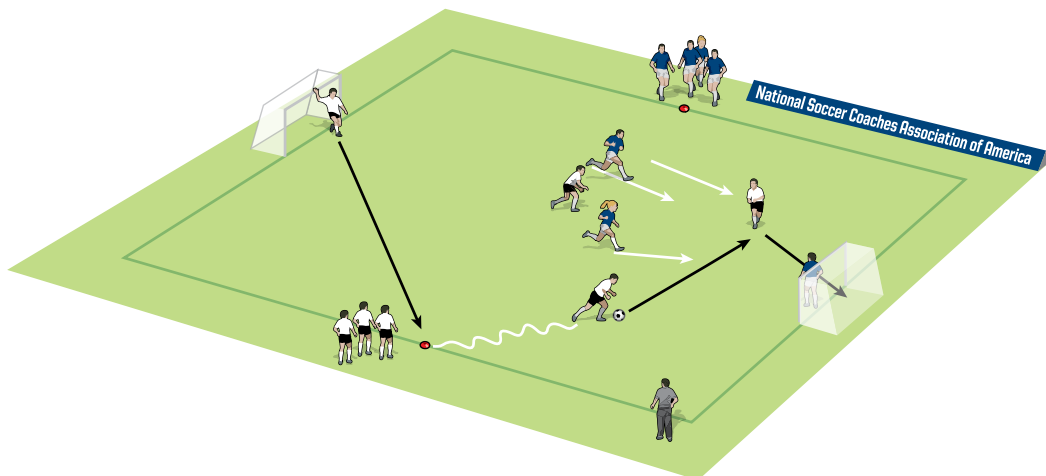
- + Coaching objectives - to have players play with positivity and creativity when attacking the goal.
- + Coaching tip - really focus on the moment of transition to attack and encourage speed of play.
- + Adaptations - increase the field size and the playing numbers for added complexity.



- + Start with 3v2.
- + Attacking 3 players commit the opposing defenders.



- + Goalkeeper immediately spreads to a player to the next white player 'on deck'.
- + During a turnover, an attacker must leave the field.



- + 2 defenders immediately transition into open attacking spaces
- + 3v2 the other way.

