



Plus one Defender

Skill – Passing &
Attacking Fundamentals

TYPE

Open

AGE

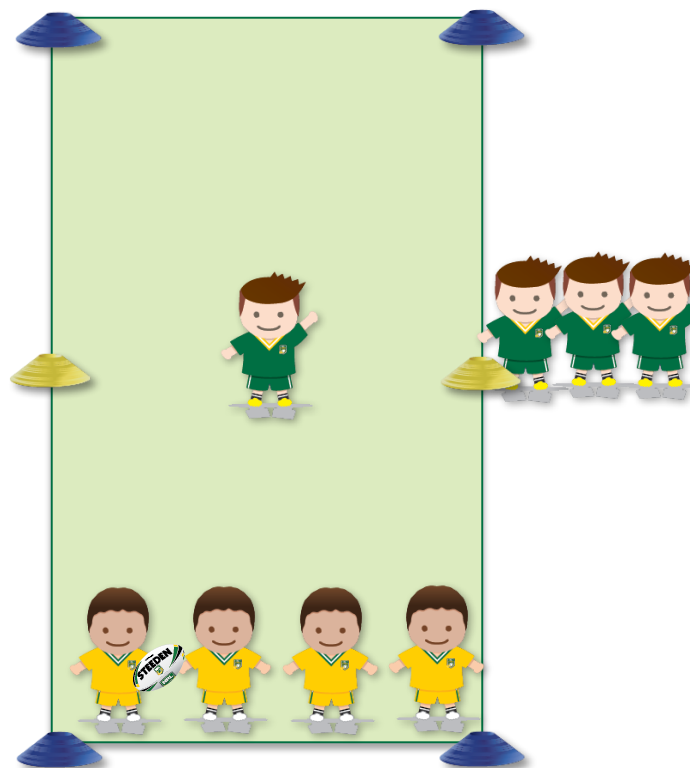
11+

Description

- » The yellow players are attackers.
- » They attempt a 4 v 1 and score at the other end.
- » After that attempt, the defensive side adds a defender to make a 4 v 2.
- » After that play, the attackers turn around and an extra defender comes in for a 4 v 3
- » After that play, the attackers turn around and an extra defender comes in for a 4 v 4

Progression

- » You can increase or decrease the field size.
- » If the attacking team fails to score, they become defenders.



Field Size

(10m)



(20m)

Players



x (4) attackers



x (4) defenders

Equipment



x (6) Markers



Whistle



x (1) Football



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