



# Find the Gap

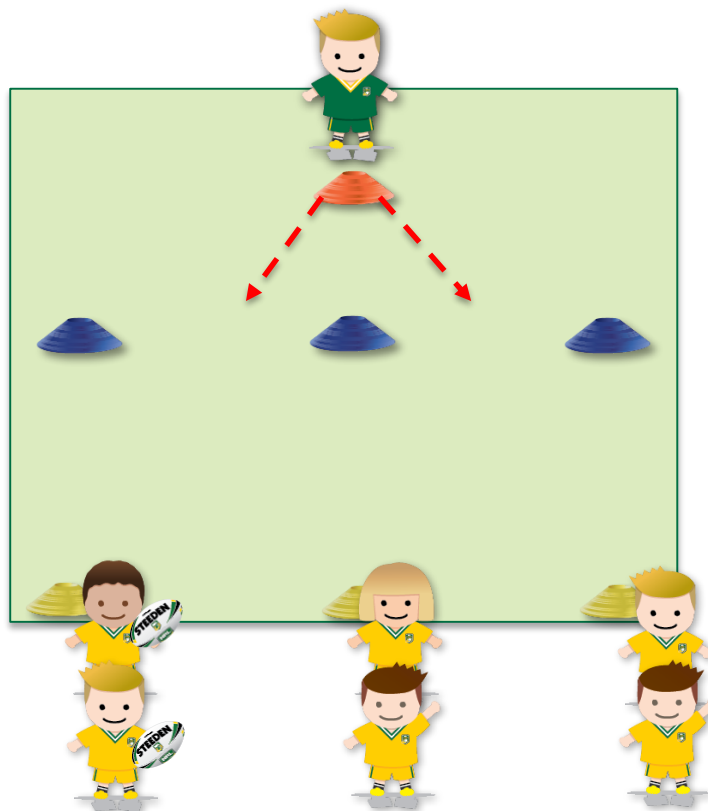
Skill – Catch, Pass, & Attacking Fundamentals

TYPE  
**Open**

AGE  
**11+**

## Description

- » 3 attackers (yellow) start with a football on a yellow marker each.
- » 1 defender (green) starts on the red marker.
- » Attackers look to run 'Unders' lines on the blue markers. The defender will choose a gap to step into to block that gap.
- » The ball carrier must make the correct decision to pass to the player who runs through the gap not chosen by the defender.



## Field Size

(5m)

(5m)

## Players



x (3) Attackers



x (1) Defender

## Progression

- » You can put defenders on the blue markers as well.
- » Have a play the ball to the side and include a dummy half pass to 1<sup>st</sup> receiver.

## Equipment



x (7) Markers



Whistle



x (3) Football



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