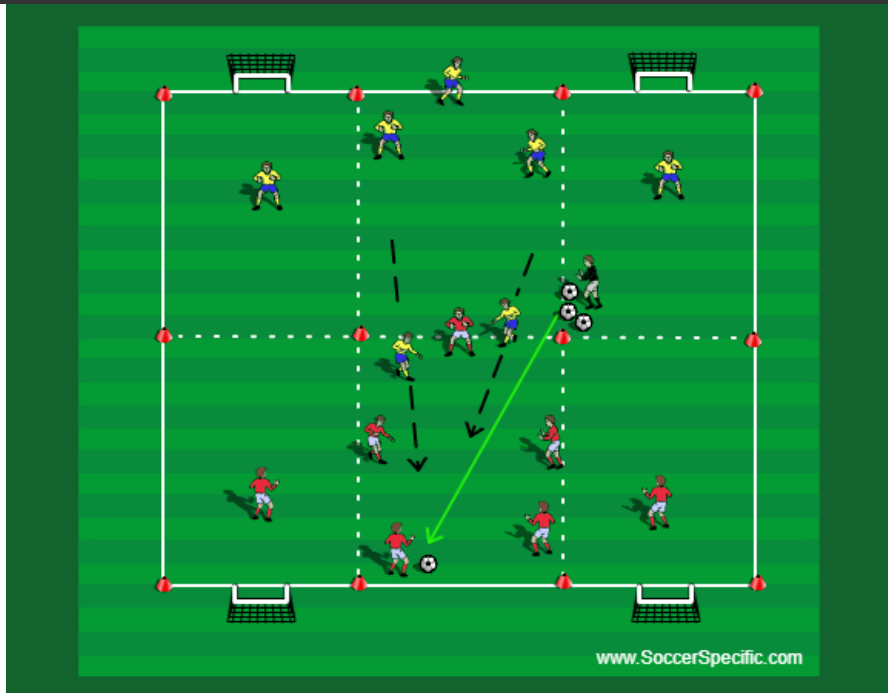




North Carolina Courage Training Game

Date: **Mar 12, 2018** | Duration: **15 Min** | Team: **North Carolina Courage**
Intensity: ● (5/10) | Category: **Tech / Tact**



1

⌚ 15 Min ↗ 30X20

Setup: 6 grids. 5 players (two different colors) in each of the central grids. One player (two different colors) in each adjacent grid.

Instructions: Coach plays ball into grid. Central team tries to keep possession from 2 defenders entering from bordering grid. Once team in possession connects specific number of passes, they pass to single player in adjacent grid who attacks opposite defender. If goal is scored, team wins point. If solo defender wins ball from attacker and scores, point earned for their team. Play to a designated number of goals. Progression: add attackers to create overload (2v1) or defenders (2v2) once ball is played into adjacent grid. Offside rule applies.

Coaching Points: Possession. Quality of first touch. Decision-making. Transition to 1v1, 2v1, 2v2, 3v2, etc.