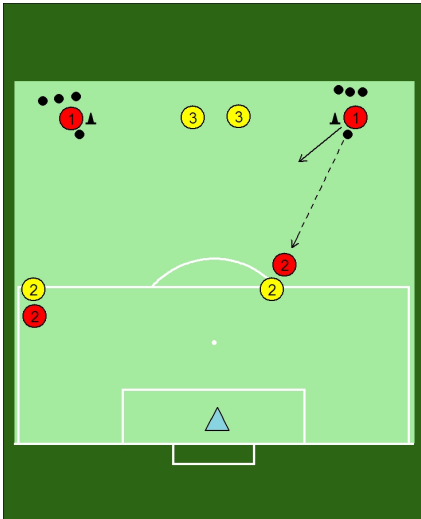




Come alive

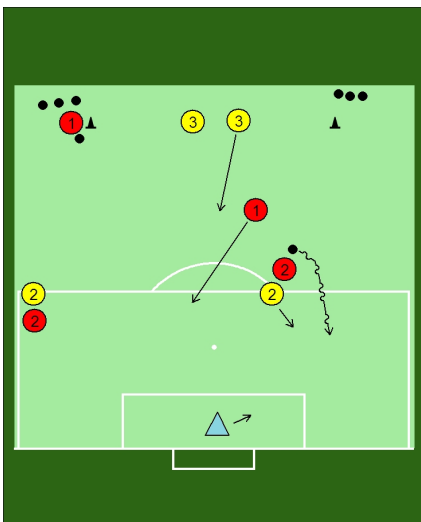


How it works

Players are set up as shown in the diagram.

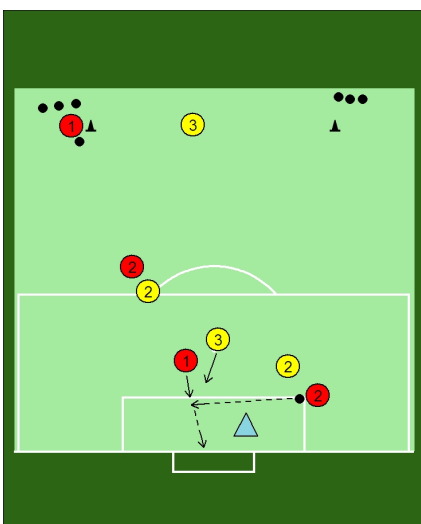
Red Player 1 starts by passing the ball to Red Player 2.

Red Player 1 then moves towards the penalty area to support Red Player 2 in creating a scoring opportunity.



As soon as Red Player 2 touches the ball both Yellow Players 2 and 3 'come alive' and must try to defend against the two red players.

Red Players 1 and 2 are allowed to combine in any way to create a scoring opportunity. They have to remember, however, that Yellow Player 3 will 'come alive' quickly so they must make the most of the 2 v 1 advantage while they can.



In this diagram Red Player 2 has managed to turn quickly, dribble and pass across for supporting Red Player 1 to score.

Red and Yellow Player 2s have then moved across from the side of the penalty area to be ready to start as soon as the other players have moved away from the goal.

Players can change sides and roles after several attempts from each of the cones.

Possible changes

Yellow Player 3s could have to wait for a signal from the coach before they are allowed to 'come alive.' This would give the two red players a little more time before the extra pressure of another defender arrives.