

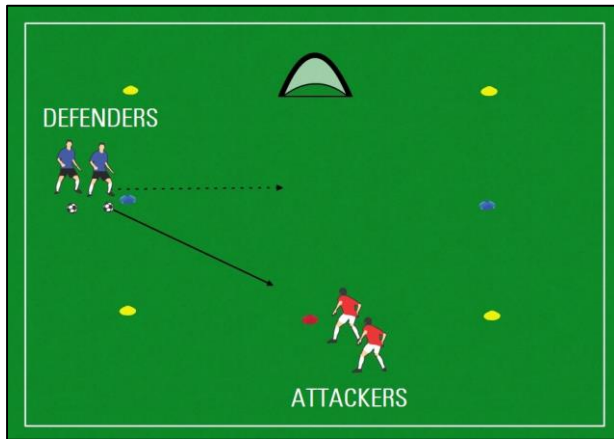


Core skill: 1v1

Difficulty level ★☆☆

# DEFENDERS & ATTACKERS

## Middle activity



Defenders line up at the side the grid with a ball each. Attackers line up at the top of the grid without a ball.

The defenders pass the ball to the attacker and then run into the middle to defend at the half-way line.

The attacker controls the ball and then tries to dribble around the defender and score in the goal. Players then run to the end of the opposite line.

**Set Up:** In a square approx. 10m by 10m with a goal in the middle at one end.

There are markers placed in the middle of each side and end as shown (red & blue markers)