



**Reduced Activities:  
Attacking from Depth**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

<b>Equipment:</b>	<b>Ball</b>	<b>Players:</b>	<b>Groups of 4</b> (+ defenders in development)	<b>Time:</b>	<b>10 mins</b>		
<b>Activity</b>				<b>Objective</b>			
<ul style="list-style-type: none"><li>• Four players (ball carrier with support)</li><li>• Ball carrier (Player 1) runs laterally with ball, turns and attacks straight</li><li>• Support players mirror run of ball carrier</li><li>• Player 2 runs forwards with ball while Player 1 Loops (runs around the back of player 2) to realign and be ready for next pass.</li></ul>				Attacking straight, and from depth			
<b>Coaching Elements:</b>							
<b>1. Communication and Movement</b> <ul style="list-style-type: none"><li>• Ball carrier straightens line</li><li>• Support player mirrors the run</li></ul>			<b>2. Attack onto the ball</b> <ul style="list-style-type: none"><li>• The support player must run onto the pass from the ball carrier</li><li>• The support carrier attacks towards inside shoulder (towards passer)</li></ul>				
<b>3. Pass Effectively</b> <ul style="list-style-type: none"><li>• Reach for pass</li><li>• Keep ball away from body</li><li>• Pass in front of support player</li></ul>			<b>4. Realign quickly</b> <ul style="list-style-type: none"><li>• Once ball carrier starts running, support players must run hard to attack straight</li><li>• Other support players must maintain spacing when straightening</li></ul>				
<b>Developments:</b>							
<ul style="list-style-type: none"><li>• Add in one defender – defender challenges Player 1 to replicate match conditions</li><li>• Add in second defender – emphasis on player 2 holding their defender to keep space for player 1 looping</li><li>• Ball carriers attack inside shoulder of defender to challenge them</li></ul>							

*These reduced activities are suitable under all public health measures where collective training is permitted*