

Counter Attack

- 2 teams of attackers either end with 1 team of defenders in the centre.
- Defenders kick to 1 team of attackers who catch & counter attack.
- Each team takes turns to attack and defend

Key Points:

- Identifying/preserving space – attack
- Restricting space/options – defence

Skill Emphasis:

- Lateral Support
- Channel Support
- Passing
- Contact Skills

