

Sit Down



The Game

- An even sided keepaway game with a twist.
- The player who causes their team to lose possession sits down on the field until their team regains possession of the ball. In effect, this makes the attacking team always have a one player advantage.
- Ten passes in a row = 1 goal

Coaching Points

- immediate chase when possession is lost, before the attacking team is able to establish a rhythm.
- Attacking principles: Shape, Mobility and Improvisation
- Defending principles: Make sure defenders get "inside" the attacking team; pressure, cover and compactness.