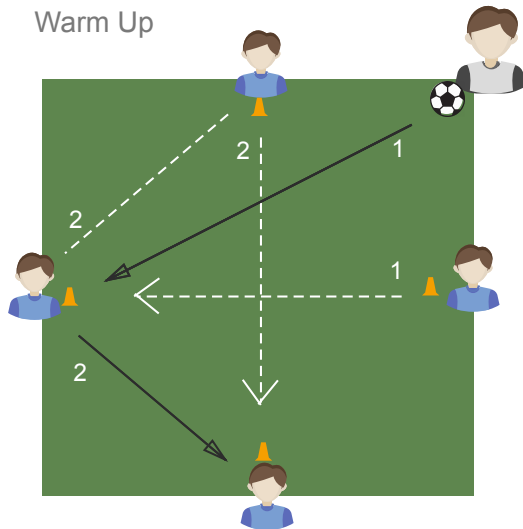


# Give N Go

U10+

<https://www.youtube.com/watch?v=4AcKJgAvJeQ>

## Warm Up

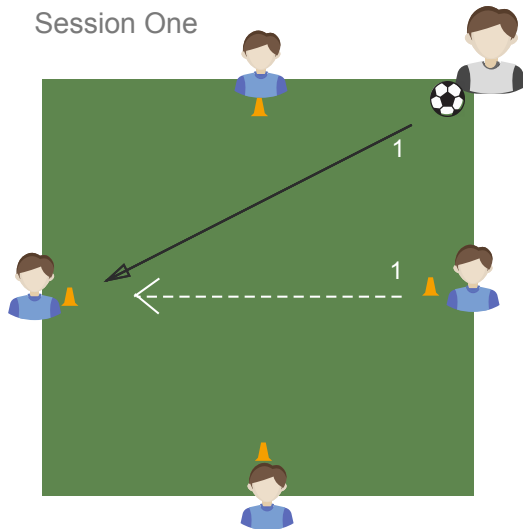


Warm Up is done as a walk-through to familiarize players with the motion and to warm-up

\* Defenders always run from across the square and tries to meet the pass at the player receiving, then gets in that line

1. Coach passes across the square
2. Player receiving makes a pass to the right and runs to the left line. This is to simulate a give and go because when you pass you want to create space and run in the opposite direction.
3. Player at the bottom of the diagram would now pass to the right and so on

## Session One



Now that we are warmed up and we have a clear understanding of how the rotation works we enhance the intensity.

1. When a pass is played the defender should be at a more aggressive speed. Forcing the other player to choose a pass left or right.
2. The other 2 lines should be ready to spring out as defense.
3. Defensive interceptions get a point