

Apache

Goal:

To improve unsettled play near cage.

Description:

-Defense forms circle above crease facing in.

-Offense surrounds

-Coach names two defenders.

-On whistle coach rolls GB to corner of box, offense scoops under pressure from the two named defenders. After scoop defenders recover.

-Ball is live. Play to clear midfield or goal

- Add 10 second call to force offense to cage.

Equipment:

Lots of balls.

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