



# Attacking Shape

## Skill - Catching, Passing, & Attacking Fundamentals

TYPE  
**Game**

AGE  
**10+**

## Aim

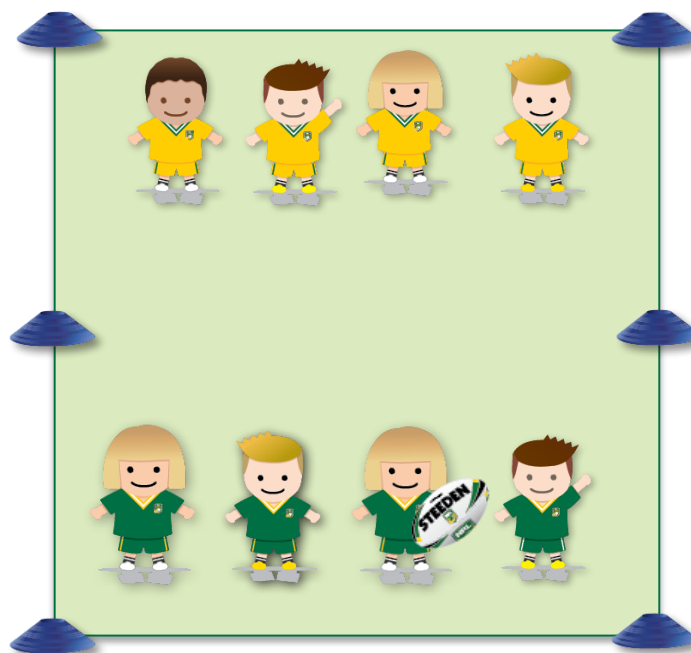
- » Encourage support play and attacking ability by providing options for the ball carrier

## Description

- » The first receiver must have an option, to pass, with an inside and outside runner.

## Consequence

- » If the first receiver does not have 2 support runners on a play, their team forfeits the ball.



## Equipment



x (6) Markers



Whistle



x (1) Football

## Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

## How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

## How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

## Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



**PLAYNRL.COM**