



# 4 v 3 Attacking Shape

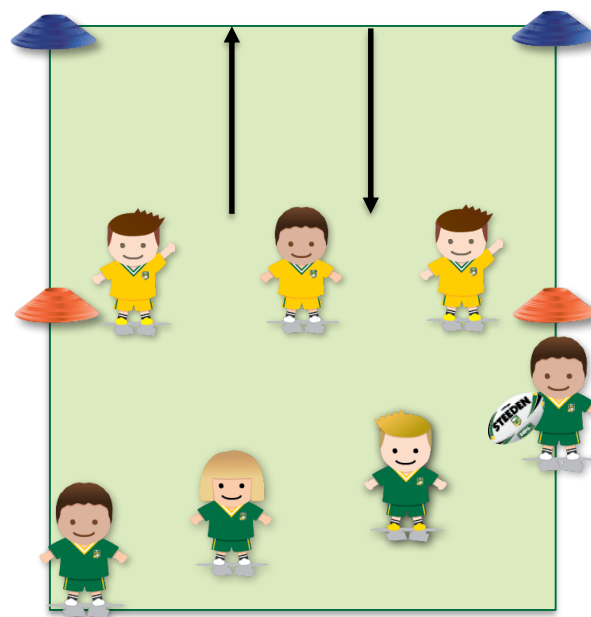
Skill – Attacking & Defensive Fundamentals, Passing, Tackle

TYPE  
Open

AGE  
11+

## Description

- » 4 attackers (green) set up at the end of the grid.
- » 3 defenders (yellow) start 10m away from the tryline.
- » On go, the defenders retreat to the tryline.
- » When they reach the tryline, the attackers may now attack.
- » After one play by the attackers, 4 new attackers and 3 new defenders enter the grid.



## Progression

- » Make the grid bigger or smaller
- » Add or remove attackers and defenders
- » Progress to a rolling 4 v 3 activity

### Logistics

(10m)



(15m)

### Players



8 x Attackers



6 x Defenders

### Equipment



x (2) Markers



Whistle



x (2) Football's



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