

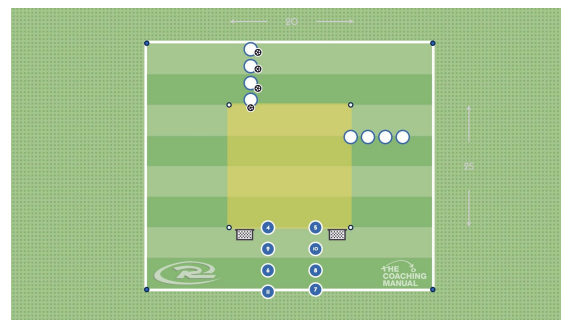
## Bantam Division: 2v2 Transitional Warm Up, Pressure & Cover

Written by Rush Soccer

15 mins    12 players    10 balls    12 bibs    4 cones  
20 x 25 area

### RUSH WAY

Application of the eight principles of the Rush Blue Thread. Player Acknowledgement and Greetings are expected. Style Of Play (attack oriented). Formation: 2-3-1 to ease transition onto 2-4-2 and then 3-5-2. Player Position (players experience different positions)



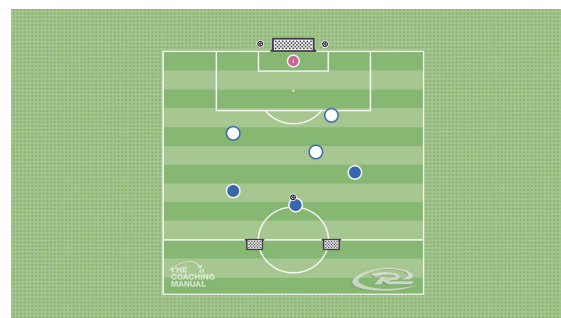
## Bantam Division: 3v3 + GK To Countergoals To Practice Pressure & Cover

Written by Rush Soccer

20 mins    14 players    10 balls    14 bibs  
10 cones    Half of a 7v7 pitch area

### RUSH WAY

Application of the eight principles of the Rush Blue Thread. Player Acknowledgement and Greetings are expected. Style Of Play (attack oriented). Formation: 2-3-1 to ease transition onto 2-4-2 and then 3-5-2. Player Position (players experience different positions)



## Bantam Division: Pressuring & Covering In A 7v7 Scrimmage

Written by Rush Soccer

30 mins    14 players    10 balls    14 bibs  
Full 7v7 Pitch (60 x 40 approx.) area

### RUSH WAY

Application of the eight principles of the Rush Blue Thread. Player Acknowledgement and Greetings are expected. Style Of Play (attack oriented). Formation: 2-3-1 to ease transition onto 2-4-2 and then 3-5-2. Player Position (players experience different positions)

