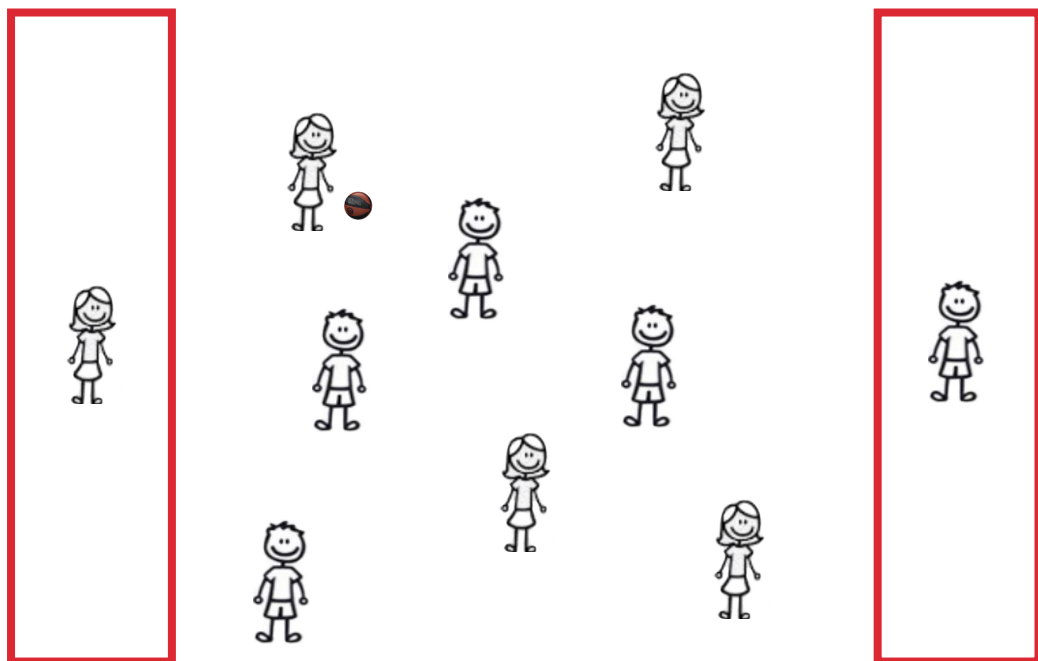


END BALL

KEY FOCUS: Retaining possession and being organised out of possession



EQUIPMENT/PLAYERS:

- Cones
- Bibs
- 1 ball
- Minimum of 6 players

RULES TO INTRODUCE

1. **Footwork (travelling)** – use of a pivot foot when stopping and receiving the ball
2. **Use of the dribble (double dribble)** – players are not allowed to pick the ball up and start dribbling again or dribble with two hands at the same time
3. **Contact** – players are not allowed to make any contact but can knock the ball out of the opposition's hands

HOW TO PLAY:

- Divide the group into teams of 4 or 5
- Use a badminton court or similar sized area
- players should be allowed to dribble from the outset
- **To score a point, the ball must be received by a player in the end zone**
- Players cannot stand in the end zone permanently (they should be constantly moving)
- Do not limit or focus on one type of pass

DIFFERENTIATION (STEPS):

- **Space**
Change the size of the area or the end zone
- **Time/Task**
Add in a time limit for games or a time limit to score
e.g. 24 seconds
- **Equipment**
Change the size of the ball or add two balls
- **People**
Increase the number of players e.g. 3v2, 4v3
- **Speed**
Only allow players to walk or allow certain players to run

OTHER IDEAS TO CHANGE THE GAME:

- Players are only allowed to walk
- Allow players a set number of bounces
- Decrease the size of the end zone
- Increase the number of players in each team
- Outnumber defenders or attackers to give an advantage
- Start with 10 points and take away a point each time a goal is scored, first team to get to 0
- Focus a team on certain passes e.g. chest pass
- Only allowed to dribble into the end zone rather than pass

LINKS TO THE PLAYER DEVELOPMENT FRAMEWORK CORE PRINCIPLES:

Fast paced, advantage based, collective defence

PERSONAL VALUES: Commitment, teamwork, respect, communication, adaptability

COACHING POINTS:

Attackers

- Getting open
- Spacing, timing and movement
- Knees bent and elbows out when in possession of the ball
- Experiment with a variety of passes

Defenders

- Call when marking the ball
- Disrupting ball movement
- Protecting the end zone

REVIEW QUESTION 1:

What strategies can you use to move defenders and create space to attack?

REVIEW QUESTION 2:

How can you ensure that all players are defended, and no one is left alone?

