

Factfile

Category
Possession

Competition Type
Integrated, opposed,
contact

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To identify the open
player and to assess risk.

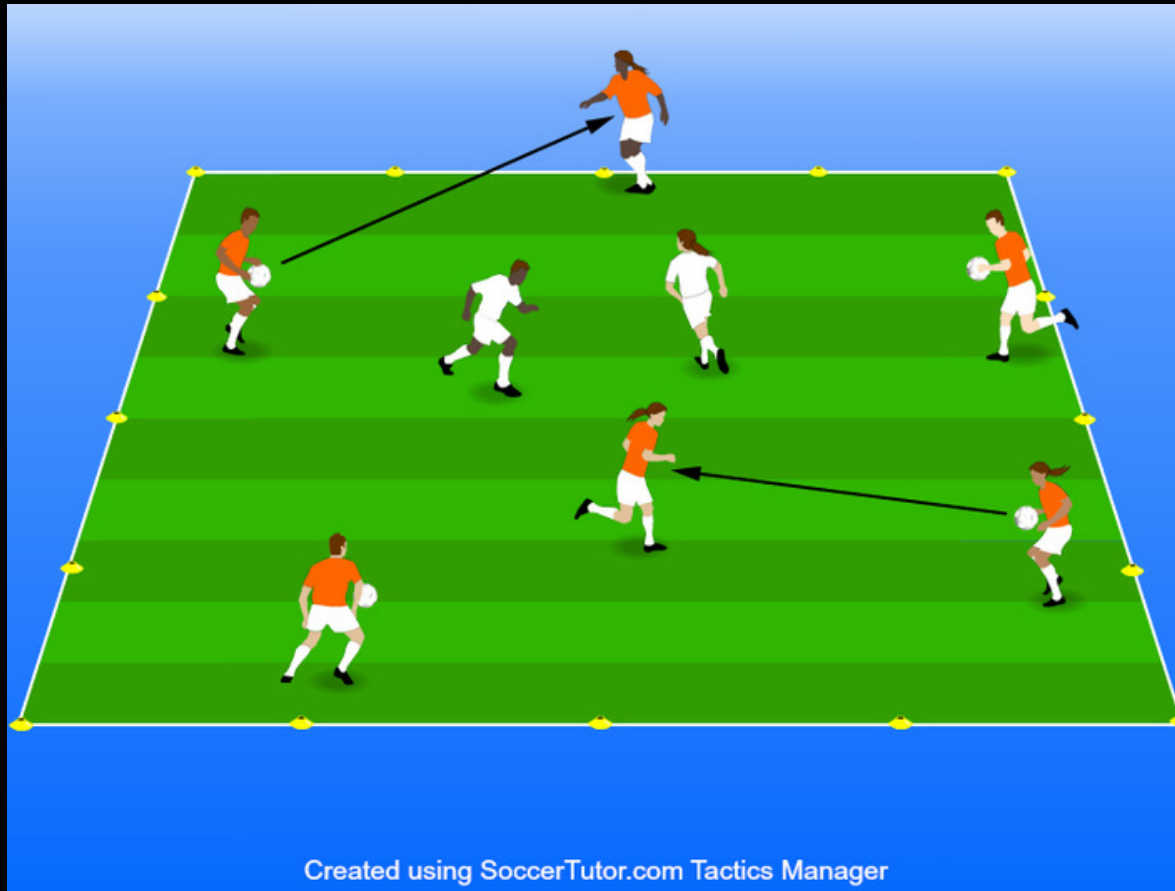
Equipment

- 16 Marker Cones
- 4 balls
- 2 bibs

Safety Tips

- Point knee towards direction you're going and lunge when changing direction.
- Tag on safe areas such as the back or shoulders.

15) Awareness Possession



Tips For Success

- Call when passing so that 2 balls aren't passed to the same player.
- Be aware of players without a ball and prioritise who to pass to.
- Keep moving around so it's hard for the defenders to tag you.

Independent Personalisation

- Ask where players are comfortable being tagged. If they're not, call 'tag' when close by.
- Put a more comfortable and less comfortable player together as defenders.



Rules

- Play a 6v2 (easier) or 5v3 (harder) game.
- Players can run with the ball in their hands. 3/4 attackers have a ball in their hands.
- The 2/3 defenders aim to score 1 point by tagging a player who doesn't have a ball.
- They also score 1 point by catching the ball themselves through an interception.
- They score 1 point when the attackers throw the ball out of play.
- Attackers don't score.
- After 2 minutes, swap the 2/3 defenders.