

Factfile

Category
Movement and Creating Space

Competition Type
Integrated, opposed,
Non-contact

Area Dimensions
3m x 3m - 8m x 8m

Number of Players
2

Time Per Game
1 minute

Objective
To move the opponent and
return to a base position.

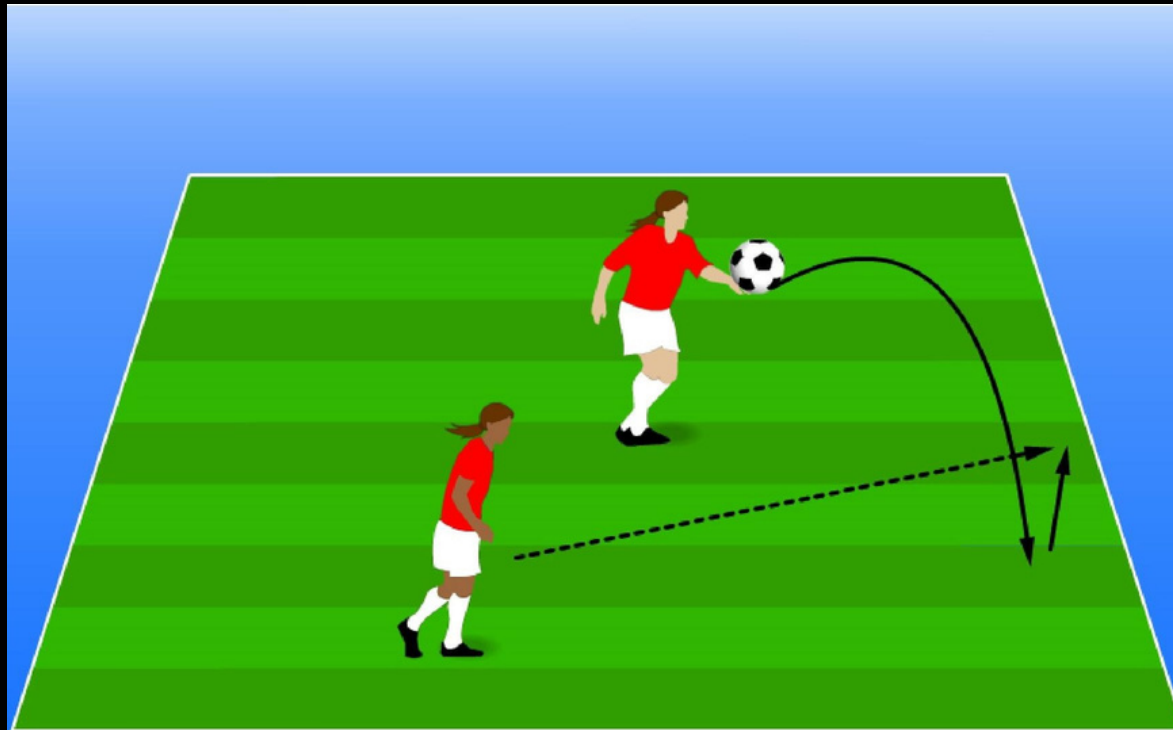
Equipment

- 9 Marker Cones
- 1 Ball

Safety Tips

- Point knee towards the direction you're going and lunge when changing direction.
- Use small steps to slow down quickly.

19) Multi-direction Squash



Created using SoccerTutor.com Tactics Manager

Tips For Success

- Use disguise to trick your opponent.
- Throw the ball quickly after receiving to give the opponent less time.
- Straight after releasing the ball, move quickly back to a central area so you have less distance to move.
- Intercept the feed to move even less.

Independent Personalisation

- Challenge more confident players to release the ball from above the waist.
- Allow less confident player 2 bounces.
- Make a smaller area within the grid where a more confident player must throw into.



Rules

- 2 players stand within a small grid.
- One starts with a ball in their hands and throws upwards to bounce anywhere within the grid. The other moves quickly to catch the ball before throwing it somewhere else in the grid.
- A player scores 1 point if their partner: doesn't catch the ball before it bounces twice, throws the ball initially downwards, releases the ball beneath the knee roll or throws the ball so it lands outside the grid. They also score if they catch the ball before it bounces.