

Factfile

Category
Invasion

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
3m x 8m - 8m x 15m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To move forwards with
the ball to score.

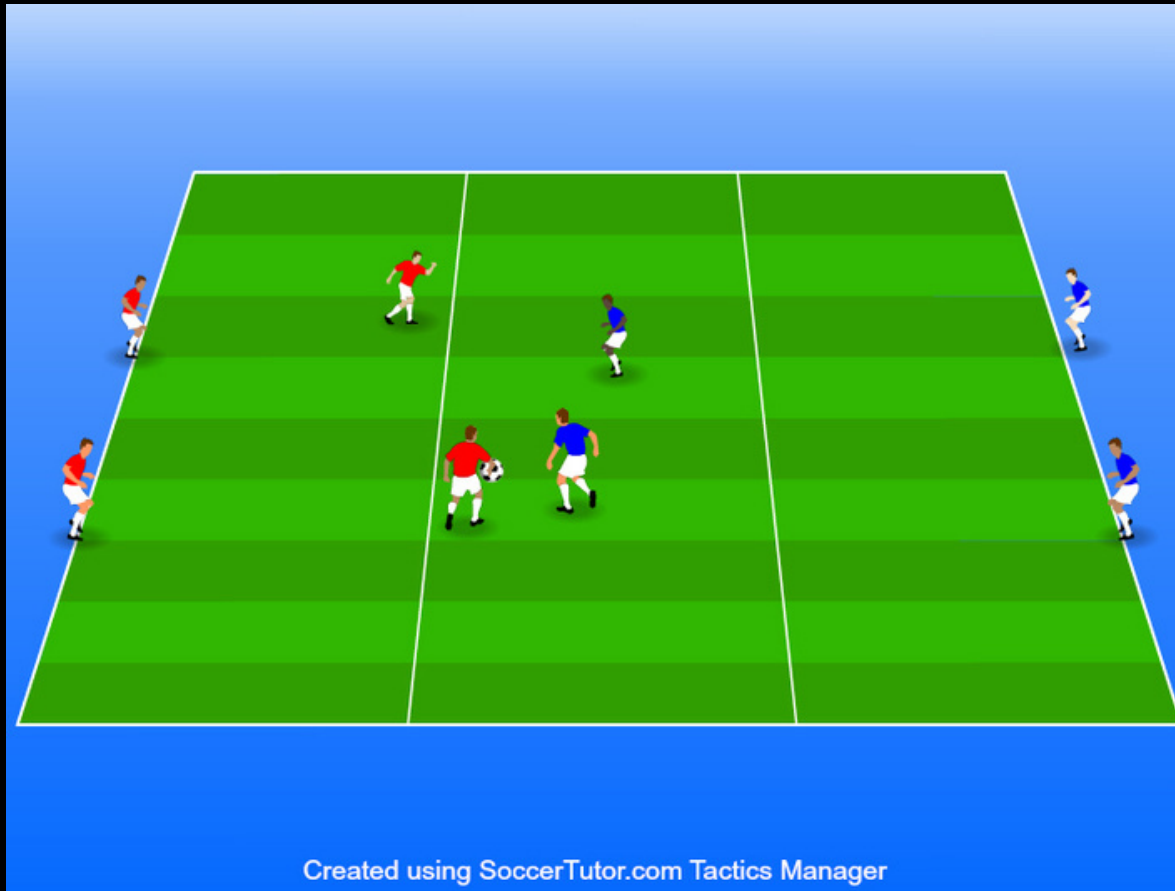
Equipment

- 26 Marker Cones
- 1 ball

Safety Tips

- Be ready when waiting on the line to catch the ball so it doesn't hit you unexpectedly.
- Hold your hands up early to catch the ball and to prevent injury.

6) 2v2 Continuous



Tips For Success

- Each waiting pair must be ready to catch and move forwards instantly.
- The scoring pair must be ready to defend instantly.
- Move into space after throwing to your partner, preferably in a forward position.

Independent Personalisation

- Use a smaller/larger ball.
- Have a more and less confident player in the same pair together.
- Throw to your partner/opponent at a comfortable pace for them.



Rules

- Each team starts on opposing ends, both split into 2 pairs with 2 in front and 2 behind.
- A front player starts by throwing to the opponents before their pair runs forward to meet the other pair.
- Players must bounce the ball every 2 steps or lose possession.
- A pair can score in the opponent's end zone by passing to either waiting opponent.
- Once a team passes to the waiting players, the waiting players enter play as their 2 team mates return to the end line.