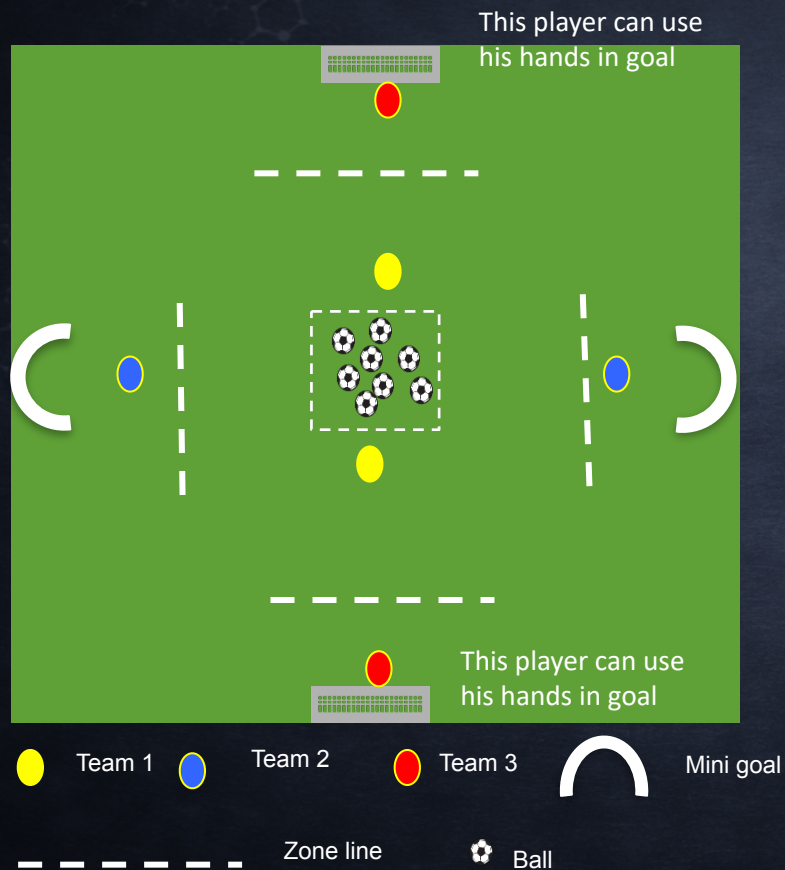


Warm up Fun Focus session 5



Organisation: The game is set up as shown and this is a great game for one station as part of a skills circuit OR as a stand alone activity that can be set up in different areas to accommodate more players.

How to play: There are three teams in different colour bibs. They work as a pair and play for a set time. (this can be set by the coach)

On "GO", the clock starts and the yellow players get their first ball out of the middle area.

They can attack the goal with a player who can use their hands and they try to score 1v1 (this does not have to be your GK but can be)

or

they can attack the mini goals and try to score 1v1 against a defender. Once they have attacked in one way, they must attack in the other. This is repeated until the time is up and the goals are totalled up.

The pairs then change round and take up another position. Yellows go in goal, reds defend the mini goals, blue are now the scorers. Let every pair do everything and then announce the winners.

I have put scoring zones in so that the 1v1 attacks are realistic. Players have to be past the line before shooting.

Technical

Physical

Psych

Social