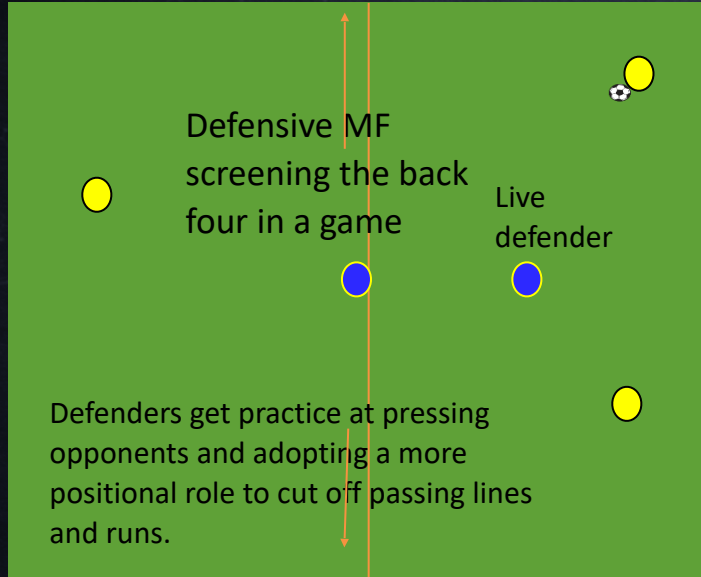


Playing Games Focus session 5

Individual and Pairs attacking and defending



Organisation: The game is set up as shown in an area appropriate for the age and stage of development of the players. There is a halfway line that one Blue defender is screening and the other defender (in Blue) is live.

How to play: The two Yellows try to keep possession against the one Blue “live” defender and they are trying to get the ball to the one Yellow player in the other half. This means they have to keep the ball away from the “live” defender AND find a way of getting it into the other half past the screening Blue player.

Once the ball is transferred into the other half a Yellow player joins in, the screening player become “live” and the other defender now screens the halfway line to repeat and continue the game.

Ways to get the ball into the other half

- Pass it across and the same player that passed it joins in
- Dribble across to make the 2v1 in the other half
- One of the two Yellow players, makes a run to receive a pass in the other half
- The Yellow’s combine in one half with a 1-2 wall pass to enter the other half
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Technical

Physical

Psych

Social