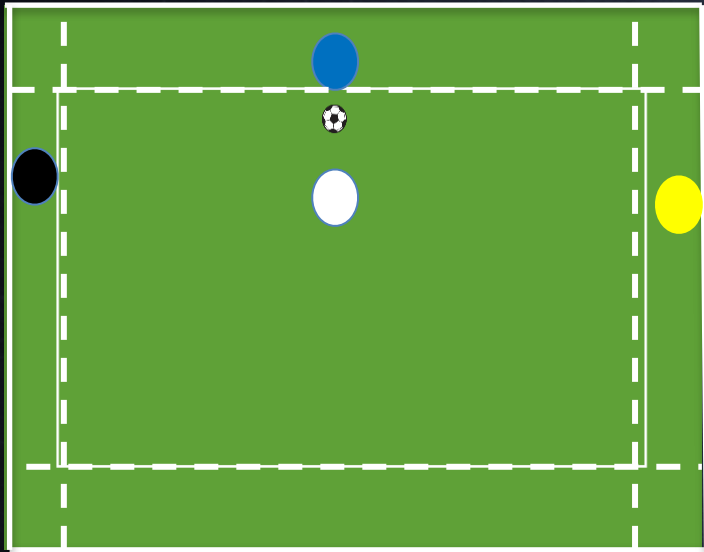


Warm up Fun Focus session 11



Organisation: The game is set up as shown with a 1v1 (Blue v White) and two supporting players (Black and Yellow) who can move up and down the sides to offer support and a passing option.

How to play: Blue has to stop the ball in the opposite end zone to score and then turn and attack the other way. White has to win possession and stop the ball in the opposite end zone then turn and attack the other way. If the ball goes out of play / not stopped in an end zone = all points lost if it comes off the attacking player last. The attacking player keeps their points and possession if it comes off their opponent. After Blue and White have played, Black and Yellow play the same game between their end zones with Blue and White as support.

Point scoring

- One end zone to another without passing = 5 points
- One pass to support player before scoring = 3 points
- 2 passes to either support player before scoring = 1 points
- 3+ passes = no points but player can continue to try and accumulate points

Technical

Physical

Psych

Social