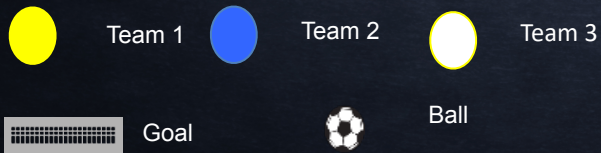
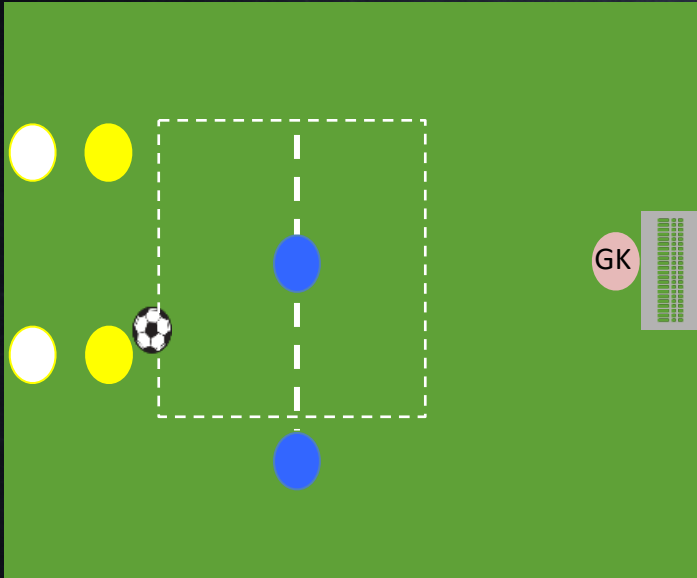


## Pairs Focus session 8



**Organisation:** The game is set up as shown with teams of two (yellow and white) trying to beat a live defender (defending the dotted line) and a resting defender at the side (in blue).

**How to play:** The two yellows attack the one blue defender. If they get past them they continue to try and score against the GK. Meanwhile the white team are now attacking the one blue defender and if they get past them they continue to try and score.

Unless the one defender can gain possession of the ball and pass it out to their resting teammate, this game never stops. Once you are past the defender and have tried to score, run back to the start to go again.

You can have the same set up in another area so that you get teams trying to outscore each other (or be the best defenders or GK that concedes the least goals) in a given time period.

Defenders swap over if they get tired after any attack but they can only become an attacking pair if they gain possession of the ball and make a pass between them. This puts the attacking team who lost the ball into the defending role.

Technical

Physical

Psych

Social