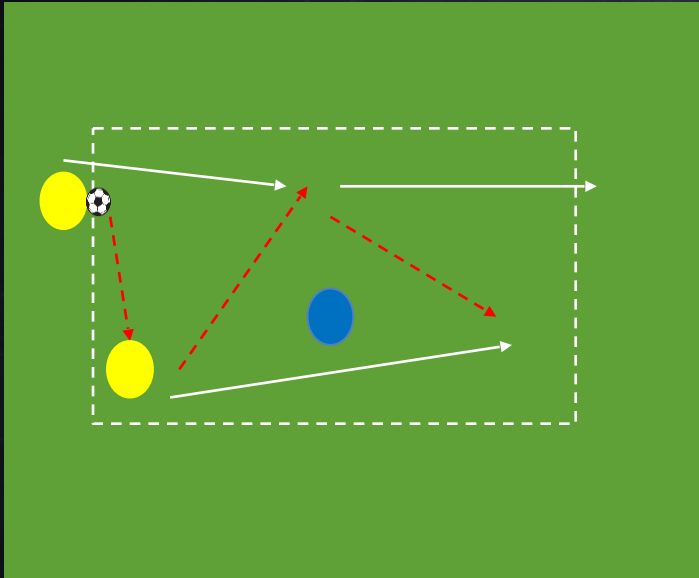


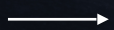
Pairs Focus session 7



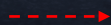
Attacker/team 1



Defender/team 2



Player movement



Ball movement



Ball

Organisation:

The players work in threes and built themselves a small rectangle. Two attackers start in possession at one end with one defender in the rectangle.

How to play:

Two attackers start in possession at one end of the rectangle. They have to try to attack the far end as quickly as they can against the one defender. As soon as they get the ball from one side to the other they immediately turn and attack the other end again. The challenge is to get end to end as many times as they can before swapping roles. They have a set time to get end to end as many times as they can. To keep the defender motivated and practising too use a rule that allows them to attack back if they win the ball.

If needed the players could play with their hands by throwing and catching, this will also give some physical benefits.

Technical

Physical

Psych

Social