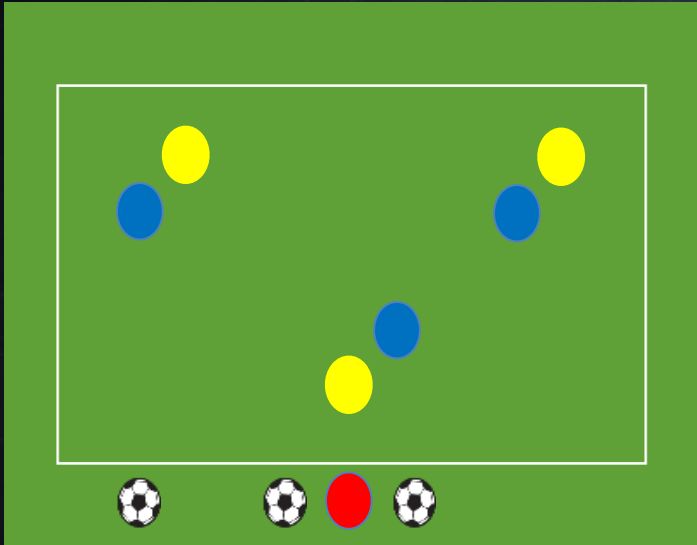


Individual Focus session 9



Player 1



Player 2



Ball



Player 3

Organisation: The game is set up as shown in an area that is an appropriate challenge for the players. Remember that smaller areas provide a different challenge to a larger area so expose the players to both.

How to play: This is a very difficult game that really challenges individual ability on the ball. Red (player 3) has to “load” up each yellow (Player 1) who is being marked by Blue (Player 2).

Red gets the first ball and takes it into the area looking for a yellow player to pass to. **Once they have loaded this first player, they go to get the second ball to load up the next yellow and finally the last yellow player.** Success is when red has loaded all three yellow players and they have managed to retain possession despite the blue defender trying to take the ball off them. If one yellow loses the ball then red gets another ball, loads him up again, (and hopes that the other two yellows still have their ball)

All players have a go and the winner is one who can load up all three players.

A progression is when red has to load, then unload each player to win the game.

A challenge for the blue defenders is to try to get possession of all three balls.

Technical

Physical

Psych

Social