

Game: Football Sharks and Minnows



Attacking Learning focus: 1v1 dribbling

Defending Learning focus: When to force an attacker to other zone and when to win the ball back?

How to play

Extended penalty area. 3 teams of 2 players. Reds attacking, blues and yellows defending. Teams rotate after each attack. To score reds have 30 seconds to dribble over the end line. Reds can change zones, but can't be in same zone at the same time. If reds are near the edge of penalty box can't change zones

Game levels (progressions)-players can move to next level

Only when they feel ready and achieved success in previous level.

- Level 2: Defending teams players positioned side by side to each other
- Level 3: Extend length of 2 zones, use goals and add goalkeepers (bigger zones means more difficult task for defenders)
- Level 3: Play with 1 ball-2v2 -positional play for 2nd defender

Decisions, challenges & questions within the game

- When to force attacking player to competing team zone and when to win the ball back?
- Is my defensive starting position allowed me to regain the ball?
- Recognize the triggers to win the ball back
- When to press and when cover and who does what in 2v2 scenario?
- Challenges: a) dribbling over base line-1 point and defending team responsible for the zone loses a point b) if defending player win the ball back and dribble over end zone-1 point c)

Body position
Distance
Mark or cover?
Winning the ball cleanly

Awareness of space, attacking players and position of the ball
Concentration-when to mark and when to cover?
Determination-win the ball back

Balance-avoid been outbalance in 1v1 defending scenario
Changing direction-turning to be in advantage position against the attacker

Players behaviour in relation to constraints of practice-how that is affecting their learning

