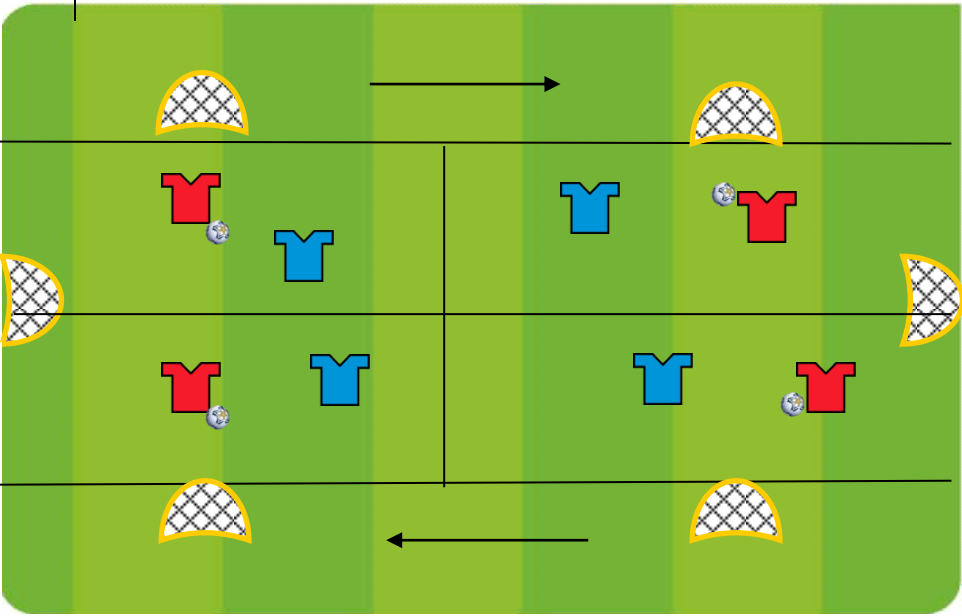
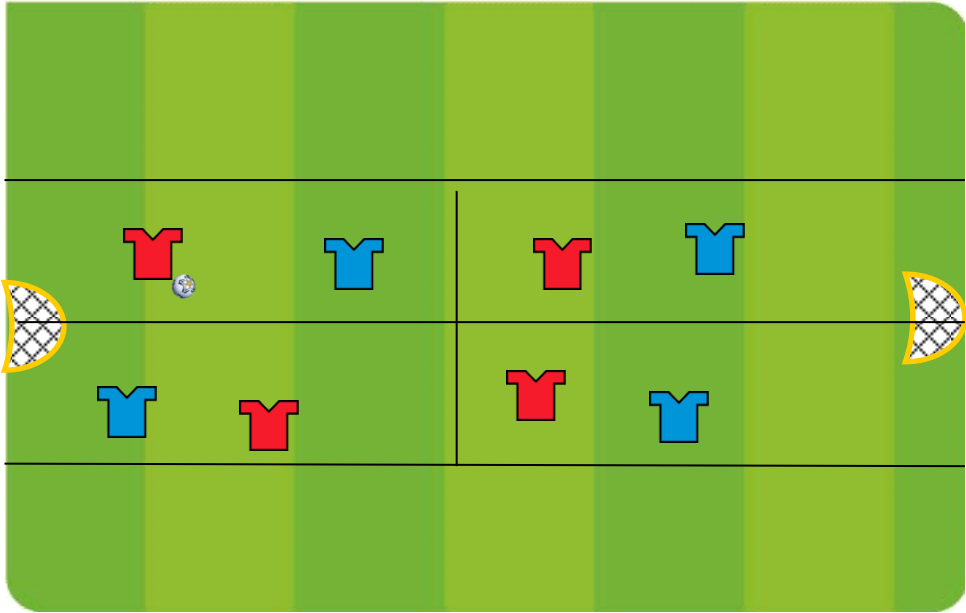


THEME: Defend to win the ball-1v1



KEY

- goal
- cone
- team 1
- team 2
- ball
- ball movement
- player movement



HOW TO PLAY

- One player from each team is in each of the 4 zones. The player can only leave a zone by dribbling if want to score a goal.
- Play 1v1-beat a defender and move clockwise to next pitch
- Play 2v2-clockwise rotation to next pitch

PROGRESSIONS

- Play 4v4-one player from each team is in each of the 4 zones. Players can pass the ball between the zones, but a player can only leave a zone by dribbling. When a player dribbles into a zone , the teammate in the zone cannot touch the ball and should move into a zone the player with the ball vacated
- The dribbling player, on entering new zone, may pass to a teammate. If they lose the ball, one of them must move back to the recently vacated zone

DECISIONS AND CHALLENGES WITHIN THE GAME

- How to press to win the ball back?
- What to do to not be off balance?
- When to press and when to slow down attacking player?
- How much space attacking player should have?
- If you win the ball and score goal counts double
- If not concede-3 points, if concede 1 goal-2 points, more than one-1 point

<ul style="list-style-type: none"> ● Body position ● Win the ball where? 	<ul style="list-style-type: none"> ● Develop perception and anticipation to win the ball back ● Awareness ● Focus
<ul style="list-style-type: none"> ● Develop balance ● Improve changing direction ● eye-feet coordination 	<ul style="list-style-type: none"> ● Learning from others ● Improve self-centre approach (society perception)

