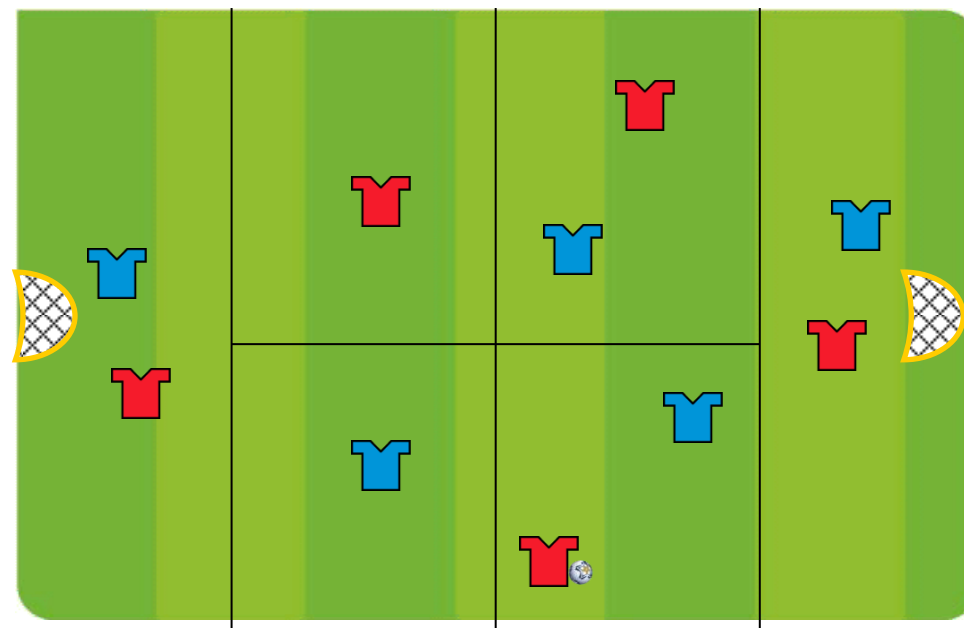
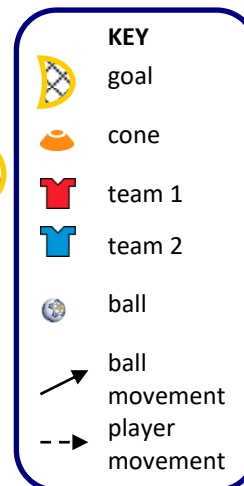
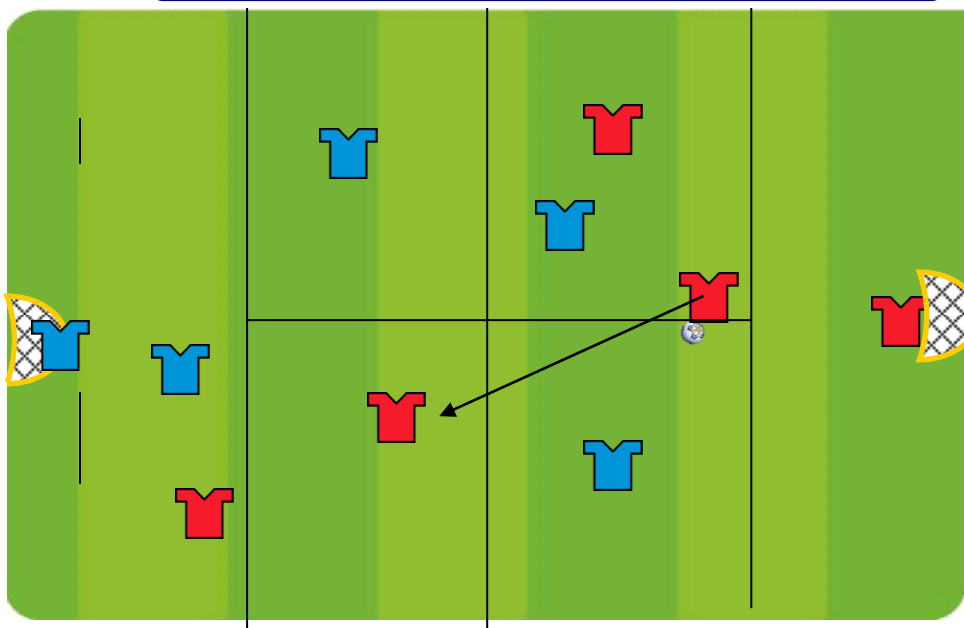


THEME: When to play forward



HOW TO PLAY

- 5x5 game is played. Challenge for team in possession is to recognize opportunity to play forward.
- Try to recognize when to play through all the zones and when to missed a zone
- Try to recognize when to dribble and when to pass forward
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PROGRESSIONS

- 3x3 in 4 squares middle zone and 1x1 in outer zones. Team in possession can attack both goals.
- Can you recognize opportunity to play forward into final third
- Try to see when to dribble forward into final third and when to pass to your teammate there
- Try to be in position to be able to play forward in middle zone
- Try to recognize when to move to a different square to help play the ball forward

DECISIONS AND CHALLENGES WITHIN THE GAME

- Recognise opportunity to dribble or pass forward
- Constant repetition of passing and dribbling
- Recognise and exploit space before executed dribbling or passing
- Improve perception, awareness to be in position which allowed to dribble the ball or pass forward

- Improve dribbling
- Improve ball control
- Improve passing

- Develop perception and anticipation
- Improve mind memory

- Develop changing direction
- Improve coordination

- Learning from others
- Improve self-centre approach (society perception)