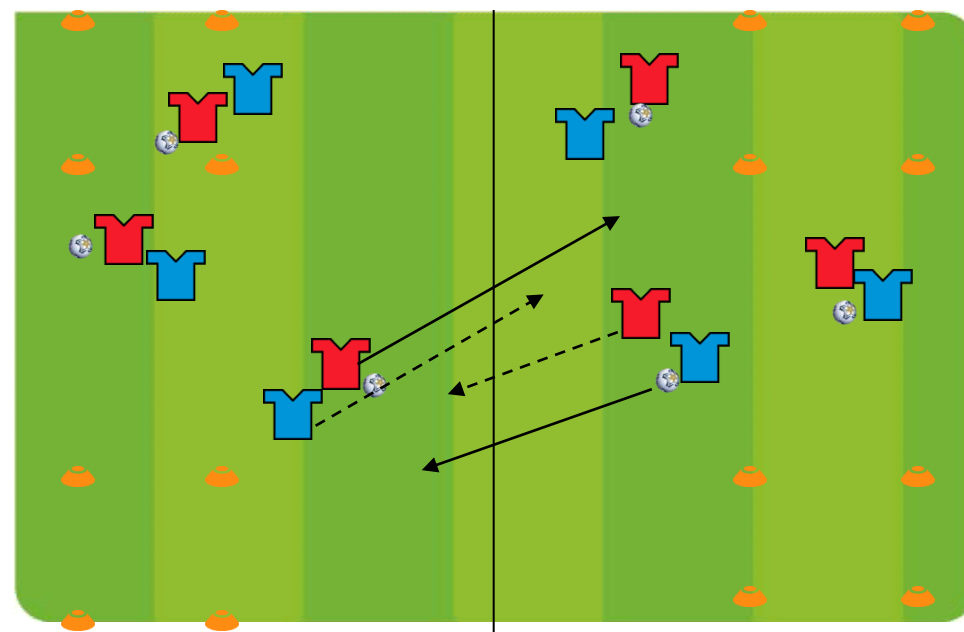
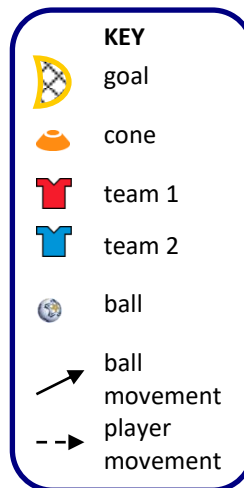
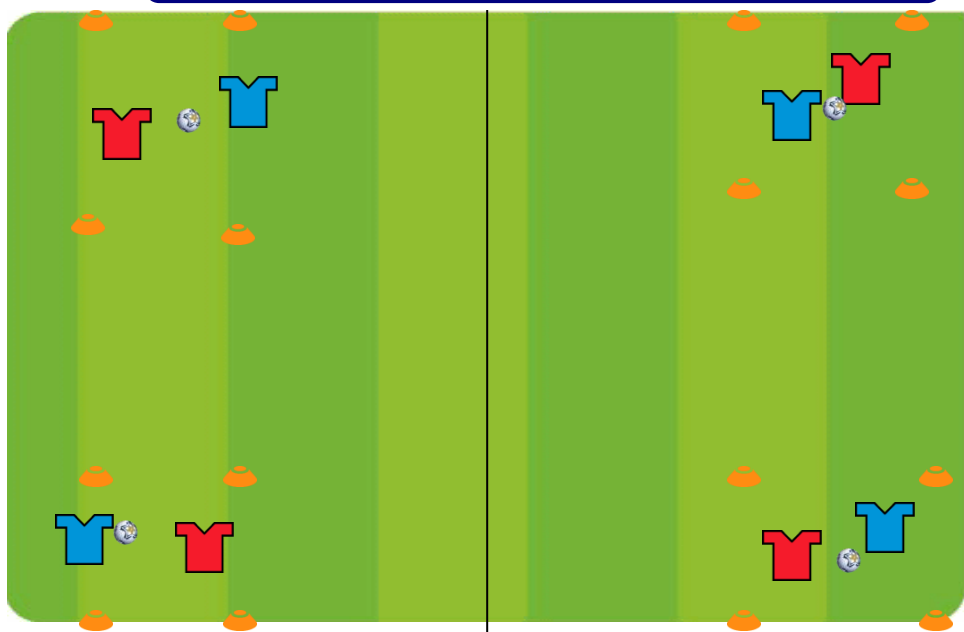


## THEME: When to shield and when to RWTB?



### HOW TO PLAY

- The pitch with marked four areas (orange cones) with footballs and 1v1 in each area
- Players play 1v1 with following rules:
- A) protect the ball with body, while other player seeks to touch the ball by hand
- B) players run towards stand still ball, who ever first seeks to protect the ball, while other tries to touch by hand
- C) players play 1v1 -shielding, be difficult to take the ball away

### PROGRESSIONS

- 1v1-players seek to keep the ball on their own half. If blue or red regain possession seek to travel with the ball on his own half and keep the ball there. Team which has more footballs in possession on own half will win.
- Play 2x2/3x3. To score players try to dribble into opposition area.
- Add goals

### DECISIONS AND CHALLENGES WITHIN THE GAME

- Space recognition and RWTB into free spaces
- Improve perception (speed of thinking and looking during RWTB)
- Recognise opportunity to shield or RWTB?
- Individual decision making on dribbling: what move to use and how to do it to beat defender?
- Constant repetition of shielding using different body as a barrier

STEP PROCESS	EASIER	HARDER
SPACE	More marked areas	Less marked areas
TASK	Play with hands	Play with feet
EQUIPMENT	Use one size football	Vary size of footballs
PEOPLE	4x2	2x2/3x3