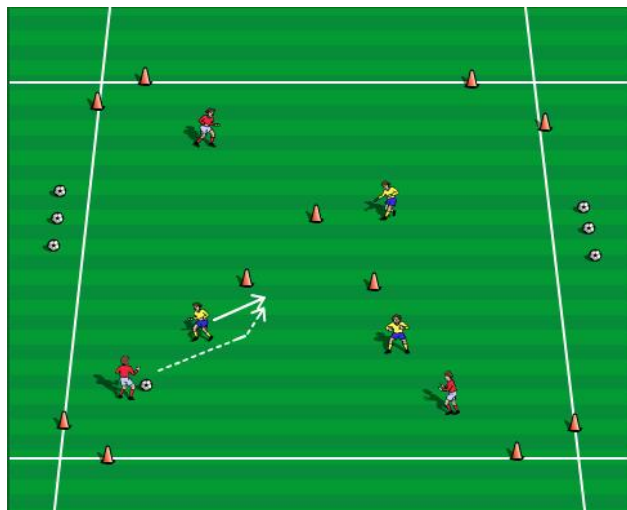




Curriculum – Technical / Skill

Activity # - 1133

Topic:	Defending	Age:	10 to 12
Section:	Conditioned Game	Ability Level:	Travel
Learning Outcome(s):	Application of correct technique in game setting		



Organization:

1. 30 x 30 yard area set up as shown
2. 6 players set up as shown
3. 1 ball (additional balls around the outside)

Instructions:

1. The attacking team attempts to score by dribbling or passing the ball into the centre triangle zone
2. If a pass is made inside the triangle then a second attacker must be in there to receive it in order for goal to be scored
3. If the defending team wins possession of the ball they must attempt to score in any one of the four corner goals by dribbling the ball through under control
4. Rotate teams after a set time limit

Coaching Points:

1. Moments to tackle
2. Correct application of each tackling technique (poke or block)

Progression/Regression:

1. P – Increase the size of the central attacking space
2. R – Play with two balls
3. R – Reduce the size of the central attacking space
4. R – Play 2 vs. 3 so cover is always present