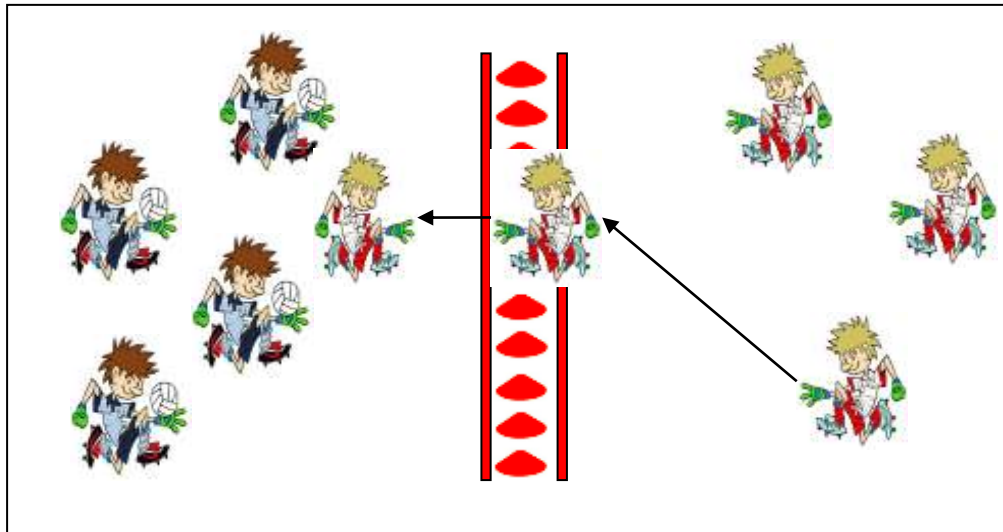


COURT GAME: Game Card 3 GAME: Prisoner Ball



FOCUS

- **Attacking - Decision Making, Spatial awareness, accuracy**
- **Defending - Anticipation, Spatial Awareness**

RULES - HOW TO PLAY

- Ball must be sent over no-man's land.
- Aim is to get the ball to land in opposition half.
- If ball is caught clean then the thrower must become the other team prisoner.
- Prisoner then plays in other team.

SCORING SYSTEM

- If ball is not caught by other team then 1 point is awarded.
- Win by "first to 10" style game or team with most prisoners.



HARDER:

- Decrease Size of each court
- Add another ball
- Place spare cones to rear of courts as targets.
- Allow 1 pass between teams before it crosses over, gives them time to pick pass, more pressure on defender.
- Allow both a hand pass and a kick

EASIER:

- Ball can bounce before it is caught
- Increase the size of each court
- Use Foam balls

COACHING POINTS

HEAD:

- Keep eyes on the ball until it is caught
- Keep head down and on foot for count of 1 after ball has gone.

HANDS:

- Make hands into shape of ball
- When kicking allow ball to roll off both hands then hand of kicking foot only.

FEET:

- Run on balls (front part) of your feet
- When kicking use laces and keep toe pointed down

EQUIPMENT

- Ball 1-2
(minimum, soft or foam if possible)
- Hoops x 6
- Cone x plenty of targets!