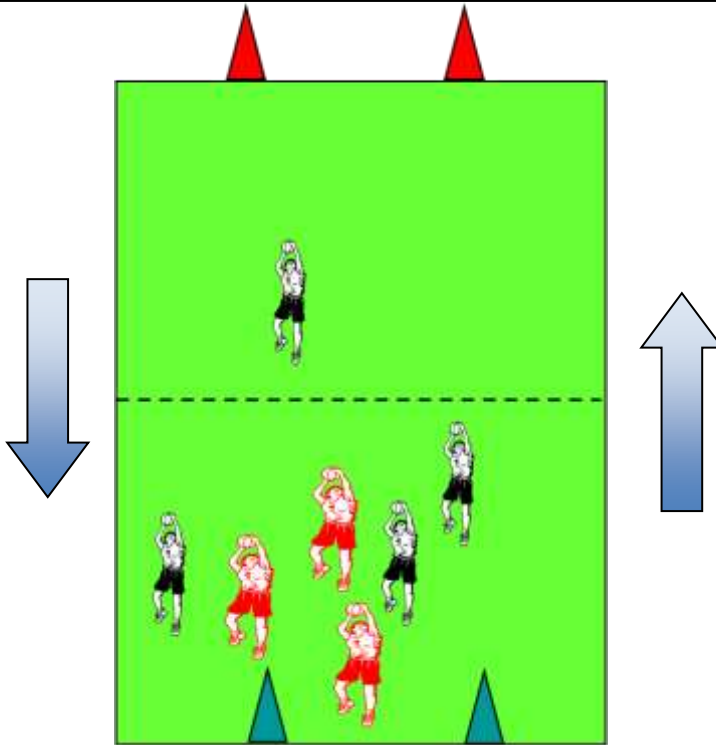


FULL INVASION: Game Card 2

GAME: All-Up and All Back



FOCUS

- To encourage all attackers to move forward together in attack

RULES – HOW TO PLAY

- 2 Teams: 4 Attackers v 3 Defenders
- Mark out 2 grids 20m x 20m as shown
- Aim of game is for 1 team (black) to start at one end and attempt to get all its players past the half way line and score through a target
- For a score to count, the entire team must be over the half-way line and into opponents half when the shot/score is struck
- If possession is lost or after a score defending team then have opportunity to attack
- Change teams after a set time



HARDER

- Make playing area larger or add more defenders with goalies
- Attackers who don't get back are punished by a free-kick being given to the opposition from the point at which they were caught
- After four steps a bounce/solo must be taken
- Introduce more zones to attack with more defenders in them

EASIER

- Make the playing area smaller
- No Goalkeepers
- An extra link player always with the attacking team
- Change playing area
- Can score without all attackers coming forward

COACHING POINTS

Attack:

- Running off the ball – sides, front and behind if necessary
- Move the ball quickly into the forward area with as few passes as possible (Remember the more you pass the better chance you are giving the opposition of intercepting)

Defend:

- Defend after losing possession by getting behind the ball
- Nearest defender moves to passer (Nose defender)
- Rest support by marking nearest receivers (Support Defenders)

EQUIPMENT

- Footballs
- Cones/markers
- 2 Sets of bibs