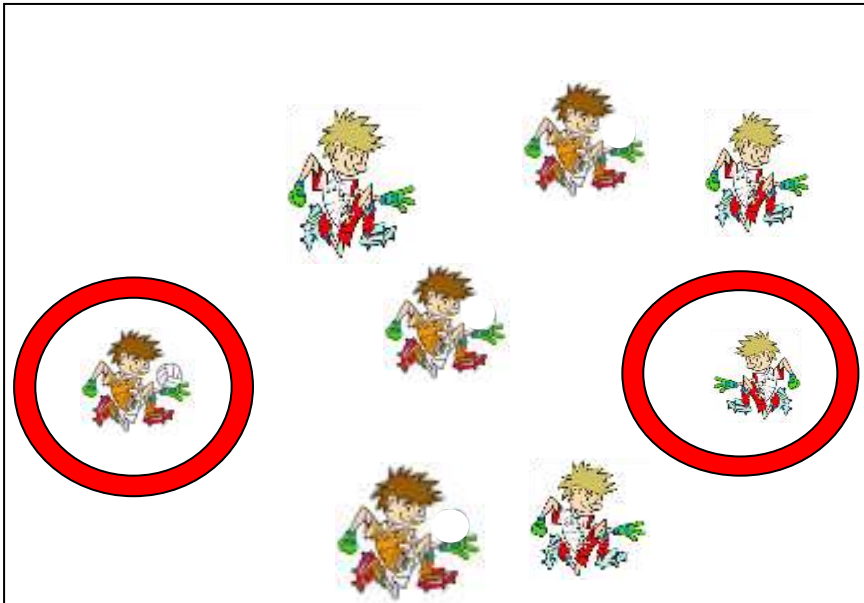


## FULL INVASION: Game Card 7 Game: Captain Ball



### FOCUS

- Maintaining possession while moving forward to score

### RULES – HOW TO PLAY

- Mark out large grid 20m x 15m
- 4 players on each team
- Colour teams with bibs
- One player on each team becomes the 'Captain' who stands inside hoop and then becomes the team's catcher

Aim is to pass the ball to your Captain who must catch for a score inside hoop

- Opposition team tries to intercept ball and get it to their captain
- Play restarts after a score with opposition from behind the end line



## **EASIER**

- Increase size of play area
- Increase size of hoop or use cones to mark out bigger zone
- Players throw ball instead of hand/fist/kick/punt or strike passing
- Player on ball cannot be tackled - all players must leave a 1m restriction zone around her/him

## **HARDER**

- Decrease size of play area
- Put a time limit in i.e. you must pass within 3 seconds for more skilled players
- Team must make 5 passes before attempting shot on goal

## **COACHING POINTS**

### **HEAD**

- Head up when moving into space
- Keep eyes on ball when catching and receiver when sending

### **HAND**

- Reach for ball to take early in front of the body
- Hold outside hand out in front of body as target for passer

### **FEET**

- Stay on the toes ready for quick movement always making your self available for a pass
- Move quickly forward into a free space for the next pass

## **EQUIPMENT**

- 1 Ball
- 2 hoops/2 different coloured bibs
- Max 6/ min 3 players on each team
- Small domes to mark out playing zone