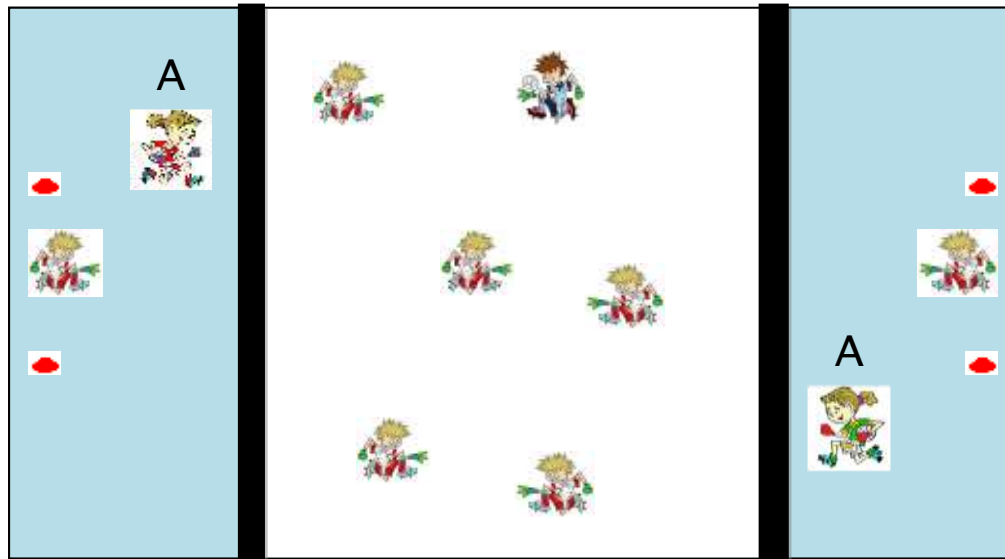


FULL INVASION: Game Card 4 GAME: Double Back



FOCUS

- In this activity we are developing support play in attack

RULES – HOW TO PLAY

- Mark out 3 zones as shown
- Outer zones 15m x 6m with 15m x 15m central zone
- 1 Goalkeeper, 1 extra attacking player (A) in outer zones
- Player A's must stay in end zone (blue) and 3 v 3 in middle zone (white)
- Teams in middle zone attempt to pass to their A player who must pass it back before she/he receives it again for an attempt on goals
- Passer may enter to create a 2 v 1



HARDER

- Decrease space in all zones
- Play a defender on attacking players A
- Add extra defenders
- Play ball in and out twice before going for a score
- Use punting/striking for sending

EASIER

- Extra players with team in possession i.e. 4 v 3
- Player A may be supported by a team mate allowed to move to attacking zone
- Make goals wider and no goalie
- Increase size of zones

COACHING POINTS

- Moving the ball quickly to A with as few passes as possible in middle zone
- Aware of player A's role inside
- Looking for the long pass option to player A at all times - only pass if you have to and A is not free for a pass
- Working as a team to get a good pass to player A
- Supporting player A as quickly as possible
- Questions to ask when you freeze the play.....
- Should you pass to A or team mate?
- Where are the best places to move when you do not have the ball?

EQUIPMENT

- Footballs x 3
- Small balls x 3
- Hurls - 1 per child
- Cones x 4
- Multi Markers