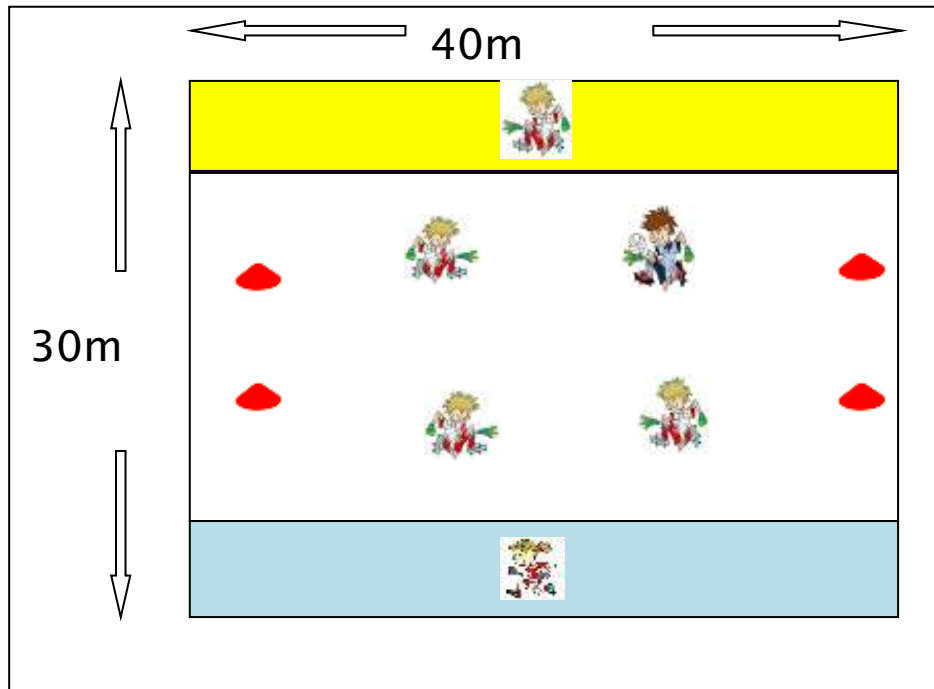


FULL INVASION: GAME CARD 5 GAME: Wide Man



FOCUS

- To coach the principal of width in attacking play as a means of overcoming a defense

RULES – HOW TO PLAY

- Mark 30m x 40m grid and divide into 3 smaller zones with 2 outer zones 40m x 2m and a central zone 26m v 40m
- Teams: 3 v 2 initially before introducing 2 v 2 or 3 v 3
- 2 extra players (wide men) run channels and may play for either team
- Players in channels cannot be tackled
- Wide man must be used in each attack
- Goalies are optional
- A point given for each score



HARDER

- Shorter, narrower pitch with shorter side channel
- Increase defenders on one team by creating a 3 v 2
- Add Goalkeepers
- Use hand/fist, kick/punt or striking as a means of passing
- Wide players may only play for one team

EASIER

- Lengthen pitch, increase width of channels
- Softer bigger balls to throw and catch
- Extra attackers 4 v 2
- Use both channels to encourage switching play

COACHING POINTS

Attack:

- Look up and find wide men
- Minimising number of passes by passing forward at all times instead of across the court (Scenic Route)
- Good decision making off the ball by moving in front, to the sides or well behind the defence

Defence:

- Keep between ball and attackers at all times
- Work as a team i.e. nearest defender acts as 'Nose' defender by pressurising player on the ball while other defenders mark nearest receiver and anticipate passes

EQUIPMENT

- Footballs x 3
- Small Balls x 3
- Hurls - 1 per child
- Cones x 4
- Multi markers
- Bibs x 2 sets