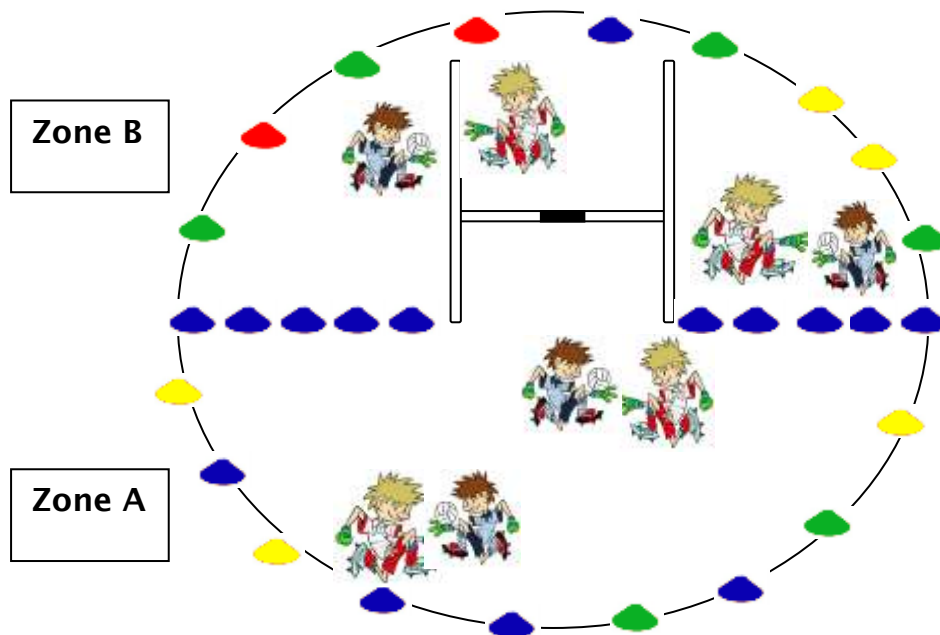


NON-INVASION: Game 3 GAME -Circle Score



FOCUS

- To gain possession and attempt to score under pressure

RULES - HOW TO PLAY

- Teams: 4 v 4 (or 3 v 3, 2 v 2)
- Use portable goal posts and place domes to form a circle 15m radius around goals as shown
- Use bibs to indicate teams
- Players mark each other in a 1 v 1 format
- Players attempt to gain possession from throw-in
- Upon gaining possession players must work as a team and attempt to score a point
- When a point is scored the ball is then in play on the other half of the circle
- The game is continuous until a winner is achieved by gaining a set number of points e.g. 10

Score

- 1 point each time the ball passes over the bar



HARDER

- Decrease the space around the posts
- Increase the playing numbers, with some moving outside circle who must receive pass in order to score
- Allow pressure on the kickers
- Change rules i.e. no hand-to-toe etc

EASIER

- Increase space
- Decrease Numbers by dividing the circle into 4 quarters with 2 players in each quarter
- No pressure on the kickers

COACHING POINTS

HEAD

- Keep eyes on the ball until it is caught. Look up and give pass to player in better space/or shoot when opportunity arises

HANDS

- Hands in “W” Shape when receiving ball out in-front (Reach catch)
- Body Catch – Catch ball on chest by catching ball in bucket shape i.e. hold both hands with palms facing up and gather to body quickly
- Use hand nearest opponent to guard the ball

FEET

- When shooting, keep ‘Hard Foot’ (Toe down) as long as possible to improve power use hook for accuracy if closer to goals

EQUIPMENT

- Footballs
- Cones (As many as possible)
- Portable goalpost’s