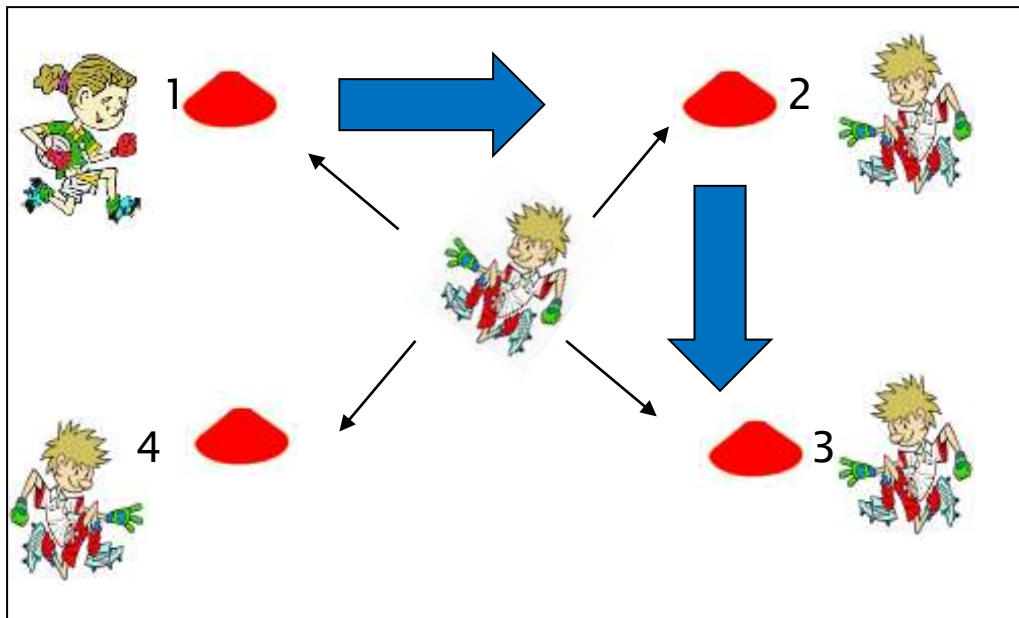




## NON INVASION: Game 4 Game: Rotate the Defender



### FOCUS

This game focuses on the passing of the ball and support play laterally.

## RULES - HOW TO PLAY

- 4 attackers on outside starting at cones 1, 2, 3 and 4
- 1 defender on the inside and can move anywhere in the grid
- Attackers must look for passes and decide who is in the best position to receive the ball
- Change the defender every 30 seconds
- 5 passes = 1 point
- Defender gains 1 point for every interception



## **HARDER**

- Decrease the space
- No overhead passes
- Attackers must remain in corners
- Add more Defenders to grid

## **EASIER**

- Increase the space
- The attackers may move along their own sideline only
- Restrict Defender to middle of grid

## **COACHING POINTS**

### **HEAD**

- Look up for passes and keep your eye on the ball, eyes on the ball the all the way into hands.

### **HANDS**

- 'Show' your hands where you want the pass.

### **FEET**

- Keep on the balls of your feet, 1 foot in front of the other for balance.

## **EQUIPMENT:**

- 2 footballs
- 4 Domes
- Bib for the player in the middle