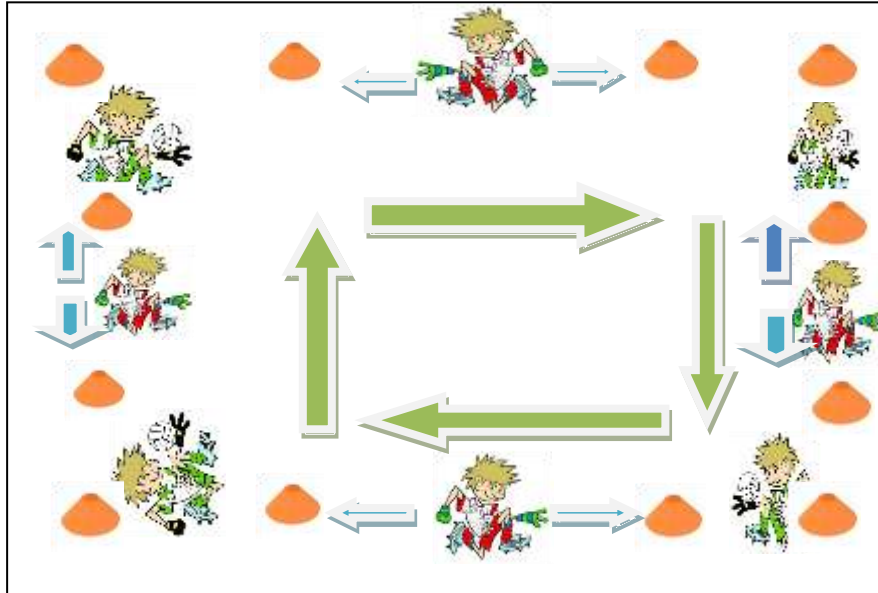


## PART INVASION: Game 2 Gladiators



### FOCUS

- To be able to go past a player using evasion techniques
- Defender - How and when to tackle

### RULES - HOW TO PLAY

- Mark out grid 20m x 20m with cones 5m apart on the middle of each line
- This is a game that encourages evasion by trying to beat a defender
- 1 child at each corner with a ball
- 1 player acts as defender in the middle between the two domes as shown
- Start with a ball in each corner x 4
- Rotate the defender on a regular basis
- The children in the corner must try and get past the defender in the middle and get move on to the next defender

### Score

- Attackers: 1 Point for bypassing each defender
- Defenders; 1 Point for each attacker intercepted



## **HARDER**

- Decrease the area where the defender is in so that there is less space to get past the defender
- Introduce another defender in the middle 2 v 1
- Use non preferred foot

## **EASIER**

- Increase the area where the defender is, so that there is more space for the attacker
- Bring in an extra forward 2 v 1
- Restrict the defender to...
  - standing static with hands behind their back
  - to one hand out

## **COACHING POINTS**

### **HEAD**

- Scan defender and decide early which side you hope to pass

### **HANDS**

- Secure tightly under arm furthest from defender when evading
- Use solo into the tackle but a low bounce out

### **FEET**

- Increase speed as you pass defender
- Use quick feet movements to outwit opponent

## **EQUIPMENT**

- Footballs
- Multi-markers