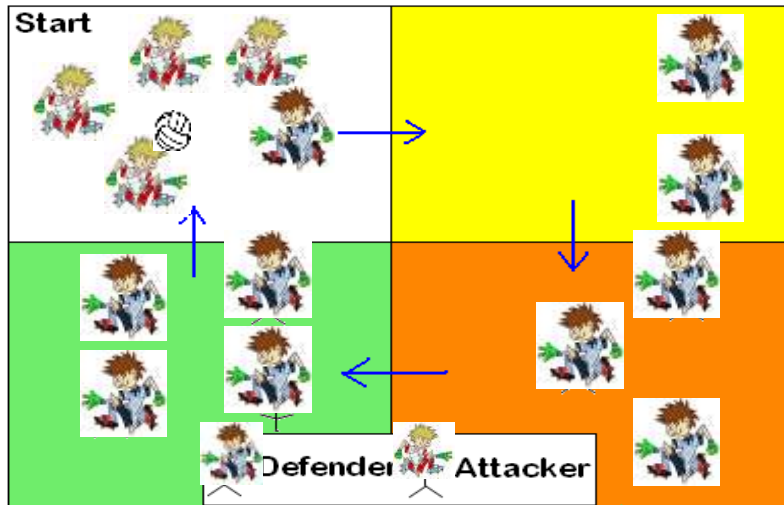




PART INVASION: Game 2 GAME: Pressure Square



FOCUS

- Increasing pressure on attacking play by adding more defenders

RULES - HOW TO PLAY

- Defenders stay in zone
attackers move through zones.
- Divide teams into 4(A) v 1(D) at start;
- Make grids progressively harder by adding an extra defender in each of the other grids.
- Points are awarded for each square passed.
- Attackers must complete 4 passes in each grid



HARDER

- Make area smaller
- Introduce more defenders
- Increase no. passes before moving on to next grid

EASIER

- Make area larger
- Introduce more attackers
- Reduce no. of passes before moving onto next grid
- Move around grid in opposite direction

COACHING POINTS

Attack

- Movement from attacker both on and off the ball
- Look up and decide who to pass to

Defence

- Anticipate the pass and move quickly to intercept
- Don't rush into the tackle but pretend to tackle but step back
- Emphasis near hand tackle

EQUIPMENT

- Multiple cones
- Bibs x2 colours
- Large balls/small balls
- Hurling sticks