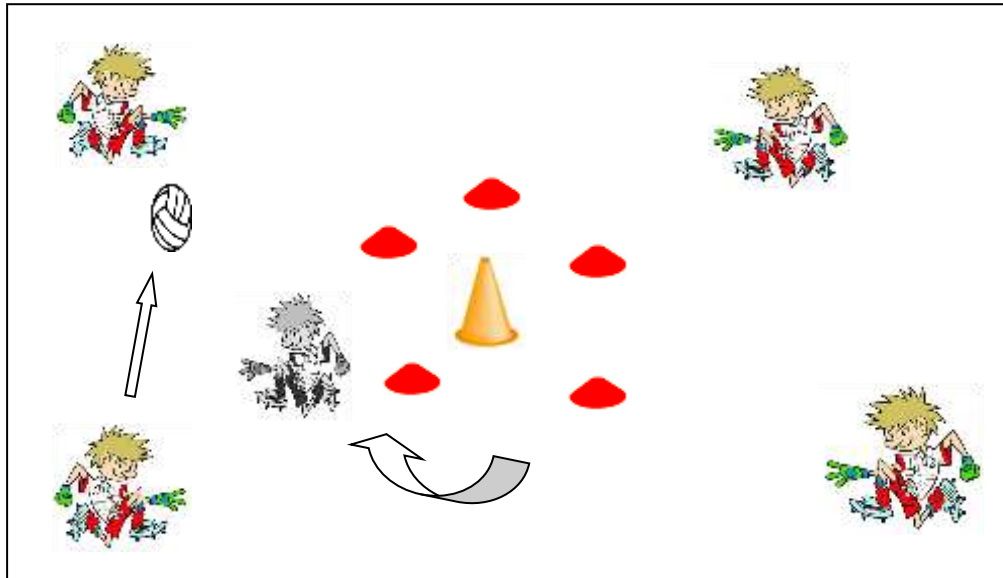


TARGET GAMES: Game 5 Game: Tower Ball



FOCUS

- In this activity we are developing the ability to work as a team to develop simple attacking and defending play

RULES - HOW TO PLAY

- 4 Attackers aim to score a goal (A Cone = Tower) defended by a defender
- The attackers must remain outside the small circle (2m radius) formed by domes around cone as shown
- Attackers may move anywhere but stay well spaced out for better scoring opportunities
- 1 defender has to protect the target (cone) and must remain outside the cones



HARDER

- **Attackers:** Decrease the space around the Tower and make target smaller
- Decrease number of attackers
- Use hand pass/punt pass, add in more defenders
- **Defenders:** Increase the space around target or add in more targets to protect
- Add more attackers

EASIER

- **Attackers:** Increase the space around target and make target bigger or use more cones for targets
- **Defender:** Decrease the space, add in another defender, use smaller target

COACHING POINTS

HEAD

- **Attackers:** Aware of target and defender, eyes on ball for receiving
- Look up when on the ball for attacker in best position to score
- **Defender:** Aware of attackers and protect target by standing between cone and passer at all times

HANDS

- **Big Hands** around the ball when sending, hands in ready position when receiving the ball, pull ball into chest

FEET

- **Attackers** always move to free spaces for passes

EQUIPMENT

- Domes x 4
- Cones x 1
- Large Soft Ball x 1