

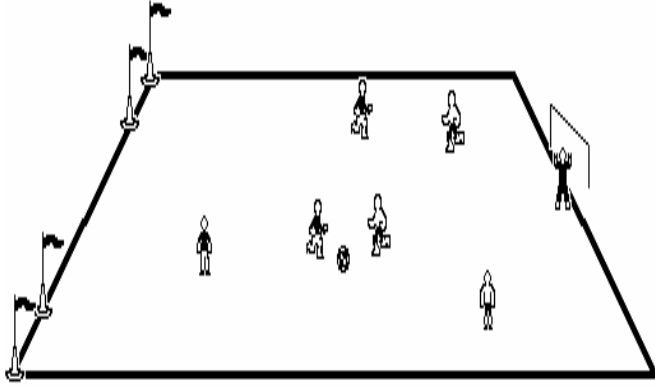
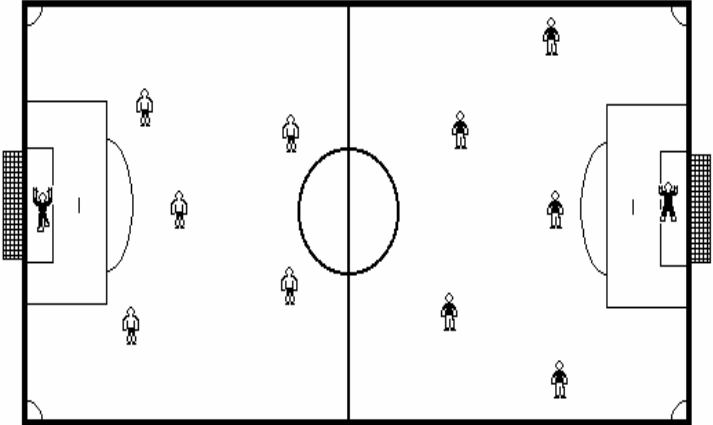


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>1v2</p> <p>unrestricted space</p>	<p>Passing in groups of three. On the coach's signal the player with the ball tries to beat the other two. 20 second bouts – total of three bouts.</p>		<ul style="list-style-type: none"> ▪ Communication
<p>2</p> <p>1v1</p> <ul style="list-style-type: none"> ▪ Blue vs. White <p>15 x 10 grid</p>	<p>Players get into pairs and set up the grids to play 1v1 for 30 second bouts. Have a 30 second rest between bouts to make coaching points. After two bouts have the blue players switch grids.</p>		<ul style="list-style-type: none"> ▪ Angle & speed of approach ▪ Block tackle - plant foot - knees bent - arm balance - shoulder charge - lock tackling foot & leg

3												
<p>3v3 to one goal with two small counterattack goals</p> <p>25 x 20 grid</p>	<p>Attackers to goal; defenders to two small goals. At 2v3 (first bout of play), third teammate acts as a support player. At 3v3, coach can provide support. All balls out of bounds are restarted from the top of the playing area. First team to three wins the bout. Play no more than two consecutive bouts per team.</p>		<ul style="list-style-type: none"> ▪ When to tackle ▪ Choice of type of tackle ▪ Possession or dispossess ▪ Technique or tackle 									
4												
<p>4v4 to 2 goals</p> <p>45x35 grid</p>	<p>Regular game - if you tackle within the final third of the field. 4 points + 1 point for a goal – play to 12 points</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;">4 pts</td> <td style="width: 33%; text-align: center;">3 pts</td> <td style="width: 33%; text-align: center;">2 pts</td> </tr> <tr> <td style="text-align: center;">A</td> <td style="text-align: center;">M</td> <td style="text-align: center;">D</td> </tr> <tr> <td style="text-align: center;">D</td> <td style="text-align: center;">M</td> <td style="text-align: center;">A</td> </tr> </table>	4 pts	3 pts	2 pts	A	M	D	D	M	A	<ul style="list-style-type: none"> ▪ Commit fully to the tackle.
4 pts	3 pts	2 pts										
A	M	D										
D	M	A										
5												
<p>6v6 to 2 goals</p> <p>55x45 grid</p>	<p>Play a match without restrictions or conditions. First team to 5 goals wins.</p>		<ul style="list-style-type: none"> ▪ Observe the players' tackles and recognition of when to tackle. 									