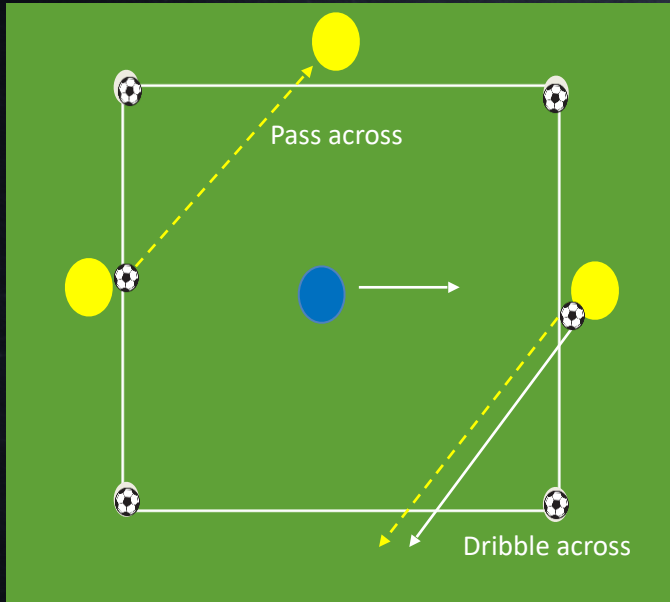


## Warm up Fun Focus session 7



**Organisation:** 4 Balls are balanced on the flat cone in each corner. 3 Yellow players are on the outside of the square and 1 Blue defender in the middle

**How to play:** In this game the 3 Yellow players keep 2 balls from 1 blue defender. Players can dribble the ball to a line or pass to a teammate on another line but If tagged when dribbling across, you swap with the player in the middle.

Both balls can be dribbled (there is not a dribbling ball and a passing ball) but Yellow players cannot have 2 players on the same line at the same time. If a player dribbles to your line you have to move. You cannot be tagged on the outside of the square only when travelling or running across.

If the defender intercepts a ball or gains possession they can pass the ball into any corner trying to knock a ball off the cone. A progression would be adding another defender in the middle. This should be happen once players have good touch and feel on the ball as there is more of a decision making challenge.

Technical

Physical

Psych

Social