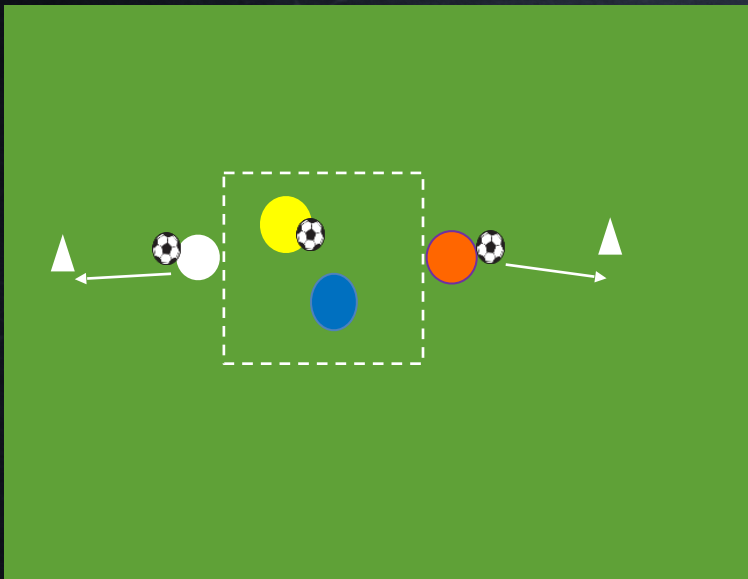


Individual Focus session 8

"Get a move on"



Player 1



Player 2



Player 3



Player 4



Ball



Cone

Organisation: The game is set up as shown in an area that is appropriate for the age and ability of the players.

How to play: Yellow plays blue first. Yellow must stay on the ball long enough for the two players on the outside of the area to dribble their ball around the cone and back. **If they can do this they score a point and go again against a different opponent.**

If the blue player can gain possession of the ball then yellow does not score.

Each player takes it in turn to try and score against different opponents by staying on the ball for the whole time it takes other players to dribble around the cone and back. Play winner stays in the middle.

To progress the activity: Give a larger space to dribble in and take the cones out much further so that it takes longer for the players to dribble around the cones and back.

Try to get the challenge just right with some success but it is difficult to achieve.

Technical

Physical

Psych

Social