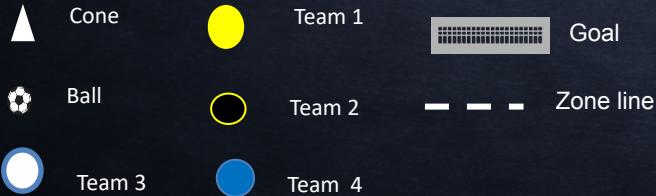
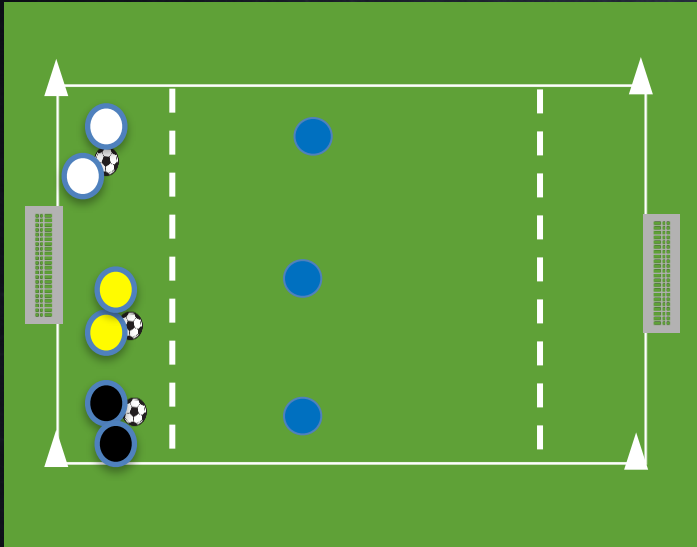


Warm up Fun Focus session 9



Organisation: This game is a series of 2v1 battles. There are three pairs (white, yellow and black) playing against one blue in the same area.

How to play: The pairs try to get from one end zone to the other without having the ball taken from them by the one defender (blue). If successful either of the pair can score in the goal when they get into the end zone. (not from outside).

If the blue defender steals the ball they can try to score themselves in the goal furthest away. The two players who lost possession will obviously recover quickly and try to win the ball back to attack again. A progression could be to play a number of 3v2 games instead of 2v1 with the same rules.

Technical

Physical

Psych

Social