

RISKY BUSINESS

TECHNICAL

Dribbling

Running With The Ball

Twisting

Teasing

Tackling

Passing

Shooting

Protecting

PHYSICAL

Walking

Sprinting

Jogging

Kicking

Pushing

Shielding

Game Choices:

1v1 - 5 Points

2v1 - 2 Points

3v2 - 3 Points

TACTICAL

Dribble/Protect?

Dribble/Shoot

Take On/Or Turn Away?

Dribble/Run With The Ball

Pass/Shoot?

Dribble/Shoot?

PSYCH/SOCIAL

Fail & Try Again

Teamwork

How are your friends playing?

Experiment

Don't Give Up

Deal With Pressure

Next Game

How To Play:

- 2 Teams, Red & Blue
- 1 attacking team – starts from the side of the field, 1 team defending team split behind each goal
- The attacking team has 6 balls (lives) to play with
- Each life, they get to decide how to attack
 - 1v1 = 5 points
 - 2v1 = 2 points
 - 3v3 = 3 points
- **When the ball is dead** (conceded a goal, ball out, keeper control), the attacking team decides what to play next
- **IF the attacking team scores**, they keep the players on the pitch, they play again, attacking the opposite goal
- Can the defending team connect a pass for 1 goal or find the coach with a pass to end the game
- When all 6 lives are used, swap over.

Progressions

- Add numbers / Balance the teams – Change the game to 2v2/3v2/3v3
- Change the value on the points ie if you want to work on dribbling 1v1 give the 1v1 most points

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We</u> <u>(Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none">• BE A MAGNET!<ul style="list-style-type: none">◦ Can you attract a defender to you?• Can you beat your player?<ul style="list-style-type: none">▪ Dribble/Run With The Ball• Can you play away from the defender with a pass?• Can I Keep The Ball?<ul style="list-style-type: none">◦ Dribble/Protect• Can I create a chance to score<ul style="list-style-type: none">◦ twist, turn, tease & "create a yard" for a shot on goal	<ul style="list-style-type: none">• Get Away From Danger• Get Away From Team Mate• Create A Clear Path• Communicate<ul style="list-style-type: none">◦ time or man on?◦ Ball to feet or in space?• Support the play<ul style="list-style-type: none">◦ movement behind the ball◦ move ahead of the ball◦ stretch the play wider	<ul style="list-style-type: none">• Get The Ball back<ul style="list-style-type: none">◦ Get/Stay Behind The Ball• Can you win and keep the ball?• If you can keep the ball can you score?<ul style="list-style-type: none">◦ With team mates, keep the ball by finding one
<u>Super Power:</u> Goals = 3	<u>Coaching Spectrum:</u> <<<Super Power <u>or</u> Constraint>>>	<u>Constraint:</u> 1 Touch or 4 touches