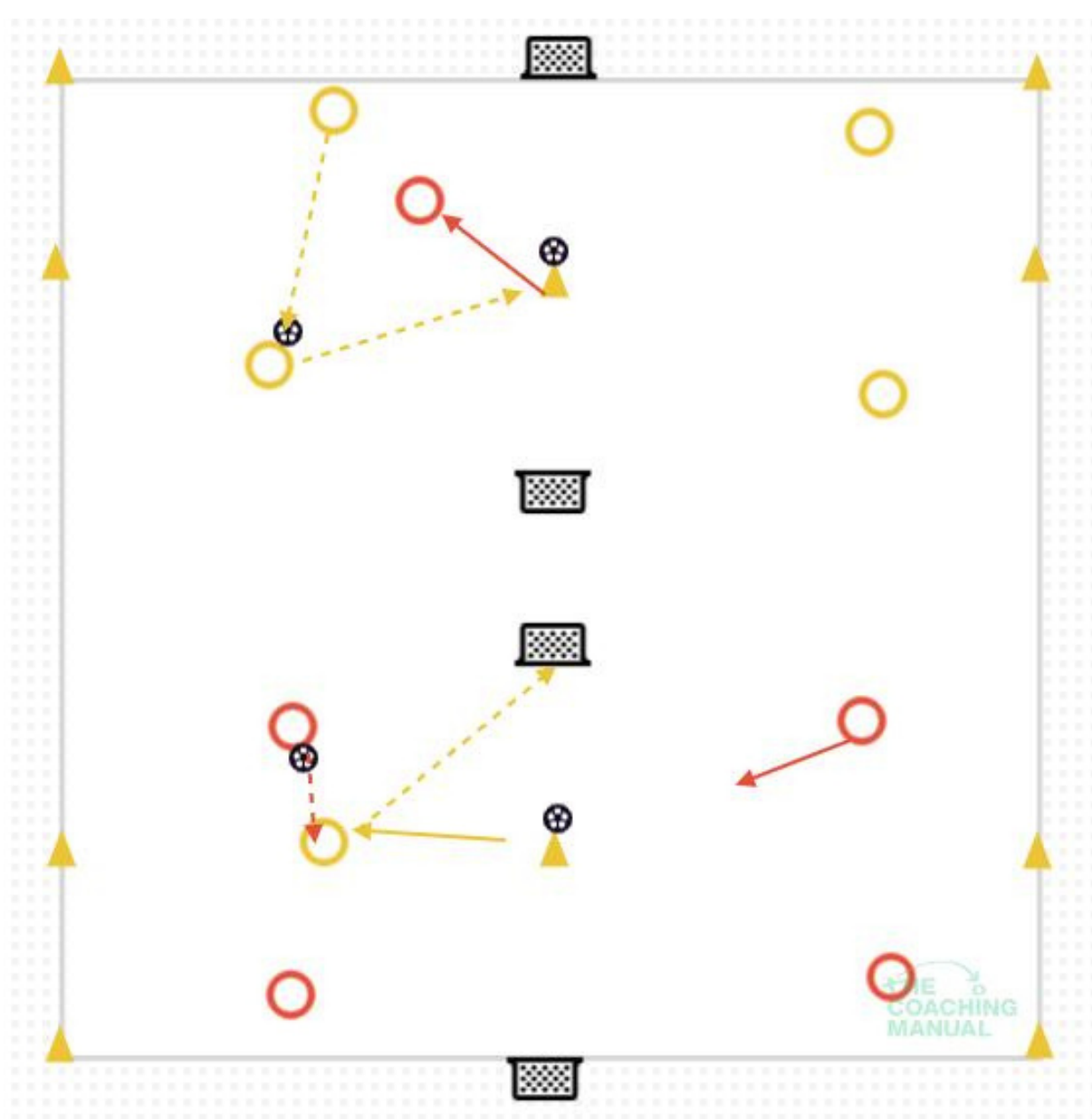


PIGGY IN THE MIDDLE/HOT POTATO - KEEP BALL & SHOOTING GAME



TECHNICAL

- Twisting
- Teasing
- Passing
- Tackling
- Protecting
- Shooting

TACTICAL

- Dribble/Protect?
- Pass/Protect?
- Pass/Tease?
- Be A Magnet!

PHYSICAL

- Walking
- Sprinting
- Jogging
- Kicking
- Pushing
- Shielding

PSYCH/SOCIAL

- Fail & Try Again
- Teamwork
- Experiment
- How are your friends playing?
- Deal With Pressure
- Up Next Game

How To Play: (4 or 5 minute games)

- 2 Teams Red & Yellow
- Field Split in Half - Yellow side & Red Side - 2 goals for each half - A cone with a ball on top
- The team with 4 players aims to play "Keep Away" from the 1 Defender
- Can They Move The Defender Away From Their Goal (ball and cone goal).
- If they can knock the ball off the cone = 1 goal
 - If the defender knocks the ball off, it is an own-goal
 - Teach the defender to destroy spaces, not cover the goal
- The defender aims to intercept or win the ball
 - Can the defenders score the two goals for 3 points?
- Inexperienced players may like to start with the ball in hand
 - No passes over the defender's head.
- Play 4-5 games and keep the score.

Progressions

- Three outs = goal for the defender
- 3vs2

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession (Team Mate)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> • Can I be a magnet and attract a defender • Can my next decision (pass, shot, take on) help score a goal • what do I do next? 	<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 teammates, keep the ball by finding one
<p>Super Power: Freeze Pinnie</p>	<p>Coaching Spectrum: <<<Super Power or Constraint>>></p>	<p>Constraint: 1 Touch or 4 touches</p>