

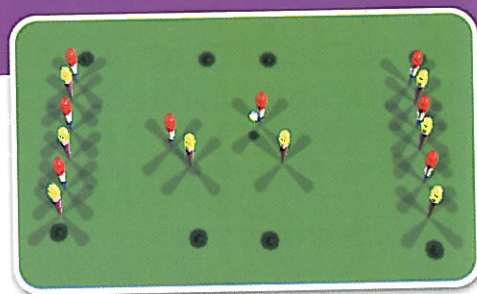
Frozen Wall Ball

HOW TO PLAY • Two teams of 8 aside • All other players lined up along outside of 'wall' 2v2 in middle trying to get the ball to end player to score a goal • Players may use outside 'wall' players to assist in moving ball – ('Wall players may not move)

- Hand passing only no tackling (Intercept only)

PROGRESSION Wall players may move along the straight line.

WHAT IT DEVELOPS Hand passing, vision & decision making

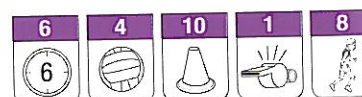
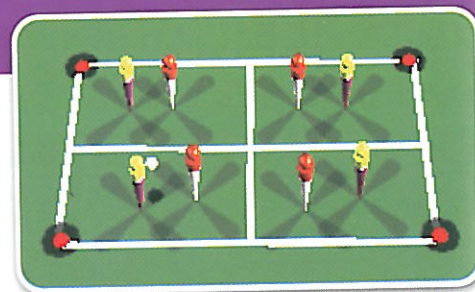


Grid Block

HOW TO PLAY • Mark out a grid approx 40x20m using cones • Divide the grid into 4 sections • Divide the players into 2 teams of 4 (one player per section) • The players attempt to retain possession by kicking the ball from section to section • The opposing team attempt to block the kick attempts • If the kick is successful, that team must be allowed to retain possession • Continue the game for a set period of time

PROGRESSION Initially allow the players to pass either in a clockwise or and anti-clockwise fashion: as the play progresses, allow the ball to be played in any direction.

WHAT IT DEVELOPS Accurate kick passing, catching & blocking



Hit the Corners

HOW TO PLAY • Mark out a grid for 2 teams of 4 with a "road" separating the two sides • Mark out 4 circles (targets) on each side • Teams aim to kick pass the ball into one of the opposition's circles in order to score • The defending team must try to catch the ball before it bounces in one of their circles in order to prevent a score

PROGRESSION Increase the width of the road. Reduce the size of the circles.

WHAT IT DEVELOPS Accurate kicking, kick selection, high catch & vision

