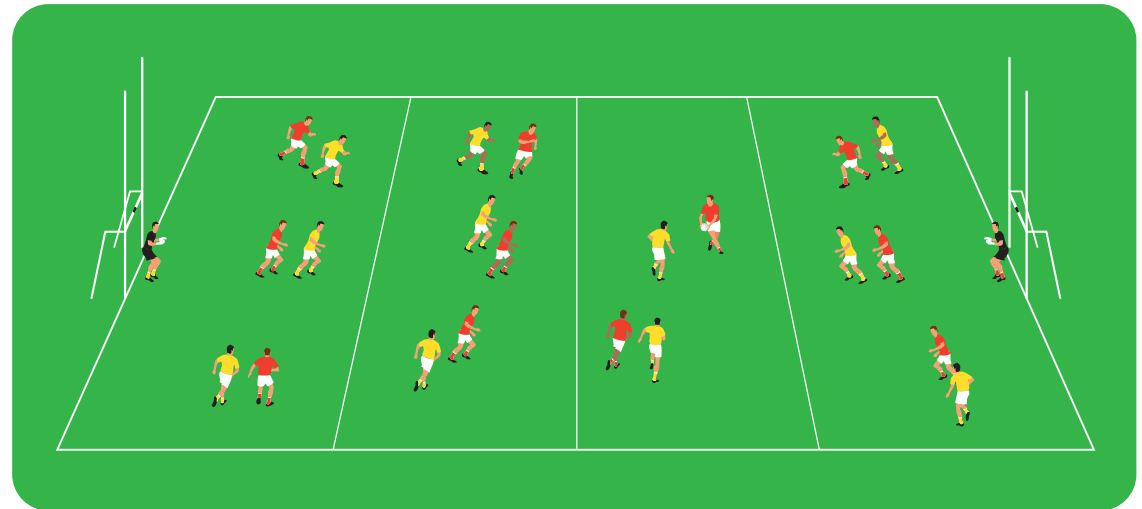


5 to 2



HOW TO PLAY:

- The game can be played with 6v6, 8v8, or 15v15.
- Set up a normal playing field with two teams and start the game.
- The Goalkeeper always restarts the game – these counts as the first pass.
- The attacking team has 5 passes to try and score.
- If the other team wins the ball (anywhere on the field), they now only have 2 passes to score.
- Players quickly learn when short passes work and when they need to play longer passes.



PROGRESSION:

Add in the principle of 'Short/Long' where the first pass after gaining possession must be a short one and the next one must be long and so on. Players are only allowed 3 seconds on the ball. This generates huge speed of thought.



WHAT IT DEVELOPS:

Moving the ball quickly, vision, decision making & supporting the man in possession.

3 Goal Game



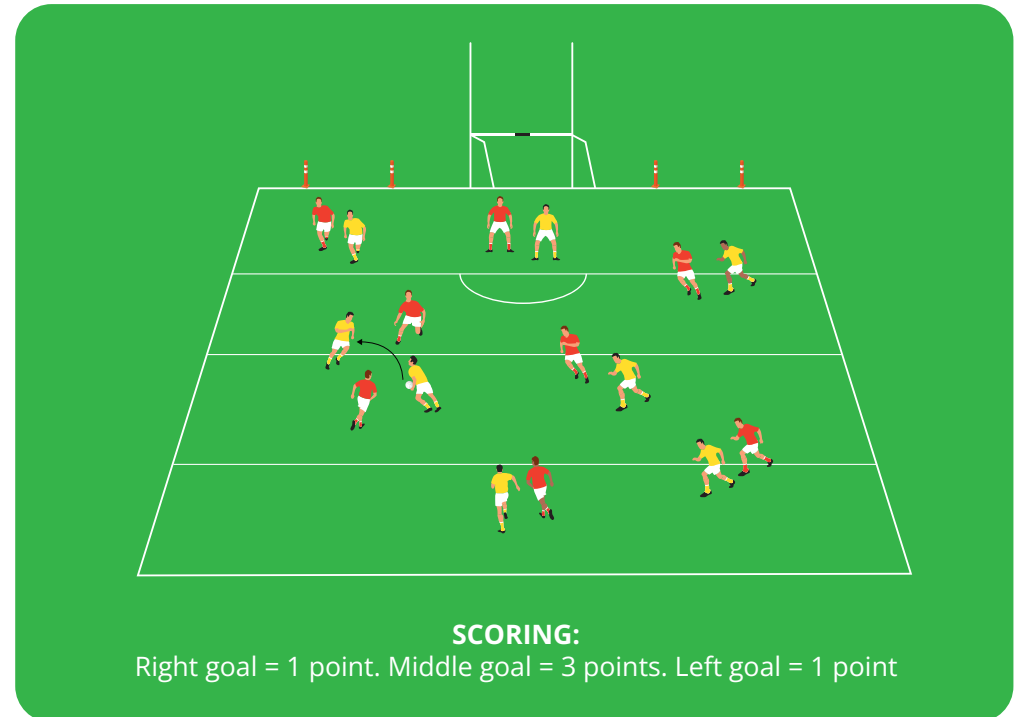
HOW TO PLAY:

- Backs vs. Forwards Game
- The game can be played as 6v6, 8v8, or 15v15.
- It's a game where the forwards attack and the backs (defenders) counterattack.
- There are three small goals (made with cones or poles) set up across the halfway line.
- The game starts with the forwards in possession, trying to score by passing or shooting the ball through one of the three small goals.
- The defenders attack the main goal at the opposite end.
- Players must kick/strike the ball cleanly through the cones to score.



PROGRESSION:

Change the scoring system to promote moving the ball out wide by rewarding higher scores for the wide goals



WHAT IT DEVELOPS:

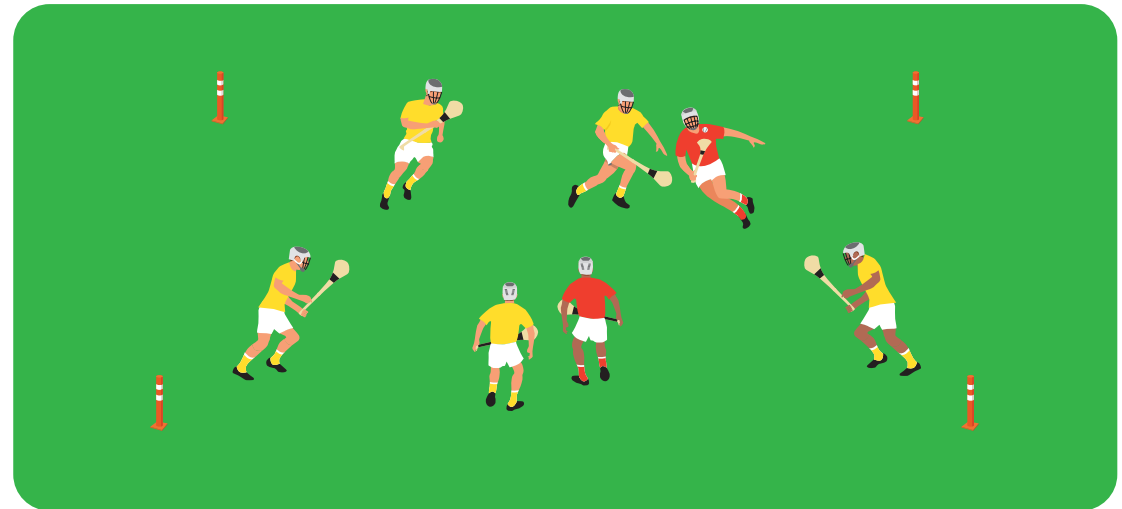
This game encourages using the wings (wide areas) and helps players learn to switch play instead of always attacking straight through the middle.

Possession Game



HOW TO PLAY:

- 5 v 2 in similar grid lasting 60-90secs
- Possession game with team in possession needing to make four clean hand-passes to score
- On scoring the ball is dropped for the other team to take possession
- Intense pressure on player in possession
- Making correct decisions in tight situations
- Moving your feet – game will continually break down unless player in possession drives past his immediate opponent
- Getting the 'hurley hand' off the top of the stick to make a hand-pass i.e. FASTER HANDS
- The player who can only pass with the 'catching hand' will struggle greatly here



PROGRESSION:

Increase or decrease the number of passes to make a score. Turn into a lifting game where ball starts on ground – the player lifting cannot be tackled until ball is in hand. Lifter then has to make a hand-pass but as soon as he has ball in hand he can be tackled. Person receiving pass then drops ball on ground for third player to lift and start the process again.



WHAT IT DEVELOPS:

Quick passing, decision making, vision & tackling

Rotate the Defender



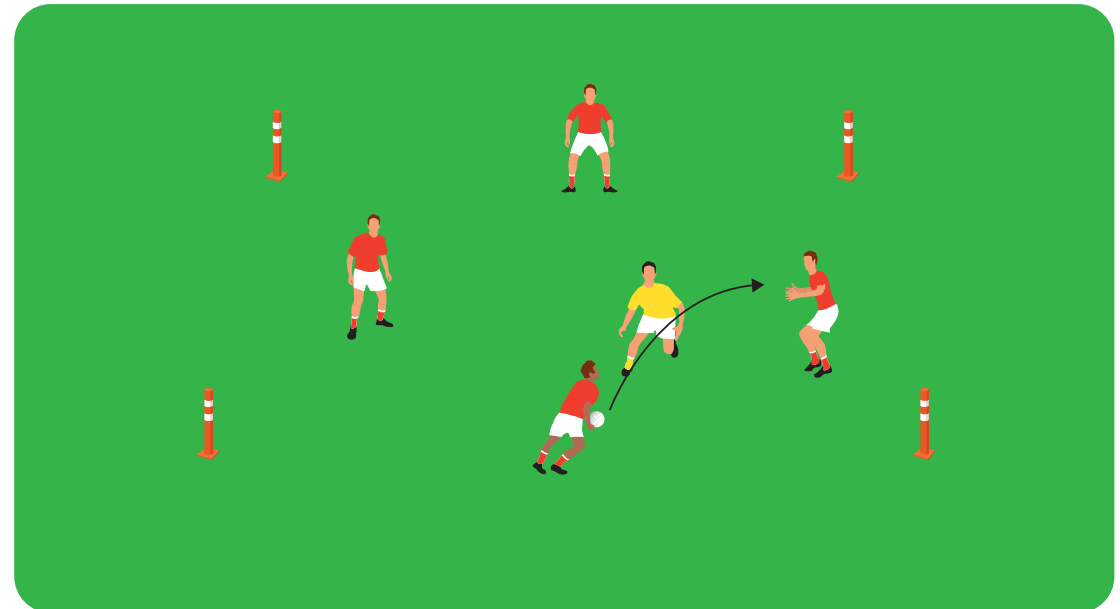
HOW TO PLAY:

- 4 attackers remain on outside lines of grid 7m x 7m
- They can move along their line to support the passer
- 1 defender on the inside and may move anywhere in the grid
- Attackers must look for passes and decide who is in the best position to receive the ball
- Change the defender every 30 seconds or on loss of possession
- 5 passes = 1 point
- Defender gains 1 point for every interception



PROGRESSION:

Add in an extra defender



WHAT IT DEVELOPS:

Creating space to receive pass, anticipation for interception & vision

Scout ball



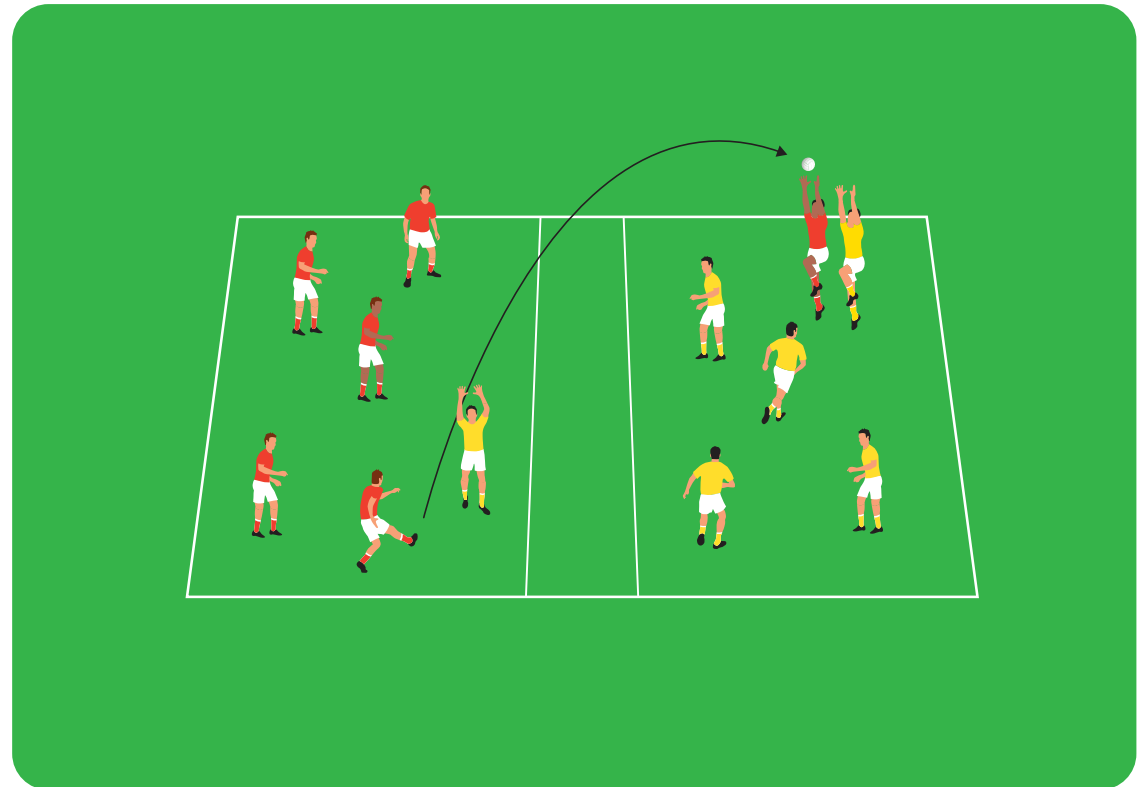
HOW TO PLAY:

- Players are split into 2 teams
- They must punt kick “over the river” into the opposition’s area
- One player from each team goes to the opposite court and acts as a ‘Scout’ i.e. your team attempts to punt/strike the ball over to him/her
- Scoring system for catches i.e. 2 points for overhead catch, 1 point for standard catch, -1 point for a ball that hits the ground
- 3 Points if the scout catches



PROGRESSION:

Point for a block on the shot going back over the river.



WHAT IT DEVELOPS:

Accurate punt kicks, high catches & tackling