

Attack and Defend

Learning Intentions:

Pass and move to maintain possession of the ball.

Play as a team following instructions/strategies.

Starter Activity:

Children must high five as many other children with different coloured bibs on before the teacher says stop.

Progressions:

Once high fived, children must change the way they travel to the next person (example, sideways, skipping, backwards).

Once a child has been high fived they change speed for 3 steps.

Introduce 10 balls (1:3 children). Children need to exchange the ball to each other whilst keeping moving.

Skills:

Children must pass with a underarm motion.

Encourage children to change the length of their passes.

Children must only pass with eye contact and good communication.

Encourage children to find other children travelling in spaces before making a pass.

Challenges:

Challenge some children by asking them to pass to a different colour than they received from.

Activity:

Children play in teams of two. To score a point they need to pass or run past the opposition into the end zone. The team without the ball must try and win the ball without snatching and then attack the opponents end zone.

Skills:

Children to attack quickly when they win possession of the ball.

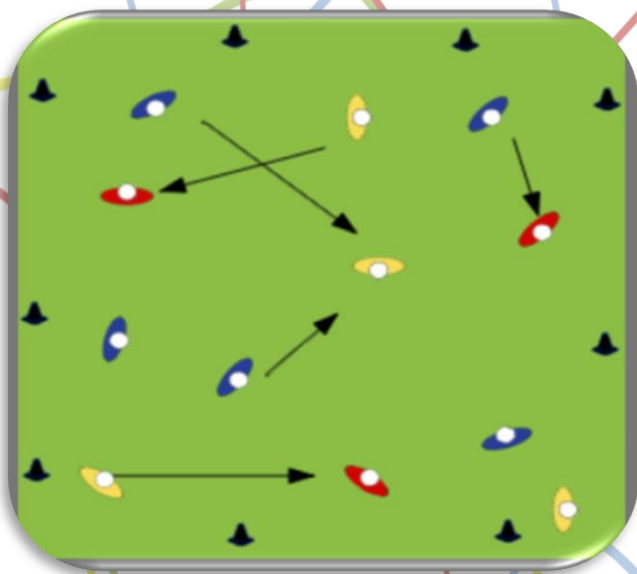
Remind children that they can only pass sideways or backwards.

Ask the defending team to either follow/defend against a child each or stick to a formation.

Progressions:

Play 3v3

Add one extra child. This child plays for both teams (whichever team is in possession) creating an overload for the attacking team.



Equipment Rugby



Attack and Defend

Learning Intentions:

Apply quick decisions when defending.

Make decisions of when to defend/win possession.

Starter Activity:

Children are split into two teams. On the teacher's whistle one child from each team races through the cones in a zigzag motion, the first one through the green cones wins a point for their team.

Progressions:

Change the way they travel through the zigzag cones (example sideways, backwards). Instead of children setting off on the teacher's whistle children can now set off on their own trigger. (Example, as soon as the red child sets off the blue must set off giving slight advantage to the red team).

Children can now race whilst holding a ball. However, the first player through the green cone gets to keep the ball. The opposite player must drop their ball as soon as the opposition player travels through the green cone and try to tag the opposition. Children with the ball try to place the ball on the white spot before being tagged.

Skills:

Can children look forward and also keep an eye on the other team so they are ready to defend.

Wide fingers for maximum grip on the ball and use other arm for running motion.

Activity:

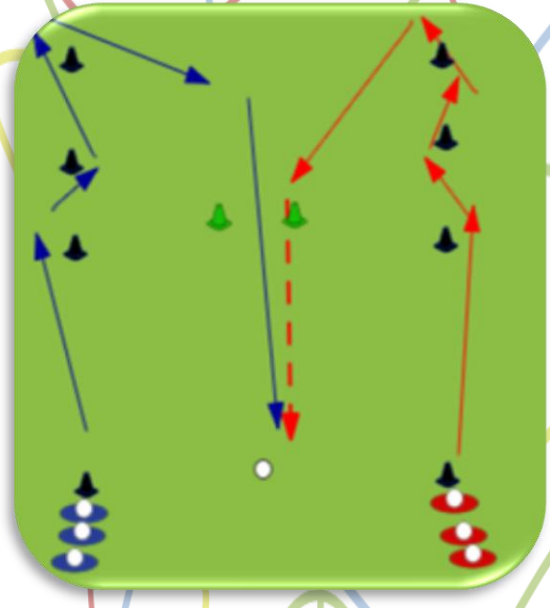
Play in a match 4v4 or 5v5. To score a point children need to get past the opposition team and into the end zone with the ball. Team without the ball need to tag the ball (this counts as a tackle). After a tackle the child with possession of the ball places it on the floor and rolls it through their legs to a waiting teammate. After 5 passes children must give possession to the opposition team.

Skills:

Keep possession by finding spaces to receive.

Challenges:

Give children individual tasks to complete in the game (example, 4 successful passes or two fake passes).



Attack and Defend

Learning Intentions:

Perform quick turns maintaining control of the ball.

Pass and receive the ball whilst maintaining possession of the ball.

Apply close control when attacking.

Starter Activity:

Children need a ball each. On the teacher's whistle children race up towards their cones (blue team to blue cones, red team to red cones). They go through the cones then back towards the square. The first child to score wins the point but they can only score inside the square.

Make sure children travel through the cones as shown in the black arrows not the red. This will encourage children to show a more sharper/quicker turn.

Progressions:

Start with a trigger. Now the game starts as soon as the red team set off. This will give a slight advantage to the red team and force the blue team to play quickly.

Skills:

Improving speed.

Can children turn by only touching the ball once? (Less touches = quicker turn).

Make sure children travel with their head up looking forward and at the other team.

Bending knees when turning will help push off and change speed quickly.

Challenges:

Adjust the size of the square to make it easier or harder.

Activity:

Children play in teams of two. To score a point they need to dribble or pass to the opposition players in the end zone. The team without the ball must try and win the ball then attack the opposite zone.

Progressions:

Change teams to 3v3.

You can only dribble into the end zone., however once you have reached the end zone you must quickly complete one pass in this zone before attacking the zone in the opposite direction.

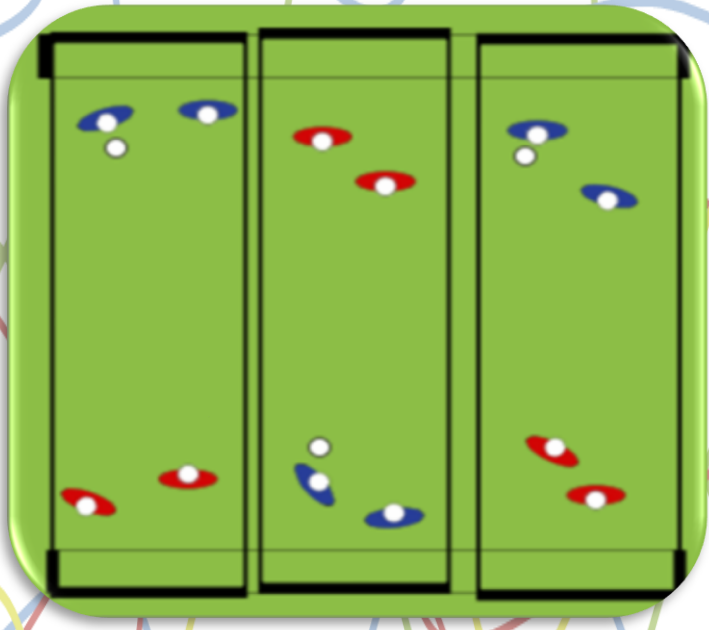
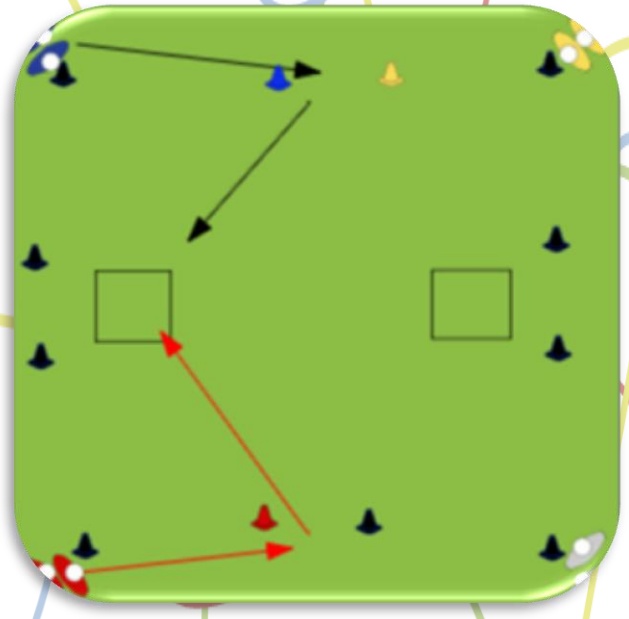
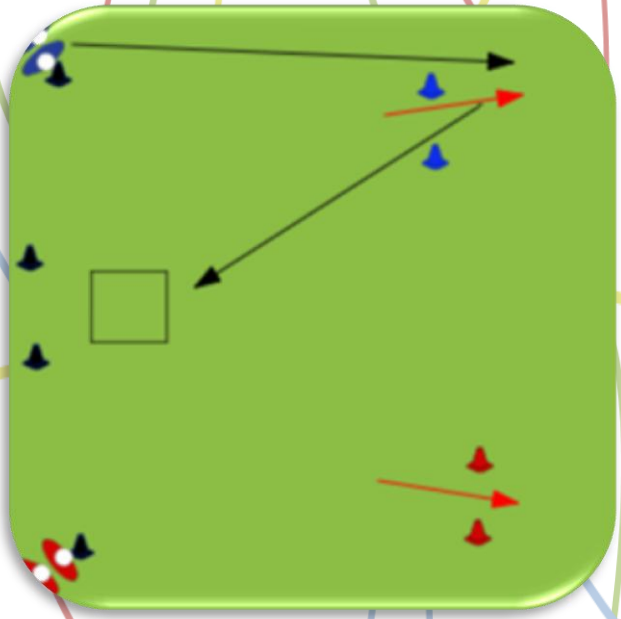
Add an child. This child plays for both teams. This child plays for the team in possession of the ball.

Skills:

Try to make runs in wide areas creating a problem for the defenders. This may help stop 2 defenders tackling one child as they would have to keep close to the child out wide as they would leave them in space to attack.

Try making runs in different directions to avoid becoming predictable.

Equipment Football



Attack and Defend

Learning Intentions:

Pass, dribble and receive maintaining control of the ball.

Decisions of when to pass or when to dribble.

Apply effective changes of speed when confronted with a defender.

Starter Activity:

On the teacher's whistle one child from each line sets off dribbling with a ball. Children must dribble their way up to the net in the middle and then try to score by getting the ball in the net. The first team to score wins a point for their line. The game is then finished and the next set of children can set off immediately. If children travel/double dribble with the ball they must start again.

Progressions:

Children can now play in twos passing or dribbling. Add a defender to each group (example 3 reds v 1 blue). If the defender catches the ball the attacking team must quickly start again.

Both players must touch the ball before shooting.

Skills:

Discuss what is an appropriate distance to shoot

Shooting

Place one hand below the ball with wide fingers,. The ball should be held in front of the chin with palm facing up. Opposite hand should be used to secure the ball. With bent knees use a pushing motion from knees and arm to shoot at a target. As legs straighten so does the arm.

Activity:

Children set off in groups of three passing and dribbling. As soon as they pass the two orange cones the next group set off. Children pass and move all the way up to the red cone line. Once past the line children run round the outside of the pitch back to the start ready to go again.

Progressions:

Can they create an over lap movement as much as possible (shown in the picture with yellow arrows).

Add a defender to try and prevent teams crossing the line.

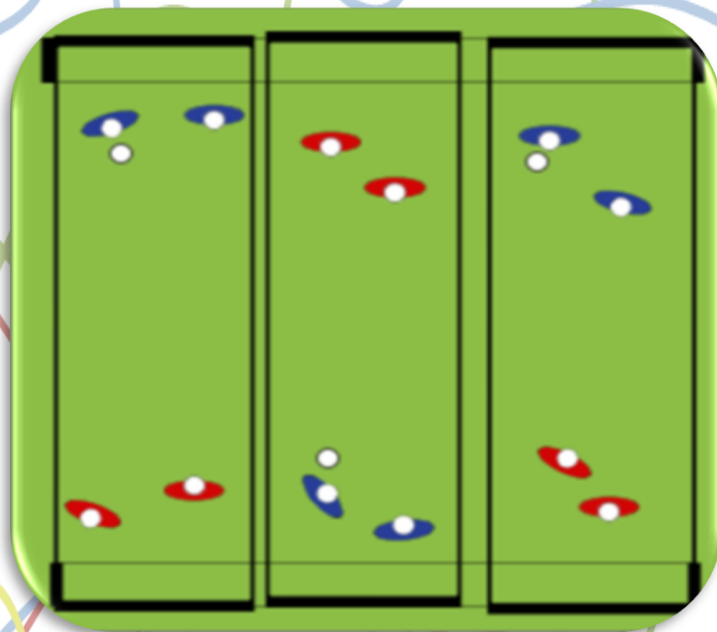
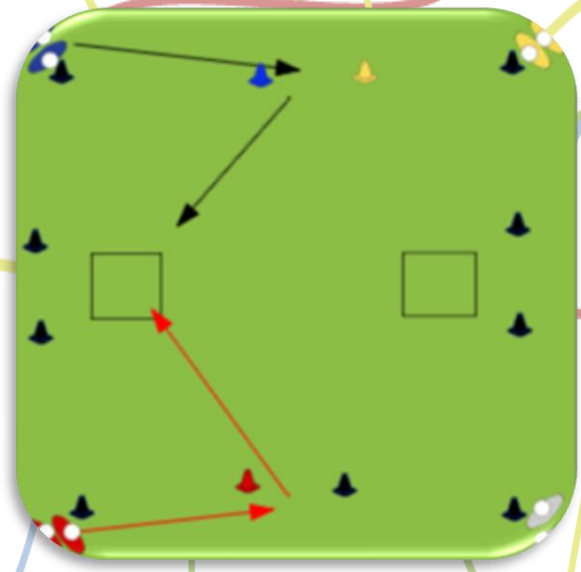
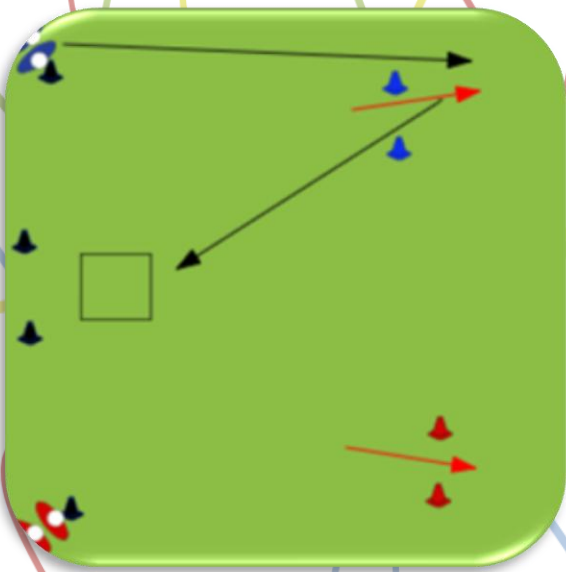
Add an extra defender to the middle.

Skills:

Try to make runs in wide areas creating a problem for the defenders. This may help stop 2 defenders tackling one child as they would have to keep close to the child out wide as they would leave them in space to attack.

Try making runs in different directions to avoid becoming predictable.

Equipment Football



Attack and Defend

Learning Intentions:

Apply a variety of passes to moving targets.

Pass and receive from various heights, angles and distances.

Starter Activity:

Blue team stay on the outside with a ball each. Players inside the square time their run to receive the ball from the blue players. They must catch the ball and then return it back to the blue player. Once they have returned the ball they must perform a short sprint through the red cones. Only one person can sprint through the red cones at a time. Children must keep moving until they spot a opportunity to sprint through the cones (no waiting).

Progressions:

Ask children to perform different ways to travel when waiting for their opportunity to sprint. Children play 3 passes with the children on the outside of the square, then swap positions.

Skills:

Vary the passes into the square.

Vary the distance children receive the ball.

Vary the angle children receive the ball.

Activity:

Children must try and keep possession of the ball. Children must try and get the ball from one side of the square to the other. If the opposition win the ball they can start playing across the square. Reds play horizontally and yellows play vertically.

Progressions:

When a child passes to the player on the outside they must swap positions.

Skills:

Chest pass, elbows out, fingers wide holding the ball in front of the chest, use pushing motion to release the ball. The ball should travel at a similar height throughout

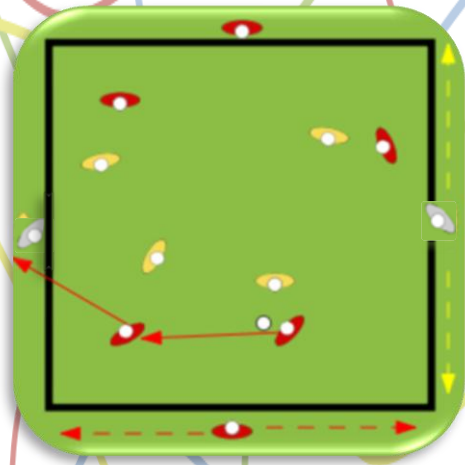
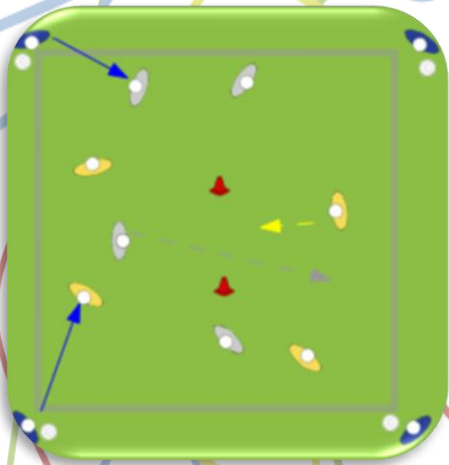
Bounce pass, can hold in one or two hands,. Bounce the ball to your target using only one bounce.

Shoulder pass, one hand under the ball above the shoulder, use a pushing motion to release the ball creating a higher pass.

Vary the passes into the square.

Vary the distance children receive the ball.

Vary the angle children receive the ball.



Attack and Defend

Learning Intentions:

Pass and receive whilst maintaining possession of the ball.
Apply basic attacking and defending strategies.

Starter Activity:

Children in red are the defenders and can only move inside the box. The defender tries to tackle the child in position of the ball. Children in blue take turns to try and get past the defender and reach the other side. Working in twos the blue children enter the box with the ball then make the decision to pass or dribble past the defender to reach the other side. Once one pair reach the other side the next pair can set off quickly.

Progressions:

Change the size of the square either challenging the guard or the children passing through.

Skills:

Defenders can use feints of movements to try and trick the attackers in thinking that they are about to make a tackle. This can off balance attackers and maybe force a mistake. Attackers can use feints of their own tricking the defenders into thinking they are going to pass rather than dribbling.

Activity:

To score a point children need to dribble past the line as shown in the picture. If the ball is not under control when they cross the line then no point is scored.

Progressions:

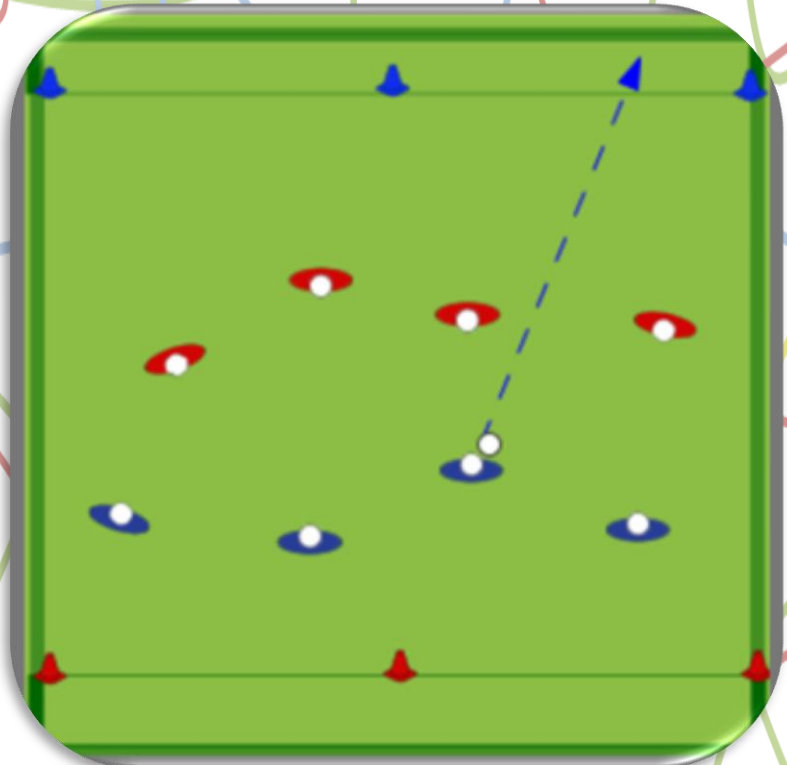
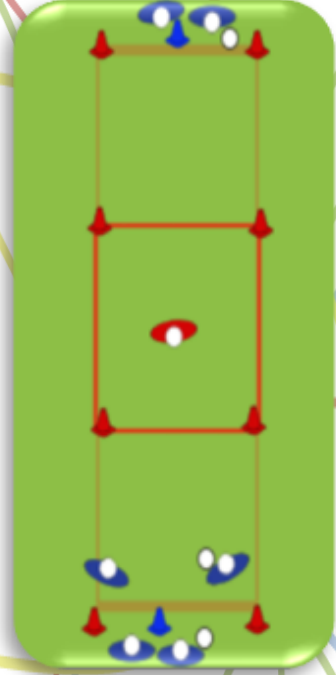
Children can pass to a player waiting behind the line to win a point. When a team wins a point by receiving in the end zone they then attack in the opposite direction. The defending team is not allowed in the end zone.

Skills:

Can children use their feints in the new activity.
Ask children what good effective communication should sound like. Share some of the good ideas with the group.

Challenges:

Challenge some children to play as a creative player trying to set up others for success.



Attack and Defend

Learning Intentions:

Demonstrate receiving in spaces away from the opposition.
Receive and pass in different directions.
Apply simple attacking and defending strategies.

Starter Activity:

Children play in teams of two. To score a point they need to dribble or pass the opposition players into the end zone. The team without the ball must try and win the ball then attack the opposite zone.

Progressions:

Add two extra children to the game. These two children play for the team in possession of the ball. This will create a four v two creating lots of opportunity to attack quickly.

Skills:

Introduce a time limit for the child in possession of the ball.
Encourage children to pass away from the defenders.

Challenges:

Ask some children to avoid passing to the child they received from.

Activity:

To score a point children need to cross the line as shown in the picture. Children can also pass to a waiting player behind the line to win a point.

Progressions:

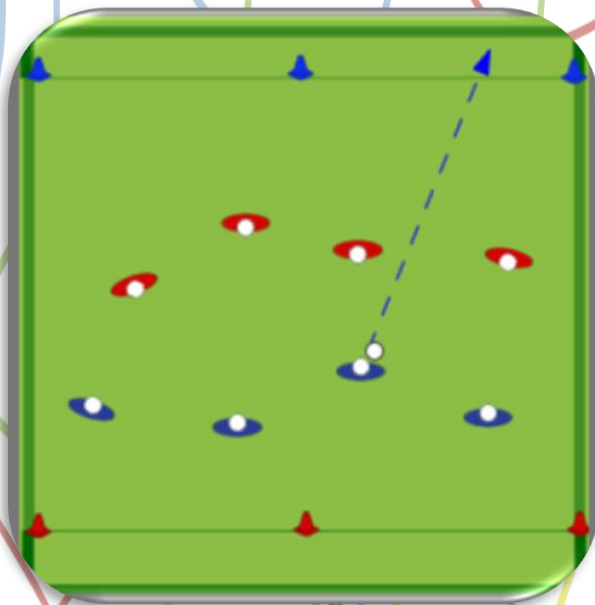
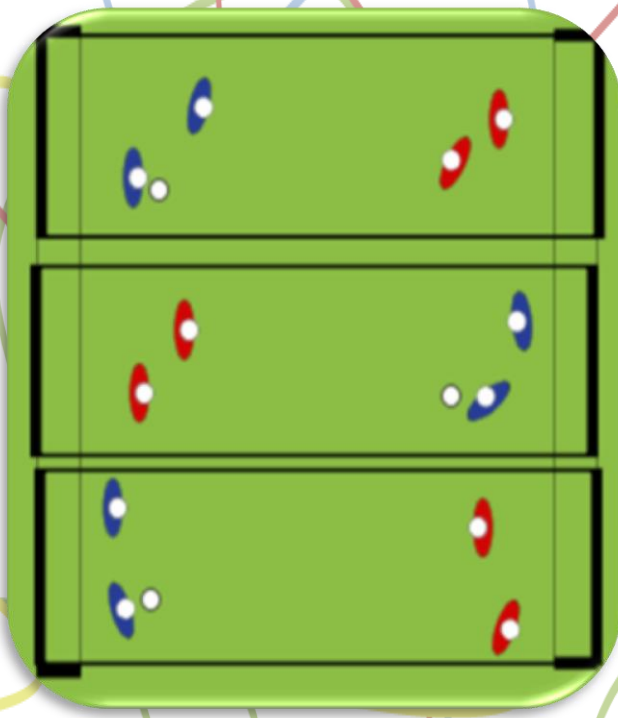
Children now play three v three. The two children left over patrol an end zone each looking to receive from either team. If an end zone child receives from a blue then they must return it back to a different blue. Teams look to play from zone to zone keeping possession.
Ask children to create the rules for the rest of the game.

Skills:

Encourage children to go from zone to zone in the shortest time.

Challenges:

Ask some children to play a pass in the middle before looking to get into the next zone.



Attack and Defend

Learning Intentions:

Maintain possession whilst passing and moving.

Recognise when to pass keeping possession and when to go for a potential scoring pass.

Starter Activity:

Children are split into reds and blues. Each team has a ball each. Children start by passing to the box across (anti-clockwise). Children play 3 passes then another child passes the ball across to the next box.

Progressions:

Children can now follow their pass and join a new square.

Skills:

Can children move to receive the ball outside the box to emulate getting away from a defender.

Challenges:

Challenge some children to time their run so they do not stand still to receive the ball.

Activity:

Box 1. 4v2 Blues try to keep possession. Blues score a point every time they receive in the yellow square without dropping the ball. Reds win points by intercepting possession or knocking the ball out of the square.

Box 2. 4v2 Blues try to keep possession. For blues to score a point they need to pass the ball through the middle of the defenders. Reds win points by intercepting possession or knocking the ball out of the square.

Box 3. 4v2 Blues try to keep possession. For blues to score a point they need to pass through a set of yellow cones. Reds win points by intercepting possession or knocking the ball out of the square.

Box 4. 4v2 Blues try to keep possession. Blues score a point every time they pass through the yellow cones without the ball being intercepted. Reds win points by intercepting possession or knocking the ball out of the square.

Skills:

Encourage children to be patient in possession (do not always go for points).

Introduce fake passes to off balance the defending team.

