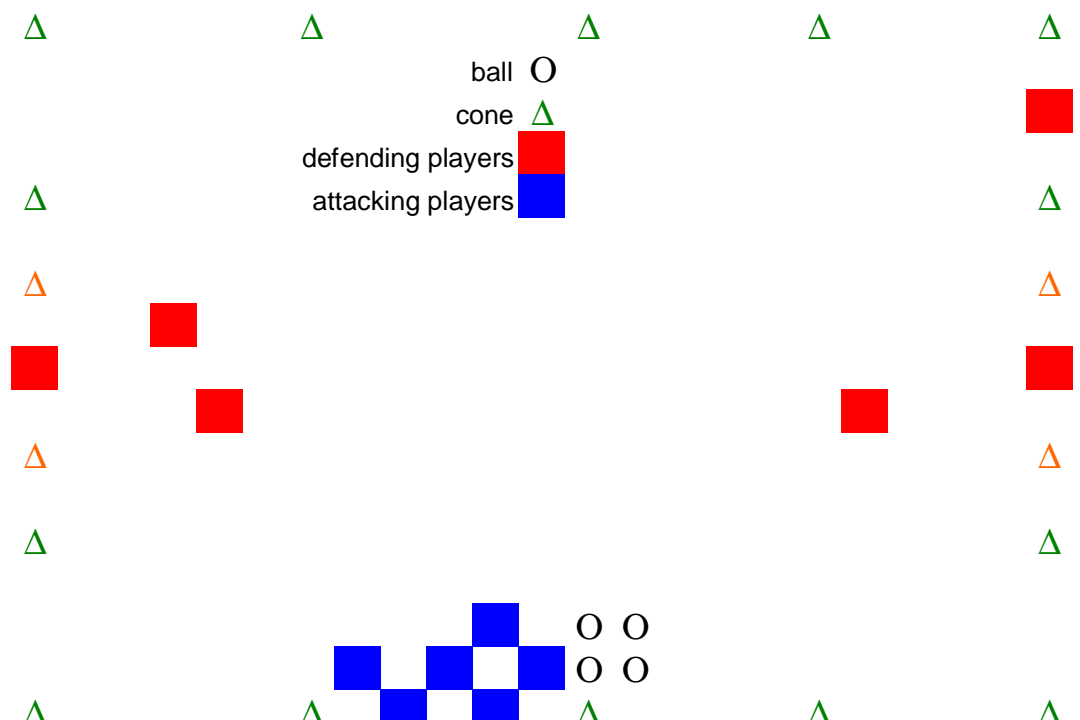


Session Title	<b>RISKY BUSINESS</b>
Practical focus of activity	<p>Practise combination play</p> <p>Dribbling, passing, shooting</p> <p>Positional play.</p> <p>Defending when outnumbered.</p>
Activity Description/ diagram	<p>Set up the playing area (25m x 15m) with a goal at each end. Four balls required, initially. Two teams of six (numbers can be adapted) - one defending, one attacking. The defending team is divided equally to defend each goal. The attacking team stand on the half way line ready to play.</p> <p>On the coach's whistle, three attackers take a ball and try to score in the left hand goal, which is defended by two defenders (i.e. 3 v 2) and a goalkeeper. If they score they get 4 points. Then try three other combinations</p> <p>3 v 2 ... 4 points (left goal)</p> <p>2 v 1 ... 2 points (right goal)</p> <p>4 v 2 ... 3 points (left goal)</p> <p>1 v 1 ... 5 points (right goal)</p> <p>Swop teams and see who scores the most points</p>  <p>The diagram illustrates a 25m x 15m playing area with goals at both ends. A central half-way line is marked with a row of blue squares (attacking players) and white squares (defending players). Goals are located at the top and bottom edges, each defended by two red squares (defenders) and a white circle (goalkeeper). Green triangles represent cones placed around the perimeter. Orange triangles are placed on the half-way line. A legend indicates: ball (white circle), cone (green triangle), defending players (red square), and attacking players (blue square).</p>
Progressions	<p>Let the attacking team decide how many attackers they want each go.</p> <p>If a team scores, the same attacking combination can turn and attack the goal at the other end.</p> <p>If they keep scoring, they keep attacking both ends and earn more points.</p> <p>To reduce the challenge: Make the goals wider/play without a keeper/play more attackers (3v1 or 5v2)</p> <p>To increase the challenge: Limited time to score/play more defenders (1v2 or 2v3)</p>
Coaching Points	<p>Technical: Dribbling, passing, shooting, defending</p> <p>Physical: Running, turning, coordination.</p> <p>Social: Teamwork, communication</p> <p>Psychological: Decision-making</p>