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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Defence Zone | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  High |
| **Description:**  In small teams weighted in favour of the attacking team (e.g. 3 v 2) the aim of the game is for the attacking team to score in a goal defended by the opposing team members. The defenders are restricted to only defending along a horizontal line each (as if as part of a table football/fuseball game). One defenders line (zone) will be around one-third of the way down the court with the second defenders on their line (zone) two-thirds of the way down the court. The defenders can only defend by moving horizontally across their line. | **Equipment:**   * Throw-down lines, cones or sports hall markings * Balls * Bibs * Goals or targets | | |
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| **Variations:**   * Widen the defenders ‘line’ to a ‘zone’ or area with more depth that they can defend in. * Allow one defender to move off line. * Restrict defenders movement to hopping across their line. * Limited touches for attackers. * Time limit to score for attackers. * Attackers allowed to move with ball. * Attackers not allowed to move with ball. * Ask offence to keep the ball down (rolling pass only) |
| **Keep an eye on:**   * Movement into space (width and depth/height). * Chain of movement involved in the pass. * Interceptions. * Ability to start, stop and change direction. |
| **Other Benefits:**   * Tactical development. * Connection to teammates. * Character development in defenders to abide by restrictions / rules. | **Coach’s Comments:** | | |