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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)
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| **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.
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| **Other Benefits:*** Tactical development.
* Connection to teammates.
* Character development in defenders to abide by restrictions / rules.
 | **Coach’s Comments:** |