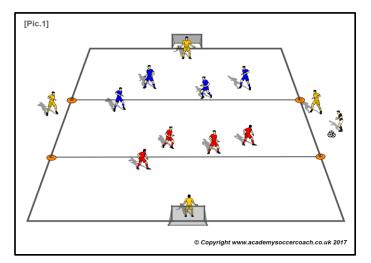
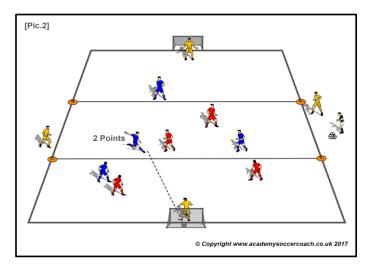
SKILL ACQUISITION PHASE



SAP SESSION – GAME 3

CORE SKILLS – Striking the Ball, 1v1





Grid Size:

- 20m x 16m*
- *Guide only, adjust accordingly.

Players:

• 12

Explanation:

- Divide players into three teams and set up as shown [*Pic.1*].
- The Coach begins the game by playing a ball into the area.
- The Blues are looking to score in the goal at the bottom end and the Reds at the top end.
- The Yellows provide a Goalkeeper at each end and a bouncer on either side.
- Goals can be scored anywhere on the pitch, however they are weighted according to distance.
- If a player scores in the zone closest to the opponents goal it's worth 1 point (e.g. a tap in).
- If a player scores from the middle zone, his team are awarded 2 points *[Pic.2]*.
- If a player scores from the zone furthest from the opponents goal it's worth 3 points (e.g. a screamer).
- Play quick rounds of 3 minute games.
- The team with the most points stays on and the other two teams swap.

More Advanced:

- No points for goals scored in the closest zone.
- Points only count for a first time finish.

Less Advanced:

• Rather than bouncers, both players join in the game as neutrals to create an overload (6v4).

Other possibilities:

- First team to 5 points is the winner.
- When the bouncers receive the ball, they can enter the field and play (5v4) until they release the ball. Upon releasing/shooting they will return to the outside.