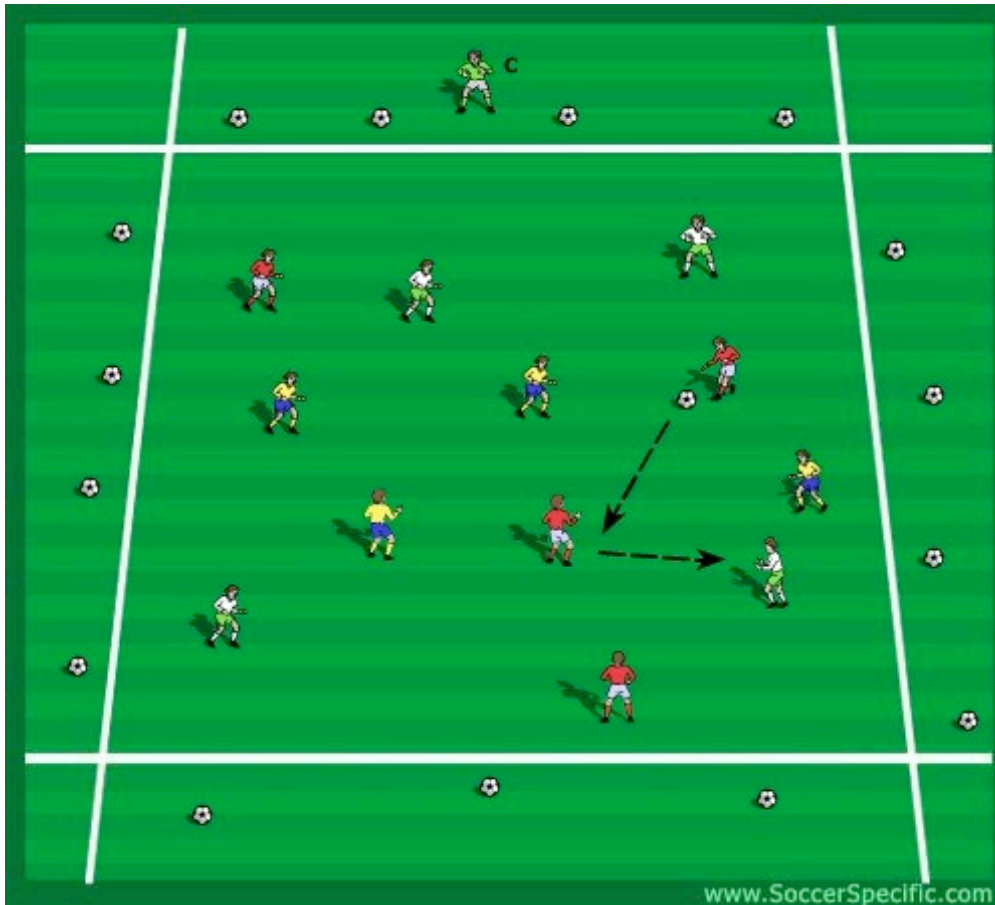


4 v 4 v 4

Emphasis: Passing, Transition, Defending as a unit.



Set-up:

25 x 25 yard grid. 12 players in each grid are split into three teams of 4 players per team. A selection of balls is spread around the outside of the grid as shown. Three sets of colored bibs. 4 players are designated as the defensive team to start the game.

Objective:

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball. In the above activity red and white are trying to keep possession against the four yellow defenders. When one of the attacking players loses possession of the ball, his team must now become the defensive team. If the ball leaves the grid, the nearest ball is used to quickly restart the game. This will enable the session to continue to flow.

Progressions:

1. If the ball leaves the grid, the next ball is re-started from the opposite side of the grid. This will force the defensive unit to transition as a group while staying organized.

Coaching Points:

- Quality of passing is imperative for attacking team.
- Angles of support.
- Defending as a unit.
- Communicating as a defensive group is vital.