



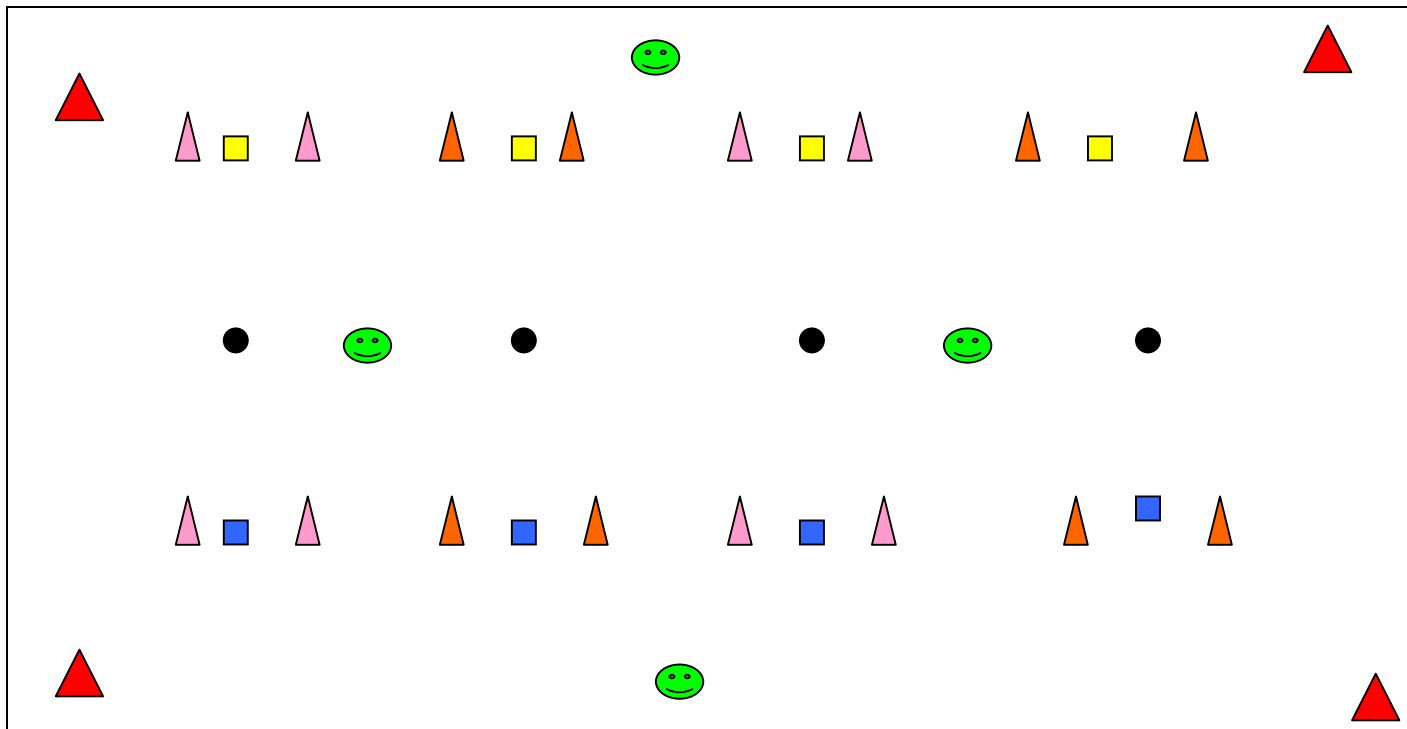


# SESSION FIVE

## On Guard!



KEY	
	= CONE
	= PLAYER
	= BALL
	= COACH



# SESSION FIVE

## Instructions

1. Divide the players into pairs and play a 1 V 1 between the coloured cones (See Diagram)
2. Position your Coach helpers around the square to stop stray balls from slowing the game down.

## Drill Progression

1. Progress to a 2 V 2 and then 3 V 3 mini games.
2. Progress to a 2 V 1 or 3 V 2 to emphasize attacking or defending principals
3. Rotate the players if its going well.

## Coaching Points

1. This is a good drill to use after the 'Thread the Needle' drill because the cones are already in place and you have cut down on set up time.
2. Let the children just PLAY. Watch for totally outclassed pairings and change them accordingly.
3. Encourage the following points: Getting first to the ball
4. Closing down the space between the attacking player and the goal.

## Equipment

1. 4 Balls
2. 16 Cones
3. 4 Coloured Bibs