

# Ball carrying – with stopping and pushing

**Objectives****The Game****Focus****Transition/Reset****Progression**

## **Game Objective**

1. As a team to complete 4 runs (1 each) by dribbling ball between cones to partner at other end

## **Explicit Coaching Objectives**

1. 1 o' clock carry
2. Indian dribbling – move the ball left to right
3. Pushing
4. Stopping

## **Game makeup**

1. Relay race with a token defender to make it “feel” they are pursued
2. 2 attackers at either end – 4 attackers
3. 1 defender in the middle
4. Relay race if standard is high enough
5. 3 cone rows = 15 players
6. Each row has 5 (2 attackers either end + 1 defender in middle)

## **Rules**

1. Ball starts with attacker
2. They pass to defender
3. Defender passes back (This creates stopping and pushing

- practice without being boring)
4. Attacker then makes their run
  5. Defender shadows the runner up to cone 4
  6. At end of run attacker passes back to defender who passes to NEW attacker
  7. On we go
  8. At the end of 1 cycle (4 runs – 1 each) defender is swapped out and game starts again

## **Scoring**

1. Winner is team who wins the gull runs

## **Focus points**

1. Ball carrying
2. Stopping
3. Pushing

## **Transition/Reset**

1. On completion of 4 runs one attacker replaces defender and they go again

## **Progression**

1. Forehand only
2. Reverse stick only
3. One handed
4. Close up cones
5. Reduce players
6. Defender becomes active

