

Box Bandit

The Game Objectives Focus
Transition/Reset Progression

Game makeup

1. 3 v 1 or 2 – possession
2. Attackers – 3 players outside square (10 yd square)
3. Defenders – 1 or 2 players inside square – see progression
4. Attackers can move up down side of box

Rules

1. Defenders always in box
2. Attackers always outside box
3. Any attacker who loses the ball becomes a defender
4. No first time passes
5. Push only no slap or hit passes
6. If necessary add time to game (so attackers have to pass) – otherwise defenders sit on attackers

Scoring

1. 5 passes = 1 point – if diagonal then game must have 2 defenders unless small box
2. Straight across box = 2 points

Explicit Coaching Objectives

1. Motivate scanning and drawing defenders
2. Diagonal passing (left foot)

Focus points – “Prescan/draw/eliminate”

1. Draw a defender (look at his stick)
2. Move left to right to get clean channel
3. Defenders communicate and cover zones
4. Dummy – body/eye movement
5. Attackers offer wide angle passes

Transition/Reset

1. If attacker loses ball then swops with defender

Progression

1. Attackers can change sides of square
2. Add 2nd defender
3. Time scales (how many passes in 1 min etc)
4. Add types of passing
5. Motivate obfuscation



