

Parallel Games

Objective – See context, building overloads

GameFocusResetProgression

1. 2v2 + end zone players
2. Aim is to play the ball from from one end zone into the other
3. If the defensive team win the ball they play to the end zone THEN become the attacking team.
4. After a few minutes swap the players that are in the end zones.

There are 2 matches next to each other with 2 teams.

1. Each team are able to play both matches.
2. The aim is to win both games.

Principles: Move the ball hard and fast.

Challenge: Check the context and move from side to side to develop overloads to win both matches

Needs:

1. Communication,
2. Awareness of what is happening to create an overload.

Defensive

1. Player on player marking
2. Front Marking and the characteristics involved.

Attacking:

1. Driving to space
2. Left foot elimination and the characteristics involved

Start at other end of the pitch

1. Timed
2. Number of balls

