

End zone – zone basics

Objective – learn to manage zones

GameFocusResetProgression

1. 2 end zone receivers
2. Exercise starts from one of the teams passing to one of the players in the grid
3. Teams are looking to play zonal defence.
4. Can be triangle/square/diamond etc and can choose if they want to be aggressive or sit back.
5. Players explore different shapes and discuss pros and cons of each they come up with
6. Aim is for the Green team to get the ball to a “attacking receiver” as fast as possible (must make 1 pass) and vice versa.
7. Turn and burn

After x balls swop the greens in

POINTS:

1. 1 for a pass to the receivers
2. Bonus point if they go to the receivers with no pressure from the defenders
3. 1 for the defenders if they intercept a pass

ATTACKING focus

1. ABT (Always Be Threatening)
2. Play what you see

DEFENDING PRINCIPLE

1. Delay
2. Find your player

1. If the ball goes off the side lines – play as per a normal game
2. If the ball goes off the base lines – the coach feeds a ball restarts the other end

1. Each team has fixed number of balls
2. Time to score
3. Goals

