

ROTATE THE DEFENDER

Ages; 10yrs +

Key Focus:

Passing – Lateral support on the ball and the angle of the pass

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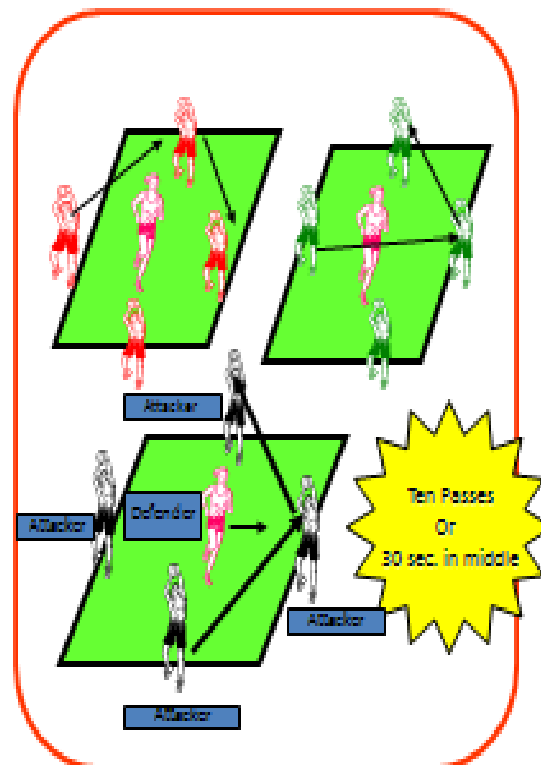
Key Focus: Passing – Lateral support on the ball and the angle of the pass.

HOW TO PLAY:

- ✓ Start with 5 players in each area
- ✓ Use an area approx. 15m x 15m or bigger for hurling
- ✓ 4 attackers stay outside the area, 1 defender inside the area
- ✓ Change the defender every 30 seconds
- ✓ Attackers must move along the line to make an angle for the passer to complete their pass
- ✓ Players should play 5 consecutive punt/strike passes to score 1 point (Bigger grid – 30m x 20m)

Exercise 2: Modification:

- ✓ Introduce another defender to the grid
- ✓ Introduce another attacker to the grid
- ✓ Coach nearest defender to pressurise the ball while the other defender anticipates the pass
- ✓ Progress to having all the players inside the grid – 4 v 2 etc.



Game 8