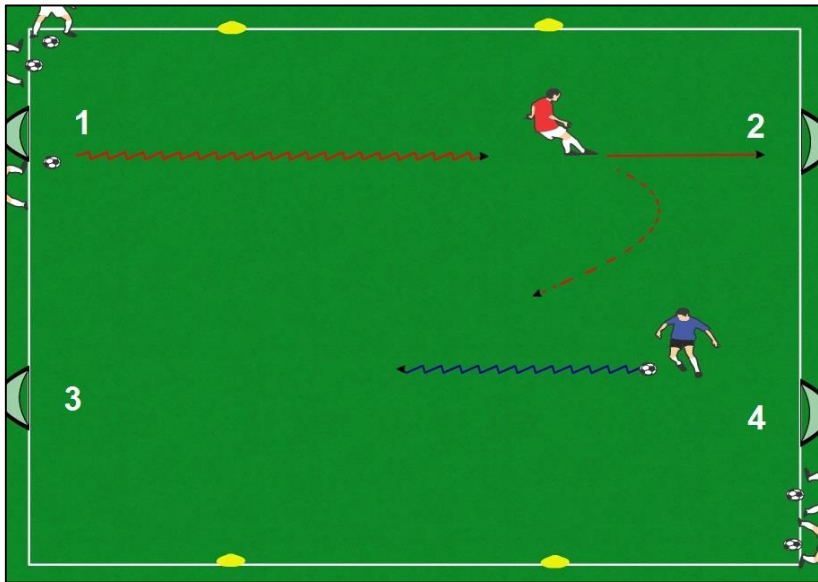




RELAYS UNDER PRESSURE

Middle Activity



Activity

The first player of the red team runs with the ball to the opposite side and shoots the ball into the goal (inside the shooting zone).

As soon as the red player shoots, the first blue player starts running with the ball to the opposite side. As soon as the red player has had their shot at goal, they turn and chase the blue player to try and catch up with them and prevent them from scoring.

Set Up

Area: In a grid of approximately 20m x 30m two small goals are placed on each byline with markers on the corners and on the sideline at 5m from the corners to mark the 'scoring zone'.

Players: Divide players into two equal groups standing diagonally opposite (red next to goal 1, blue next to goal 4)

Equipment: Each group should have a number of balls next to their goal.

Teaching points

Knock the ball 3-4 steps out in front of you so you can run at full speed while controlling the ball.

Take a big first touch and knock the ball out in front of you when beginning your run.

Remember to turn and chase the opposition player after you have taken your shot.

If the player is catching you;

- Get your body in between the ball and defender.
- Feint & change direction.

Get ready to run as quickly as possible if you are next, take a big first touch and get a head start.