

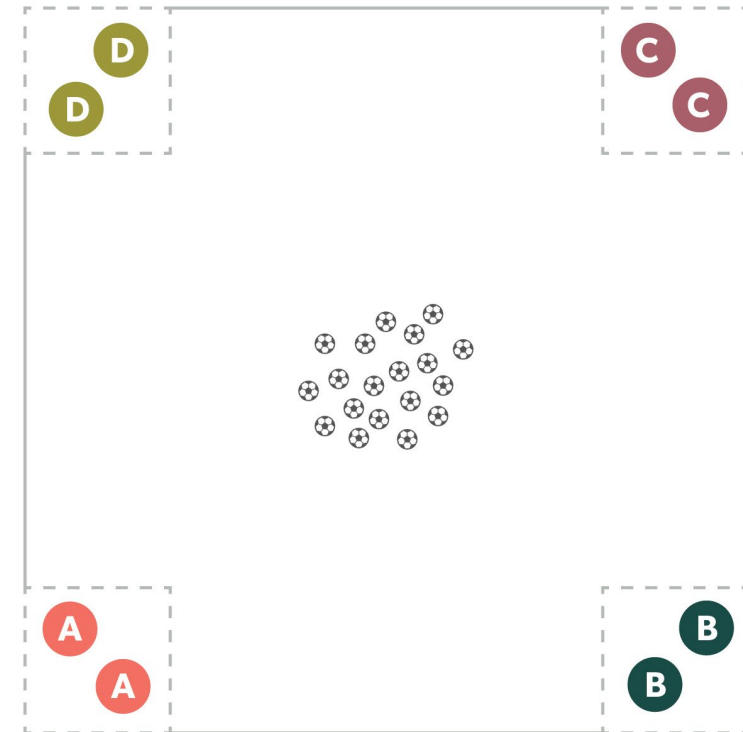
SKILL INTRO

15 Minutes

RWTB

ATTACKING SPACE FORWARD

- Area (30m x 30m)
 - Team 'nest' in each corner
 - 3 x 4 min games
 - Players must retrieve and run with the ball back to their nest
 - Only one player from the team can go at one time
 - If the balls are gone from the middle, players can steal from other players nests, teams cannot defend their nest
 - Team with the most balls in their nest after 5 min wins
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- Use the top of the foot to take touches
 - Get at least 3 to 4 strides between your touches
 - Take your touches directly toward your nest with control



NEWCASTLE PERMANENT SKILL OF THE WEEK



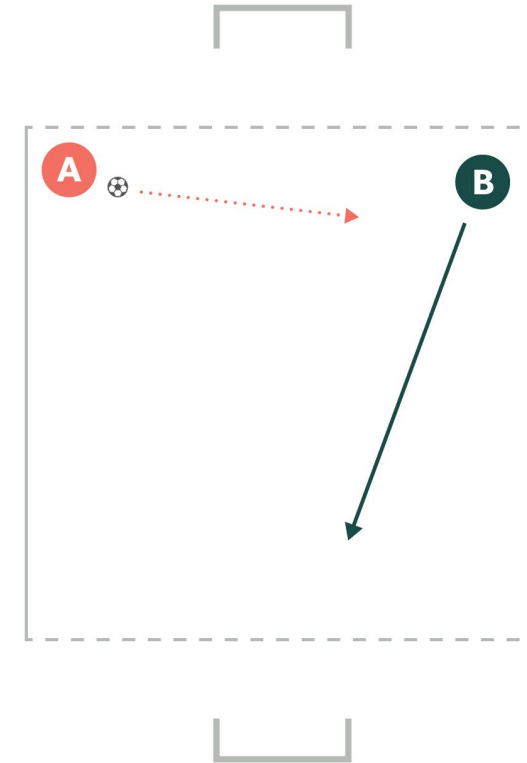
SKILL TRAINING

20 Minutes

RWTB

ATTACKING SPACE FORWARD

- 2 areas (30m x 30m)
- Goals positioned 5m from ends
- A starts by passing to B
- A then becomes a defender
- Players score by scoring a goal and must get past the opposite line before shooting
- If the ball goes out or score, alternate positions
- Another 1 v 1 can also occur by starting in the SW corner and passing to the SE corner
- Include points from Skill Intro
- Positive first touch toward goal
- Cut the defenders line to goal by getting your body in between the defender and goal



NEWCASTLE PERMANENT SKILL OF THE WEEK



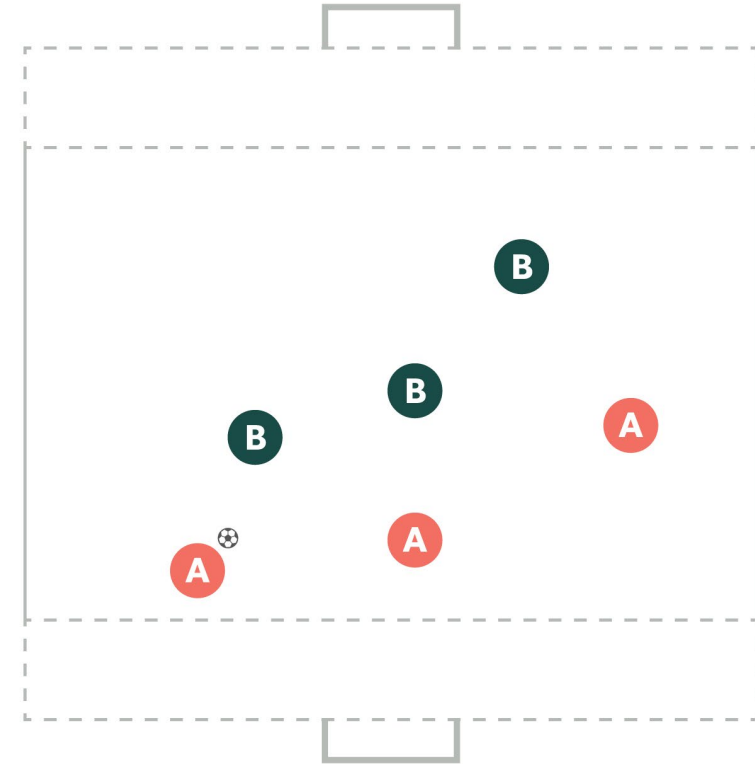
SKILL GAME

25 Minutes

RWTB

ATTACKING SPACE FORWARD

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Players must first dribble into their attacking endzone before shooting
- Only one defender can enter the endzone to defend the goals/attacker once the attacker has entered the endzone (1 v 1)
- Can we see a change in behaviour, with players attempting to RWTB?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you RWTB from defence into the attacking end zone



NEWCASTLE PERMANENT SKILL OF THE WEEK

