

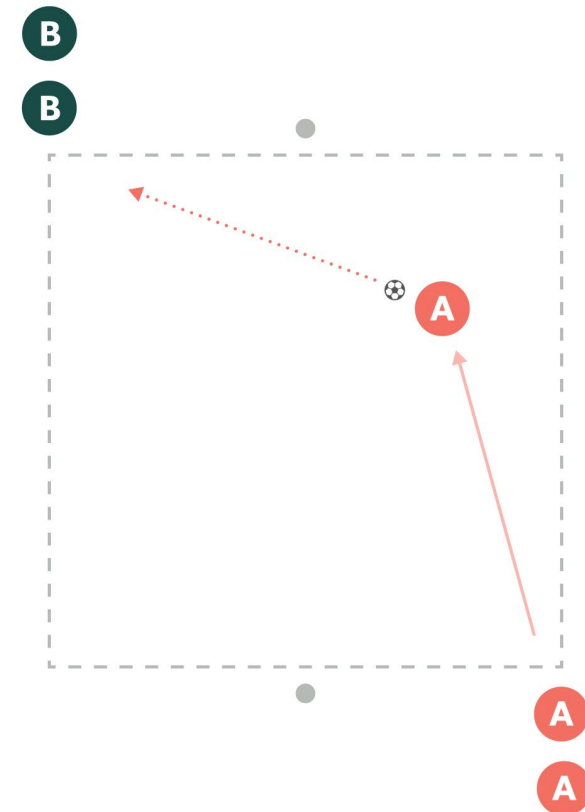
SKILL INTRO

15 Minutes

RWTB

AWAY FROM OPPOSITION (FORWARD)

- 2 areas (20m x 15m)
- 2 poles at each end
- 4 teams of 3
- A starts by RWTB toward the opposite pole
- After making a pass to B, A must touch the pole before defending against B
- B completes the same process RWTB to their opposite pole
- Teams score by successfully winning the ball back
- Rotate teams
- Use bigger touches on the ball, to allow for more strides between touches
- If the defender is gaining, cut across the defenders line to protect the ball



NEWCASTLE PERMANENT SKILL OF THE WEEK



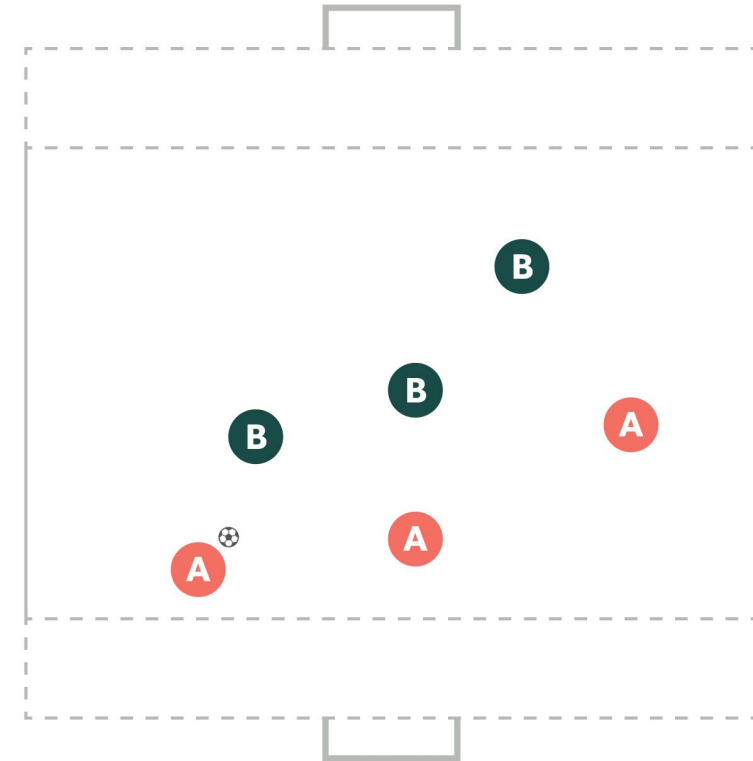
SKILL TRAINING

20 Minutes

RWTB

AWAY FROM OPPOSITION (FORWARD)

- 2 areas (20m x 30m)
- 2 endzones
- 4 teams of 3
- 3 x 6 minute games
- Simple 3v3
- Players must RWTB 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)
- Include points from Skill Intro
- Quick scan to identify space when your teammate has the ball
- Can you get into a position where there is space in front of you to receive



NEWCASTLE PERMANENT SKILL OF THE WEEK



SKILL GAME

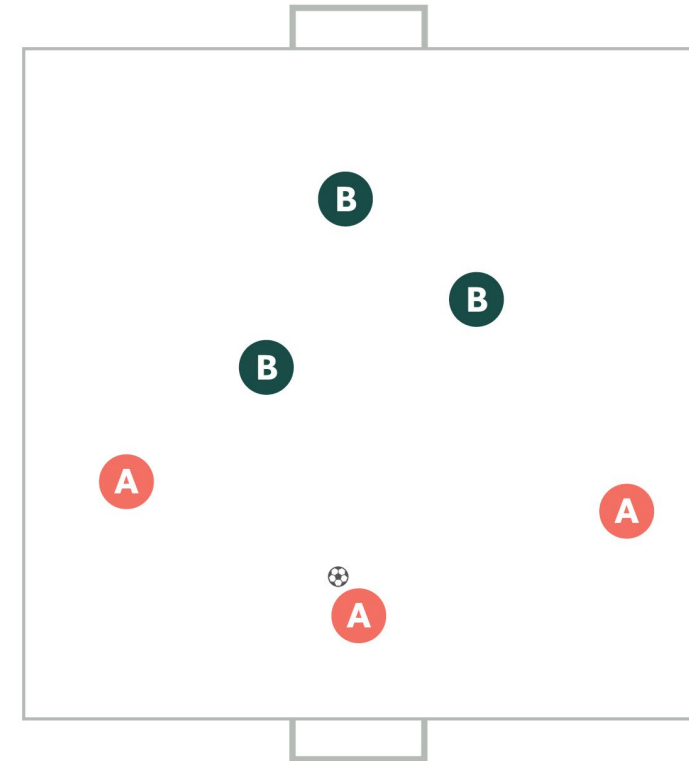
25 Minutes

RWTB

AWAY FROM OPPOSITION (FORWARD)

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Simple 3v3
- Team with the highest score at the end of 8 mins wins

- Can we see a change in behaviour when we 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 RWTB into space before scoring



NEWCASTLE PERMANENT SKILL OF THE WEEK

