

Learning Objective

To pass with accuracy to outwit the opposition to score points. To apply effective attacking and defending tactics in a game situation.

Key vocabulary

Interception: To catch the ball mid-flight in order to gain possession for your team.

Opponent: Who you play against.

Defend: To stop the opposition scoring.

Attack: To move towards your opponent's goal with the ball.

Possession: You or your teammate has the ball.

Conceding: The opposition have scored.

Instructions

Task 1: Split yourselves into 6 equal groups and do an effective warm up (pulse raiser, stretching & skilled practice).

Task 2: Once warm, read the key questions and answer them with your teammates and then tell the teacher your answers.

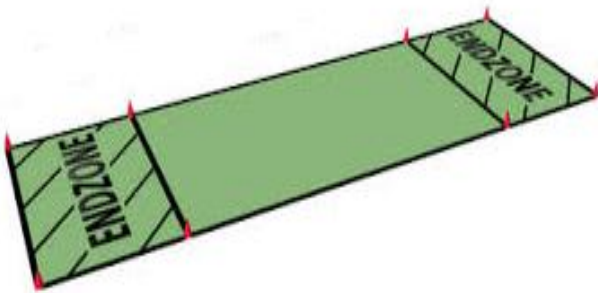
Task 3: In your teams of 6, set out the equipment as outlined in the diagram below.

Task 4: Find an end zone and read the rules of the game.

Task 5: As a team, decide your formation and set up, ready to play.

Key Questions

- 1 – Why is it important to pass accurately to our teammates?
- 2- What can't the opposition do if your team has the ball?
- 3- What is effective attacking and effective defending?
- 4- What can we do to ensure that our attacking and defending are as effective as possible?
- 5- What is a bounce pass and when would you use it?
- 6- What is a chest pass and when would we use it?



Rules of the game

- 1) **Non-contact game (1 metre rule).**
- 2) Rock, paper scissors to start.
- 3) **Passing only, NO dribbling.**
- 4) You cannot move with the ball.
- 5) **Catch the ball in your opponents end zone to score 1 point. (2 points if using a chest pass or bounce pass)**
- 6) Once your team has scored, the other team restart with the ball in the middle.
- 7) **Games last 5 minutes. The team with the most points wins.**

Plenary

(Use the key vocabulary when answering questions).

Review: Refer to key questions and discuss how effective teams were at attacking and defending.

Preview: Next lesson we will be taking this further by...

Challenge: Practice receiving the ball at different speeds at home by...