

AIM OF THE ACTIVITY

ATTACKING SKILLS: HITTING THE CIRCLE EDGE

To identify and sprint to circle edge hotspots for clear vision into the circle

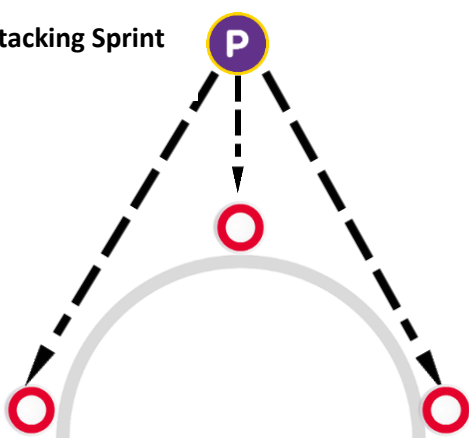
EQUIPMENT

Markers - to mark out a goal circle

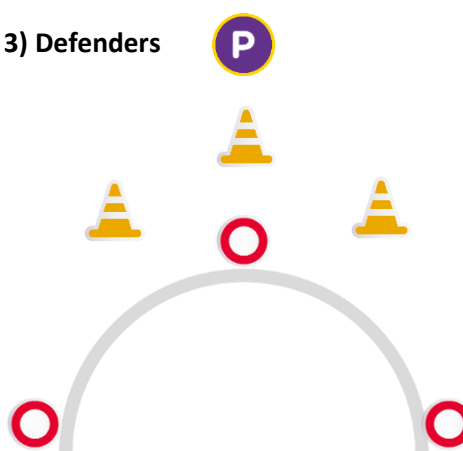
Cones – to act as defenders

DIAGRAM

1) Attacking Sprint



3) Defenders



2) Sprint, Jump, Hold

CP When taking a high ball, bring your feet directly in line with body then elevate; jump and land in the same spot.

Think about different ways to take the ball – 1 hand pull in, two handed. Take note of the landing (onside & no footwork)

DESCRIPTION

1) Attacking Sprint

Sprint to the 3 'hot spots' on the circle edge. Start away from the goal circle, sprint to the top or pockets and hold for 3 secs, as close to the goal circle as possible.

2) Sprint, Jump, Hold

Sprint to the 3 'hot spots' on the circle edge. Start away from the goal circle, sprint to the top or pockets and add a two footed jump when arrive, like you would to catch a high ball. Reset after each attacking sprint

WHAT'S NEXT?

3) Defenders

Add defenders (cones), this will encourage players to use attacking movements to 'beat'/get around defenders then attack (sprint) to the goal circle.

Player to consider body position and angles
Practice elevation

Q: What is the benefit of receiving in the pocket?

Q: What is the risk of receiving top?