

AIM OF THE ACTIVITY

ATTACKING SKILLS: HITTING THE CIRCLE EDGE

To identify and sprint to circle edge hotspots to enhance your vision into the circle

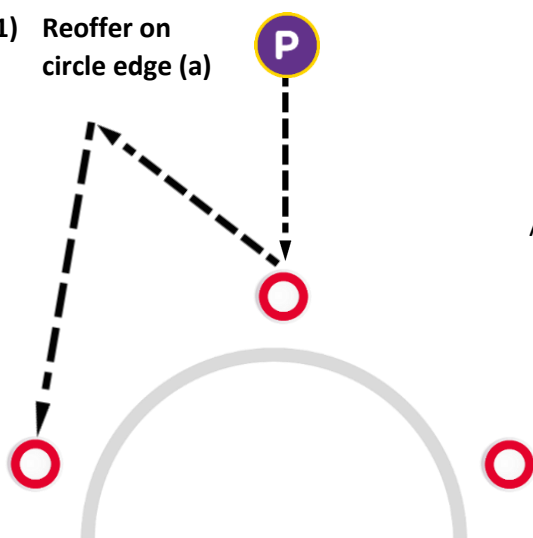
EQUIPMENT

Markers - to mark out a goal circle

Cones – to act as defenders

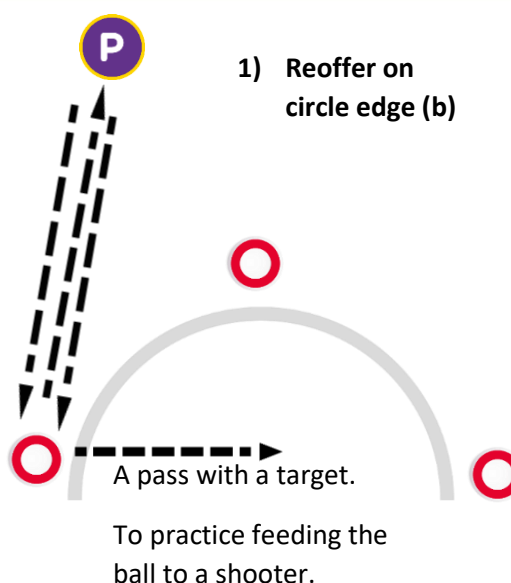
DIAGRAM

1) Reoffer on circle edge (a)



Remember
attacking
movements –
Attacking sprint
and Change of
Direction

1) Reoffer on circle edge (b)



2) Add Defenders Place cones (as defenders) around the area, either on circle edge or off circle edge in surrounding space for players to use their attacking moves to 'beat'/get around when coming on and off the circle edge



DESCRIPTION

1) Reoffer on Circle Edge

Sprint to a hotspot, come off the circle edge and reoffer at a different hotspot on the circle edge to get better vision.

Focus on hitting circle edge and reoffering to a better vision (to feed the circle) ending up on hotspot.

a) Use two different hotspots

b) Land on the circle edge at one hot spot, come off and land on the same hotspot

WHAT'S NEXT?

2) Add Defenders

Now consider defender (cones), use your attacking moves to 'beat'/get around the defender. Be creative with attacking movements and consider how a defender can influence these movements e.g. use of attacking sprint or change of direction; keep it flowing to create a realistic environment.

Create scenarios:

e.g. Hit the circle edge 3 times, but must add a reset option (sprinting back to the transverse line) then aim to pass the ball to post