

GAME: END BALL

This is a game used to develop catch pass and movement into space in attack, works on communication and work rate in a defence.



HOW TO PLAY

- * The pitch size will vary depending on the number of players on each team.
- * You can start with 2 equal teams.
- * One team attacks with the ball and their aim to pass the ball any direction (backwards, forwards, sideways) to score in the try zone. 5 touches to score.
- * To turn the ball over the defending team must either intercept the ball, knock to the floor or get possession when the play ends with a score or the ball going out of play.

GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. To challenge either the attack or the defence you can overload either one to challenge the other.
2. Smaller pitch will make it more challenging to the attackers and a bigger pitch will make it harder for the defence but also challenge the Attackers Catch Pass.
3. Attackers must stop and pass straight away when touched by a defender, defender must let attacker pass.
4. Attackers can't move when in possession, support players must work really hard to get into space.
5. Turnover if an attacker is touched in possession.

COACHING CUES

Key Coaching Cues:

- * 'W' up, catch as you intend to pass
- * Punch and point at receiver
- * Move off the ball into space
- * Communicate to ball carrier

COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?