

# GAME: SHADOW TOUCH

This is a game used to develop the players Evasion, Vision, Communication and Defensive skills



## HOW TO PLAY

\*The pitch size will vary depending on the number of players on each team.

\*Two equal teams.

\*Players are paired with an opponent player from the opposite team, he/she can only touch/tag their opposing partner. Attacker looks to lose their opponent when setting up.

\*One pair will be designated as fullbacks; the fullbacks must be 5/10metres behind the defensive line. They can touch/tag anyone who breaks through. Anyone can touch/tag the attacking fullback. Rotate player pairs to the fullback roll.

\*After 5 touches turnover

## GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

1. Carry ball in two hands, if not turnover
2. No lateral running, running across the pitch turnover, used to help encourage running forward using evasive footwork to beat the defender
3. Options for restart after being touched/tagged: Ball carrier can stop and pass, or roll ball back between their legs, go to ground and present or Pop and pass
4. Arriving support player must pass

## COACHING CUES

Key Coaching Cues:

- \* See Space, Attack Space
- \* Feet, Fight & Protect
- \* Transfer ball away from Defender
- \* Tuck the Tip, Tighten the Grip

## 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?