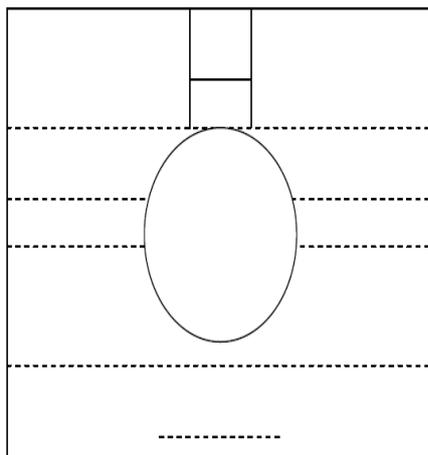


Attacking Play, Defending, Tackling, Drawing A Free

What about a game to allow defenders to work on tackling without fouling? What if the same game gave forwards the incentive to get closer to goal and even draw 'frees' from the opposition?



Set up a large circle [diameter 40m]. Play backs v forwards to the halfway or far 45m line.

The goalkeeper plays for the defenders. Start each play with a kick-out. Let the forwards take possession and attack. Only points count.

Should the attackers shoot and score from outside the circle. they are awarded 1 point.

- **A score from inside the zone earns 2 points.**
- **A 'free' scored from inside the zone earns 3 points.** Defenders must work to keep the scores to a minimum, so they must make sure they do not commit fouls inside the zone and that they mark tightly enough to keep the number of 2 point scores down.

Defenders can earn scores for themselves, by winning the ball and working it up the pitch to cross the halfway line or far 45m line while still in possession. The coach can determine how many points should be given for this