

Conditioned Game: 4 CORNERS

Aim;

1. Develop knowledge and skills to know when and where to pass (draw defender)
2. Develop knowledge and skills about when and where to move (support the ball carrier)

Cones - A Player - ±

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| A | A | 1) 3 Attackers start on a cone each, one corner is vacant. |
| ± | | 2) 1 Defender starts in the middle. |
| | ± | 3) Aim is for the 3 attackers to keep the ball off the defender, who attempts to cut off the pass. The ball cannot be passed diagonally across the square. |
| A ± | ± | 4) After each pass, an attacker should run to the vacant corner giving the passer 2 options. |
| | A | 5) The ball is passed to the cone, not in between – it is up to the attackers to get to the cones to receive each pass |

Variations:

- (1) 1 point for each successful pass, 5 points for an interception. 20 sec time limit
- (2) Defender aims to tag the ball carrier (1 point) –this speeds the attackers up
- (3) Remove cones, and attackers should be able to keep same formation

HINT

(When to move)

- Predict where the ball is being passed by looking at cues of the passer

(Where to move)

- Always make sure the ball carrier has 2 options – 90 deg left and right

KEY QUESTIONS

- (1) What was the best type of pass to use?
- (2) When should the attackers move to the vacant corner?
- (3) What was the best way to defend?