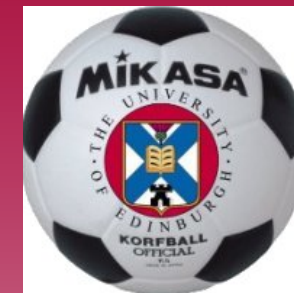


“Green Box Game”



Situation

Team is lacking intelligent movement into space, struggling with passing. Good Warm-up also.

Mission

To encourage the right kind/new ways of movement, and to develop passing under pressure.

Execution

Set-up:

2 teams (Attack & Defence). One ball. A rectangular “pitch” – The Green Box works well.

1. Divide your players so that the Defence has one more player than the Attack. Join in if necessary. Give the Attackers bibs.

2. The attackers must get the ball from one end of the 'court' to the other (lengthways), without stepping out of bounds, or letting it get intercepted.

4. Swap defence and attack, remembering that one defender will have to stay in defence.

3. Give the attacking team 5 chances to complete the drill. For every time they succeed, the defence will do 2 press-ups, for every time they fail, the attack will do 2 press-ups. Award these at the end of the 5 chances.

5. Keep swapping round til everyone's had a go in attack, or just til you want to move on to better things.

Progression:

New Rule: The attackers are only allowed to hold onto the ball for 3 seconds.

What you're looking for:

First off, just let people play. Invariably you'll have a few goes where someone fast runs to the end of the court and receives the long 'Hail-Mary' pass over the top.

If it's not happening, try and impress upon players that defenders should really man mark, with the extra defender acting as a sweeper, providing cover and making any long passes difficult, or just getting in the way of things.

This will make it much harder for the attack, who should then have to make shorter passes, and more intelligent movement.

We are encouraging short, fluid passing and moving, and it is moving after passing etc. that will find success in this drill, ideally.

If the passing gets slow and dull, institute the new rule below, meaning the attack won't be able to rest. In a game, you want the ball to be moving constantly, to confuse and wear out the defence.