

Warm Up Activity - #8 / Movement and Chase

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- One player acts as the attacker.
- One player acts as the defender.
- The defender must mirror the attacker's movements.
- The attacker tries to lose the defender and race to the knock a ball off one of the cones.
- Can the defender react and beat the attacker to the cone?
- The defender is allowed to go shoulder to shoulder or use their arms to hold off the attacker, but he must not commit a foul.
- Switch roles for the next attack.
- Coach serves the ball into the attacking team at the conclusion of a dual.

Coaching Remarks

- Encourage players to be clever.
- Encourage players to show disguise.
- Encourage players to react quickly.

Diagram

