

## HUMAN FOOSBALL

### STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 12-18 year old players

### THEMES & COMPETENCIES

Theme:

- + Group defending.

Competencies:

- + Defending in pairs and small groups.

### WHY USE IT

This activity allows you to introduce and reinforce zonal defending principles.

### SET UP

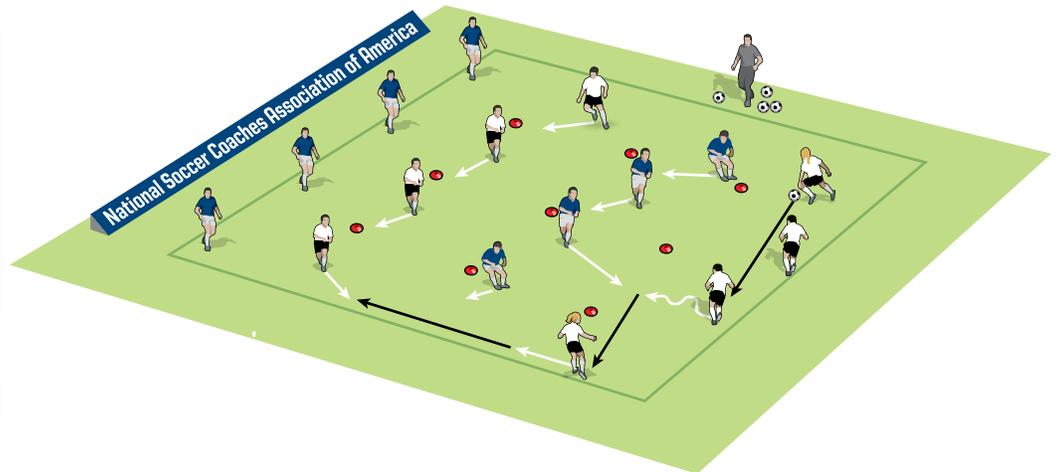
Use cones to mark four adjacent rectangular zones, each measuring 5x25 yards. Use vests to divide your players into a blue team and a white team. Place 4 players from the blue team in Zones 1 & 3, and 4 players from the white team in Zones 2 & 4. Have a supply of balls ready nearby.

### HOW TO PLAY

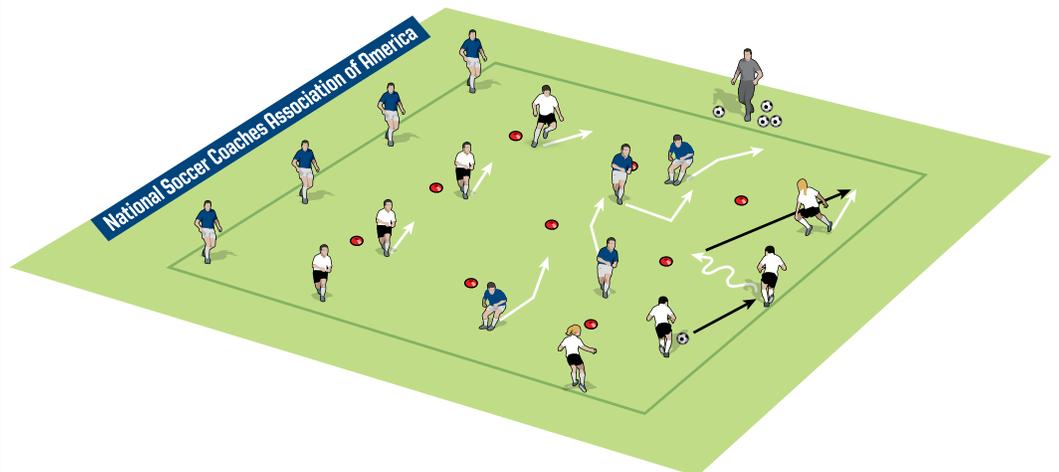
Players must stay in their assigned zones and must not trade places laterally among their teammates. Play keep-away with one ball, where each team tries to score points by completing passes across their opponent's middle zone. Impose a "maximum 3-touch" restriction. The first team to reach 21 points wins. Swap players between the inside and outside zones and play again.

### COACHING NOTES

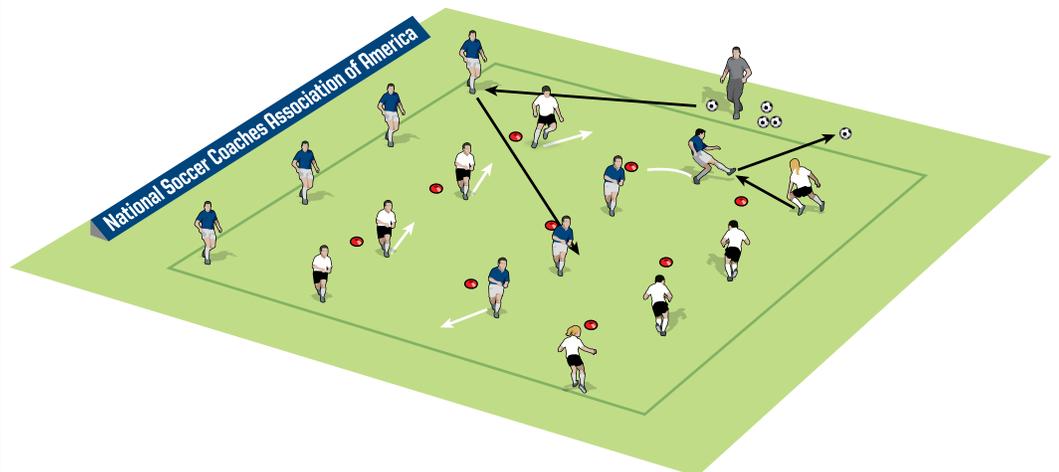
- + Coaching objectives - Focus on communication among the defenders to organize pressure and cover. Look for proper body shape, angles of approach, and compact units to limit penetrating passing options.
- + Coaching tip - Players may pass within their own zone to change the point of attack and probe for penetrating passing lanes.
- + Adaptations - Remove the touch restriction, and allow players to interchange positions within their zones.



- + Attacking players can move the ball within their zone
- + Attackers try to complete passes across the defenders' zone to score points



- + The defenders must shift as a group to close down penetrating options
- + Quick communication is vital to ensure players recognize their proper roles



- + If a ball is knocked out of play, the coach serves a new ball in right away

