

Individual Possession KS2



Organisation:



Ideas on what to do next:

Making changes:

- Divide the class into groups of 5, each group in different coloured bibs to aid the rotation of positions.
- Change the centre circle to a square and challenge the players to get through different sides of the square.
- Challenge the guards to change places.

Easier for some:

- Let them start the practice using the ball in their hands.
- Increase the size of the circle/gates/playing area.

Harder for some:

- Provide them with their own defender who will chase them throughout the practice.
- Give them a smaller ball to work with.
- Include a smaller circle within the middle circle for children to score bonus points for moving through.

How to get started:

- Set up the practice as the diagram shows above.
- Add guards/defenders (red) with a ball and challenge them to guard both of their gates and the player in the centre circle guards their circle.
- Challenge the players (blue) in the centre to escape through a gate by changing the direction they are travelling and the speed that they are moving. Once they have escaped through a gate come back into the practice and attempt to get across the centre circle.
- After two minutes change the guards/defenders.

Your ideas:

Questions/Challenges:

- How can you trick the defender into thinking you are going one way but really you are going another?
- How can working together make it easier to trick the defender?
- Try to use a different part of your foot to change direction with.