

Individual Possession KS1



Organisation:



Ideas on what to do next:

Making changes:

- Change the size of the playing area or size of the gates.
- Match individuals up 1v1 so one child can play against another individual child.
- Change the gates to boxes (areas) to lock the guards inside.

Easier for some:

- Let them start the practice using the ball in their hands.
- Get them to follow and copy a player who is having success.

Harder for some:

- Add some extra gates to make the area they need to escape from smaller.
- Give them a smaller ball to work with.
- Give them a specific number of gates to escape 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.
- 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 centre and try again.
- After 2 minutes change the guards/defenders.

Your ideas:

Questions/Challenges:

- How can you increase your speed when moving with a ball?
- How and when would you change direction?
- How can you use speed and a change of direction to get past the defender?
- Try to move into the space.