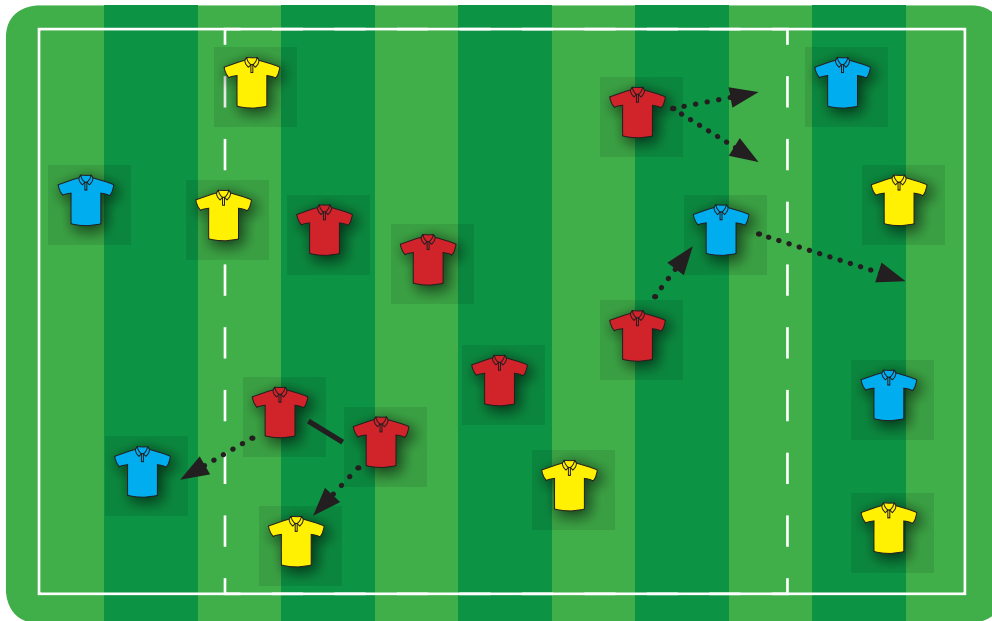


Defending KS1



Organisation:



Ideas on what to do next:

Making changes:

- Introduce footballs to the practice. These can either be carried or dribbled across the middle area.
- As the practice progresses you can have a target and/or a goal at either end for the players to defend.

Easier for some:

- Zone an area off that one player can be responsible for defending. Consider where this is placed.

Harder for some:

- Give them a ball to carry or dribble whilst defending.
- Challenge individuals to tag a minimum of 5 different people in 20 seconds.
- Make a player a personal defender to an attacking player.

How to get started:

- You will need an area suitable for the number of children playing (30 x 30 yards) with a 5yd zone at each end (as shown above).
- The children are split into small teams. If you have a class of 30 you can have 5 teams of 6 playing this game.
- One team is the tagging team (reds above) and their challenge is to try to tag as many children (yellow) as they can in 1 minute.
- They get a point for every tag. After a minute another team becomes the tagging team.
- The other players have to get from one end zone to another without being tagged. The end zones are safe areas which the taggers can not enter.
- If a player gets tagged they have to balance on one leg until they have been released by one of their team mates (stuck in the mud).

Your ideas:



Questions/Challenges:

- How might you force players away from the end zone/ danger?
- How can you work as a team to defend the end zones/ danger?
- How do you move when you're defending & why?
- Try to tag two children at the same time.