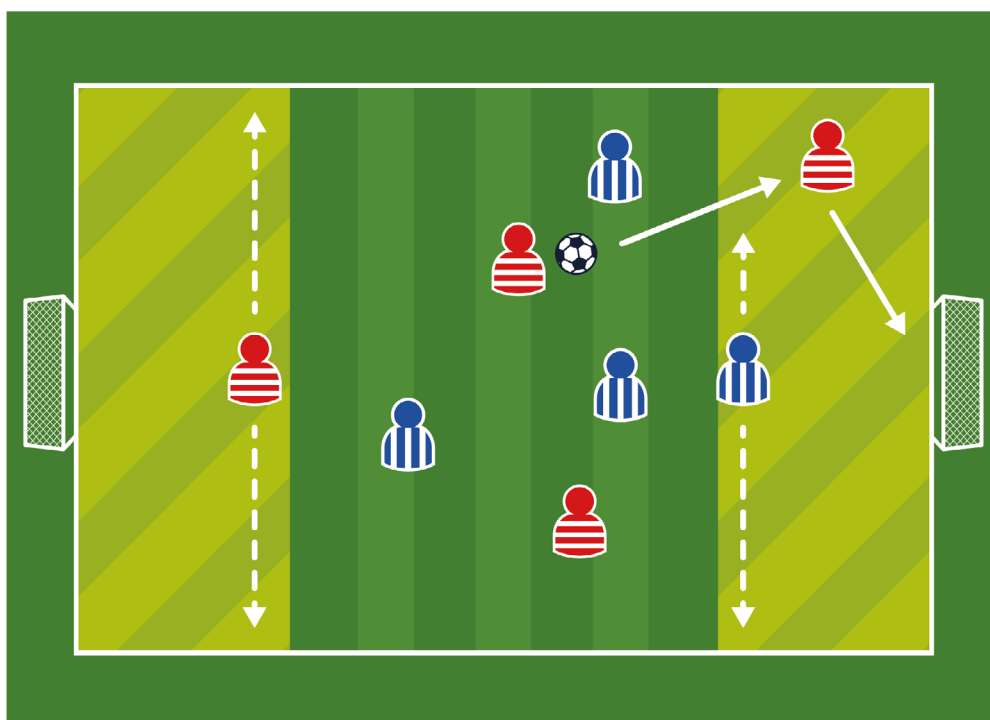



SESSION PLAN

INTERCEPTORS



BALL: 

TEAM 1: 

TEAM 2: 

PLAYER MOVEMENT: 

BALL MOVEMENT: 

GOAL: 

ENDZONES: 

OBJECTIVES

Players will develop their understanding of:

- how to scan
- the importance of intercepting
- how to combine scanning, movement and timing skills to intercept successfully.

ORGANISATION

- Set up an area appropriate in size for your players
- Create an end zone and place a goal at each end of the pitch
- We recommend playing 4v4, so set up as many areas as you need

HOW TO PLAY

- Each team must try to work the ball into the end zone before shooting at goal
- One player from each team positions themselves on their own end zone line – their job is to intercept the opponents' attempted passes into the end zone
- The rest of the players start in the middle
- Players are allowed into their opponent's end zone but can only go into their own if an opponent has received the ball within it
- To score, players must pass (from the middle area) to a teammate in the end zone, who then must put the ball in the goal
- If a team score, the defending player on the end zone line gets the ball to start an attack for their team
- If the defending team intercept an attempt to score and then score themselves, they get two goals
- If it's the defending player on the end zone line that intercepts the ball, they're allowed to move up the pitch to attack – but they must return to the end zone line if possession is lost