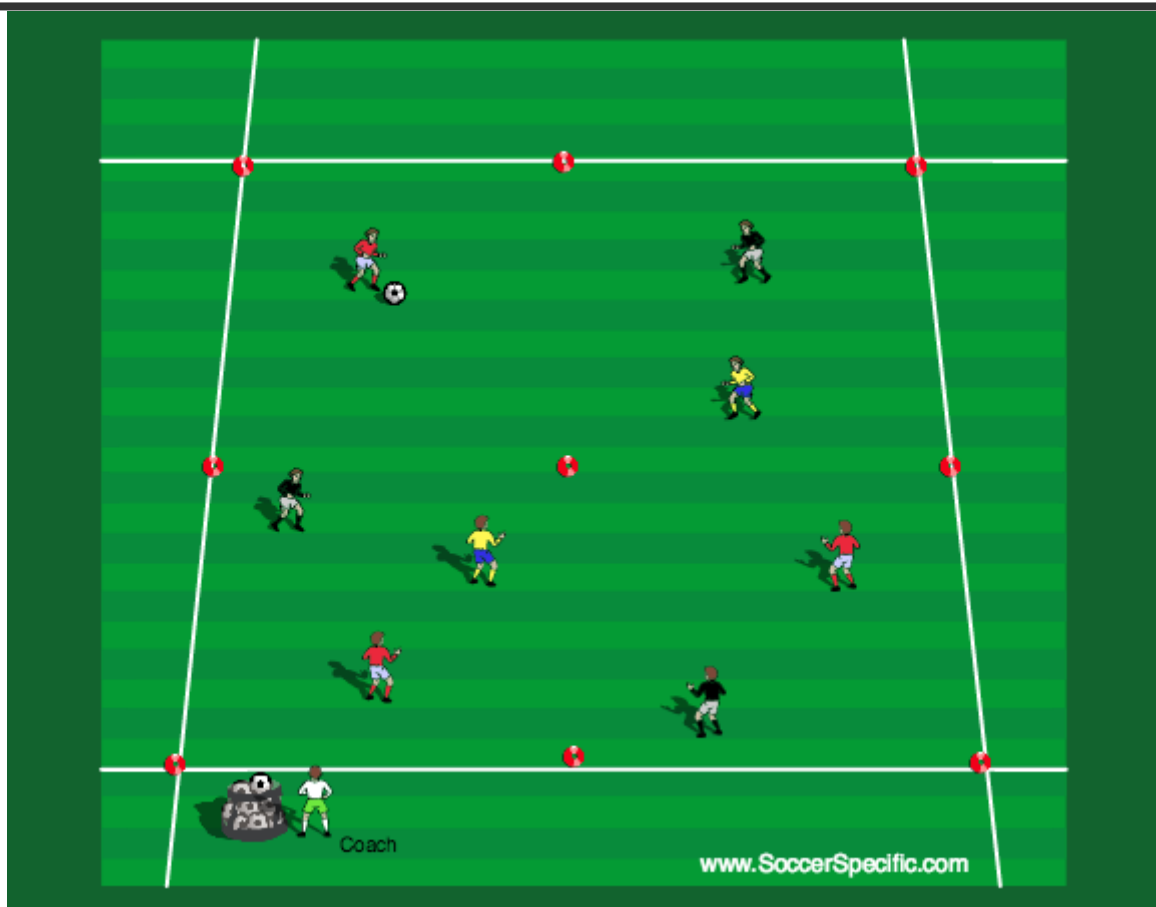




# Awareness and Perception 6V2 Possession

Date: **Mar 31, 2016** | Team: **Isaac Hamdi** | Duration: **20 Minutes**



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🕒 20 min 📏 10\*10 m or 15\*15

**Setup:** One big square with 4 small squares inside it. 8 players, 3 black bibs, 3 red bibs, 2 yellow bibs and plenty of balls. Games of 6V2 are organized as shown. Focus is ball possession.

**Instructions:** 1. 3\*1.30 minute normal ball possession 6V2, (B) & (R) keep the ball and (Y) try and win the ball, when (Y) intercepts the ball he must dribble quickly to out of the big square and then the coach starts a game with a new ball. After 1.30 minute the coach changes the defenders, all 6 players (B,Y and R) must take a turn at defending.  
2. Now we start to make the rules. After a pass is made the player who passed the ball must run into the small square that is not occupied with someone from your same group. THE COACH SHOULD TRY NOT TO GIVE DIRECT INSTRUCTIONS, HE MUST LET THE PLAYERS FIGURE IT OUT, USING COGNITIVE WAY, MAKE THE PLAYER THINK ABOUT THE SOLUTIONS, HELP THEM WITH USING QUESTION LIKE (WHY, WHEN, WHAT....).

**Coaching Points:** NO COMMUNICATION, Perception (always looking around where your teammates are located, the body position when you are changing the square is on the ball (it means that your chest always open to the ball, side center). NO COMMUNICATION

