

54 COMPETING INSIDE THE 50-METRE ARC

Purpose: Contested possession situations and creating goal opportunities.

ORGANISATION

- ▶ 6 players per group (12 if both ends of the ground are used).
- ▶ F feeds ball in along the ground.
- ▶ First group of 3 competes for the ball.
- ▶ Second group moves to participate.
- ▶ Whichever team wins possession attempts to set up a shot at goal.
- ▶ Reverse starting positions of the 2 groups.
- ▶ Winner is the team that can score the most goals (only goals count).

COACHING POINTS

- a. The second group's members have to decide whether to move to compete directly at the ball or to position themselves to receive.
- b. F can feed the ball in from a variety of positions around the 50-metre arc.

