

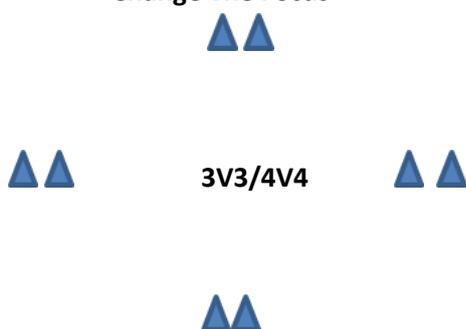
Games for Indoor Halls/ Small Areas

- 4 Goals



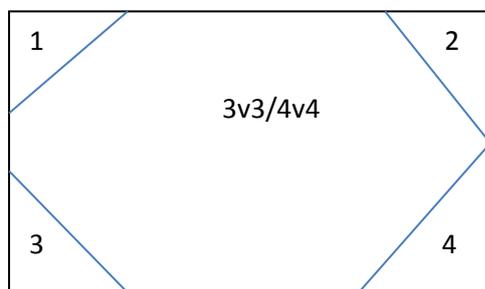
- Use full hall
- Full rules
- Forwards can score in any goals
- Defenders try to stop forwards scoring
- Forwards get one point per goal
- Defenders get one point per hook/block/ flick
- Can use 4 teams, 2 mins on then switch teams
- **Creates tight area to develop hook/block/ tackle**

- Change The Focus



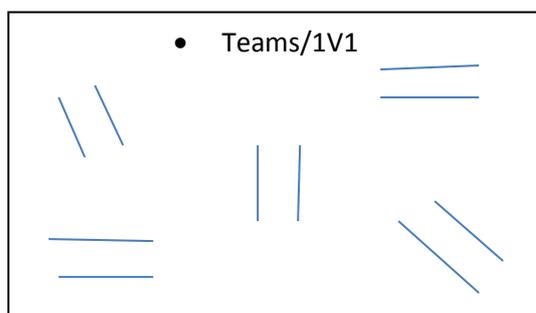
- Use full hall
- Full rules
- Possession play
- Coach calls which goal is live eg. Red,Blue or 1,2 etc.
- 3 points per penetration through goals
- 1 point per 3 passes completed
- **Creates patience and ability to change angle of attack**

- Clear the Corner



- 6 teams (2 playing, one each in 4 corners)
- Ground version
Team must strike of bench to release team behind bench, team released replace opposing team
- Air version
Allocate receiver in each corner, pass must go to hand to release team in that corner
- Scoring team retains ball, each player must have a possession between scores
- **Creates accuracy and speed of skill**

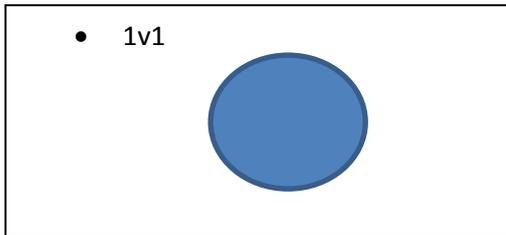
- Break The Gate



- **Teams**
2 teams. 2 points gained per penetration of a gate. 1 point for 5 consecutive passes. Alternatively: 3 points for a struck pass where ball goes through the gate.
- **1v1**
Groups of 1v1 inside area and feeders on outside. Feeder feeds an attacker who must get through a gate. Attacker then delivers ball back out to a feeder and takes another ball. Alternate defending/attacking. Work for 30-60 secs intervals.

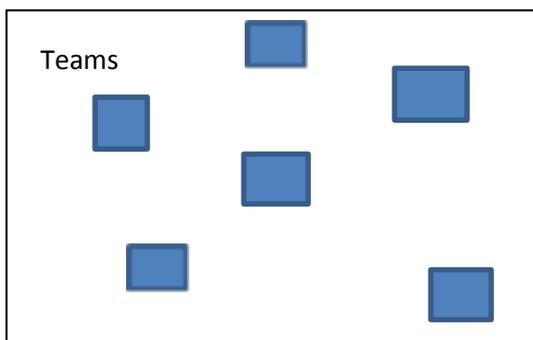


- Enter The Circle



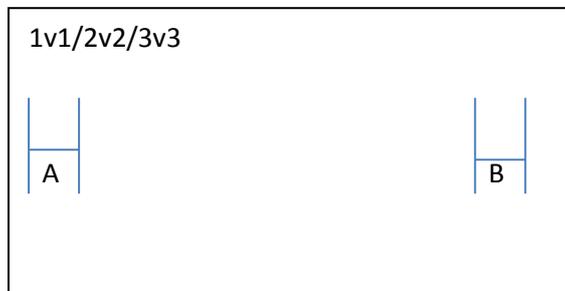
- Groups of 1v1 inside square, Attacker and Defender, Feeders outside square
- Feeder feeds attacker
- Attacker collects and rounds cone/pole where ball came from
- Defender stays 10m away from cone to allow forward momentum
- Forward must get into circle
- Forward then plays ball out to another feeder and receives another ball
- Work for 30-60 secs then change groups

- Feed The Square



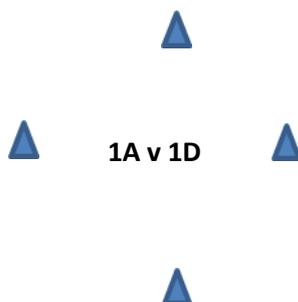
- Team with ball must pass to team mate while she is in a square
- 3 points per square scored, 1 point per 5 consecutive passes.
- **Develops losing the marker, accurate passing under pressure and patience on the ball**

- No Goal No Finish



- 2 goals set up 30m apart
- Half group behind A other behind B in teams/individually
- A start with ball, while B come to defend
- Game does not stop until a goal is scored
- Whoever scores stays on
- Next team comes from opposite group and has ball
- Develops hooking, blocking, tackling and short striking for goals,

- Go Yourself



- Groups of 6, 2 in middle, 1 at each pole
- 1. Attacker receives ball, rounds pole where ball came from and must get past man and get pass to opposite pole.
- 2. 3 players at poles have balls, Attacker receives ball from a feeder and must get ball to player with no ball.
- Work for 30-60 secs before switching group
- **Develops taking the initiative and communication.**