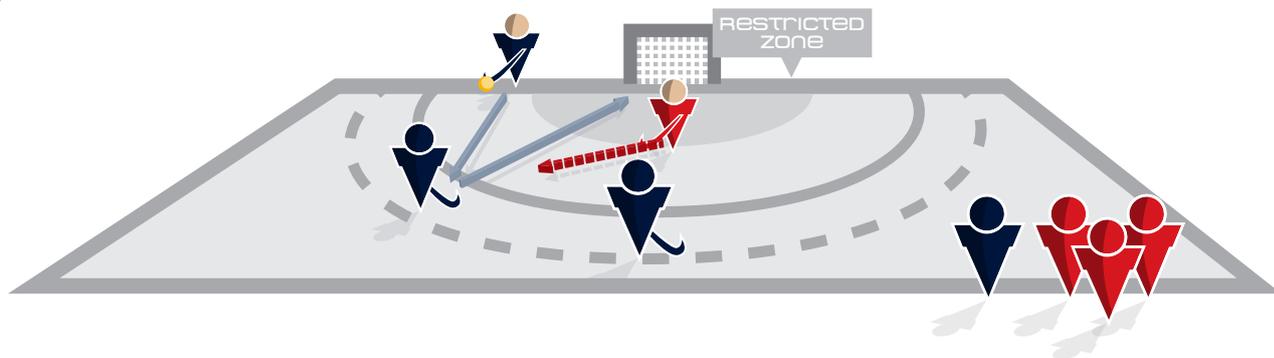


## INTRODUCING PENALTY CORNERS



- 1> Divide the group into teams of four
- 2> One team attacks for six penalty corners whilst the other defends. Three attackers play each penalty corner against one defender
- 3> One attacker (the injector) starts with the ball by the penalty corner injection spot. The other two attackers start outside the circle waiting for the pass. The defender starts on the edge of the restricted zone and is not permitted to enter the restricted zone at any time
- 4> The injector passes the ball to one of their teammates. The ball must leave the circle before being played back in. All three attackers work as a team to score. As the ball is injected the defender is released to put pressure on the attackers to try and stop them scoring
- 5> The attacking team aim to score (1 point) by hitting the backboard of the goal. The defending team gain a point by winning the ball and carrying it outside the circle
- 6> The corner is over once the ball is in the goal, off the pitch or carried outside the circle by the defender
- 7> After each corner the attackers rotate their position and a new defender comes in to defend
- 8> Attack for six penalty corners before the teams swap over roles
- 9> The team with the most points at the end is the winner

## EQUIPMENT

THROW DOWN MARKERS | BALLS | 1 X STICK PER PLAYER | BIBS

## ★ TEACHING SKILLS

### ATTACKERS

- > The injector must start with at least one foot outside the back-line and they can use a push, hit or slap to inject the ball to their teammates
- > The ball must leave the circle before it can be played back in for an attempt on goal
- > The first hit at goal must hit the backboard for it to count as a goal otherwise it is classed as dangerous

### DEFENDERS

- > Try and put as much pressure on the attackers as possible by running to the player who is going to stop the ball
- > Line up your stick with the attackers stick as you run out so that you are in a good position to try and win the ball when they have stopped it
- > You can try and intercept the injection if the ball is moving slowly

## 💡 Remember

- > **Safety first:** Defenders must look to sprint out to try and win the ball
- > The ball must **leave the circle** before the attacking team can try to score
- > The ball must **hit the backboard** for it to be a goal

## 👉 Penalty corners

A penalty corner may be awarded when:

- > A defender commits a foul in the circle
- > A defender plays the ball off the back-line deliberately

THE UMPIRE INDICATES A PENALTY CORNER LIKE THIS, POINTING TOWARDS THE GOAL:

