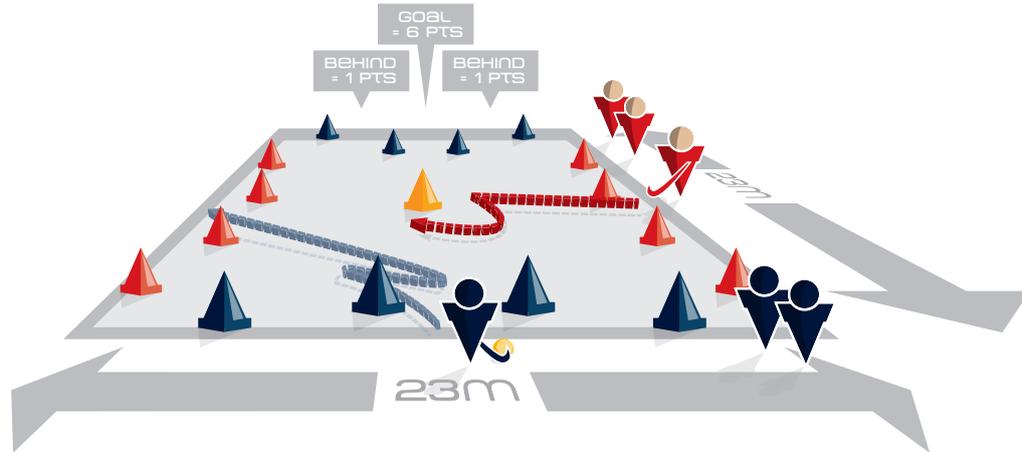




# 1V1 FIND THE SPACE



- 1> Divide the group into teams of three
- 2> Set up a 23m x 23m pitch for each game
- 3> Use the information on the back of the card to briefly demonstrate the open stick block tackle technique (if not already done so)
- 4> Place a cone in the middle of the pitch
- 5> The teams start behind one of the goals that they will be defending
- 6> The first defender starts the drill by running from their goal to the middle cone. As soon as the defender touches the cone the attacker is released
- 7> The attacker aims to carry the ball through either set of cones on opposite sides of the pitch (start using a selfpass)
- 8> Play using normal rules until at least a point is scored or the ball goes out of play
- 9> Use Aussie Rules scoring:
  - A. Goal = 6 points
  - B. Behind = 1 point
- 10> After each 1v1 the teams swap between attacking and defending
- 11> The team with the most points at the end of the game is the winner. Play continually for five minutes before swapping to play against another team

## EQUIPMENT

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

## ★ TEACHING POINTS

### OPEN STICK BLOCK TACKLE

- > The defender should line up with their stick opposite the attackers stick
- > Keeping two hands on the stick slide it so that the face of the stick is behind the ball
- > Stay strong in the tackle by keeping low whilst trying to win the ball
- > Feet should remain active so that the defender can react to the movement of the attacker

### BALL CARRYING

- > Players should be encouraged to look up and keep the ball in their peripheral vision
- > Players should bend their knees and keep their back straight to enable better vision
- > The player's arms should be away from the body in order to force the ball away from the feet and to increase vision
- > The ball should be positioned towards the right side of the body away from the feet

- > Encourage players to run normally whilst dribbling the ball
- > Always use the flat side of the stick
- > Keep the stick in contact with the ball at all times

### ELIMINATION SKILLS

- > Encourage players to attack the space away from the defender
- > Carrying the ball down the defenders left foot will be more effective for the attackers than carrying down their right foot

## 💡 Remember

- > Only use the **flat side** of the stick
- > Encourage attackers to **play to space** to score easy points
- > Keep your feet moving and **stay low** when defending

## − ADAPPTIONS +

### EASIER

- S Make the area larger
- T Use two goals rather than four
- E Use a Quicksticks ball
- P Have teams of four

### HARDER

- S Make the area smaller
- T Colour code the goals. As the attacker starts the coach/teacher calls a colour. The attacker can only score in this goal
- E Make the goals smaller
- P Play 2v2