**Tactical Focus**

- Maintain Possession
- Regain Possession
- Create Space
- Defend Space
- Attack the Goal
- Defend the Goal
- Set Plays

**Equipment**

- Ball
- Pinnies
- Benches

**Description**

- Split into 2 even teams. One player from each team starts standing on a bench.
- Team in possession of the ball must pass the ball to their player on the bench to score. If player catches the ball and remains on bench a point is scored.
- Player who made the scoring throw replaces their team mate on the bench.
- Possession switches to opposing team.
- “Warm” defensive pressure only.

**Modifications (Change It!)**

- **Change it Up**
  - Players must remain stationary when in possession of the ball.
  - When players score they join to have 2 on the bench, reducing outfield players.
  - Add change in possession if the ball hits the ground.

- **Change it Down**
  - Give both teams a ball and make the game non-oppositional. Teams can no longer try and dispossess the opposing team. But try and score by completing a set number of passes without the ball hitting the ground before the can pass to bench.

- **Change it for Distance**
  - Ensure players keep distance when defending.
  - “Defend the pass” not the player.

- **Change it for Home**
  - Play with family members.
  - Use a couch instead of a bench.

**Assessment**

- **Emerging**
  - Player rarely gets possession of the ball, and when in possession make inappropriate decisions about what to do with it.

- **Developing**
  - Player sometimes gets possession of the ball, and when in possession is able to pass to a player who is not being marked.

- **Competent**
  - Player frequently gets possession of the ball, and when in possession is able to make appropriate decisions about what to do with it.

- **Proficient**
  - Player consistently has possession of the ball, shows excellent decision making and is involved in all effective scoring and defensive plays.

**Questions**

How did you choose who was going to stand on the bench at the start of the game? Why?

What strategies did your team use to attack/defend?

How did the game change when the person on the bench changed?

What happened to your team strategy when you had less outfield players?