

16 PASSING GAME

Purpose: The rewards and risks of short and long passing.

ORGANISATION

- ▶ 14 players (2 teams of 7).
- ▶ Black team attacks, White team defends.
- ▶ 30 seconds per team, then change roles.
- ▶ Players stay in their zones, until instructed to rotate.
- ▶ Scoring:
 - a. 1 point = short kick between zone 1 and zone 2.
 - 5 points = longer kick between zone 1 and zone 3.
 - 1 point deducted if a short kick is intercepted.
 - 5 points deducted if a longer kick is intercepted.
 - b. The winner is the team with the higher total points after a set number of turns.

COACHING POINTS

The coach should ask the players questions, such as:

- a. Is it better to try for numerous easier short passes that only gain one point, or attempt fewer but harder, longer passes for 5 points?
- b. When is it better to go for a long pass?
- c. How can you assist to free up an opponent in zone 3?
- d. How can defenders:
 - i. minimise the chance of a 5 point kick?
 - ii. adjust if the opposition is scoring many 5 point passes?
 - iii. best organise their defence (man-on-man or zoning)?

