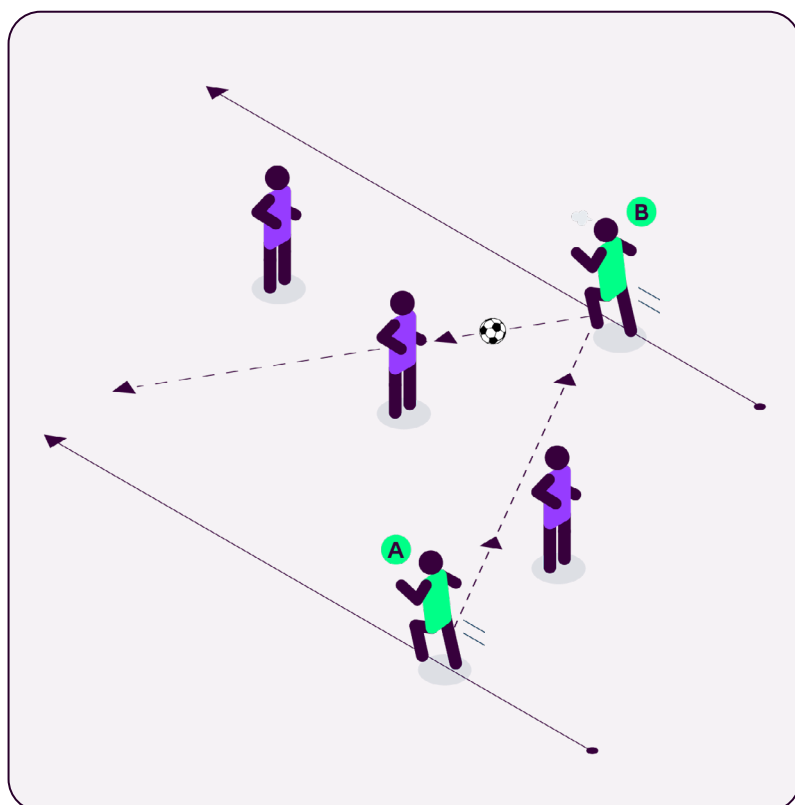


Activity sheet

2V1 Waves



Equipment

- 1 football per team
- 2-4 spots (optional)
- 2-4 cones (optional)

Teams

- 4-6 people in a team

Safety

- Keep the ball on the ground
- Defenders face the passing player

How to play

- Stand 3-4 defenders in a line, at least 2m apart, to make 'gates' between them.
- Pair attackers: player A and player B.
- Player A moves up the left side of the line; player B moves up the right side.
- Player A passes to B through gate 1; B receives the ball, dribbles it forward, then passes it to A through the next gate... and so on until the end of the line.
- Defenders try to block the pass – but cannot move from their spot.
- A and B swap roles with 2 defenders.
- Repeat until all pairs have been attackers.
- Make the 'gates' narrower and repeat.
- How narrow can you make the gaps between defenders and still make the pass?

Support

- Increase width of the gaps between defenders
- Replace the defenders with cones
- Stop and control the ball before passing

Challenge

- Make the spaces between defenders irregular
- Allow defenders to take one step off their spot
- Have one defender who moves along the line

Include everyone

- Change the ball, e.g., bell ball, contrasting colour to floor, large and light for pushing, no- or low-bounce
- Partner calls or signals to indicate direction or readiness
- As a defender, sit or kneel to intercept a pass

Play anywhere

In a classroom, throw soft objects (e.g., paper balls) on to gradually smaller targets (e.g., keep folding a large sheet of paper).

Football skills

This activity helps you to...

- Control the ball
- Adjust pace and timing
- Pass accurately

Life skills

This activity helps you to **manage pressure**.

To manage pressure, you need to:

- Plan ahead to anticipate challenges
- Keep focused on your task