

Defend the Castle

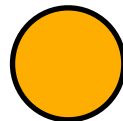
SKILL FOCUS

Passing, Shooting
Defense

GROUP SIZE

4

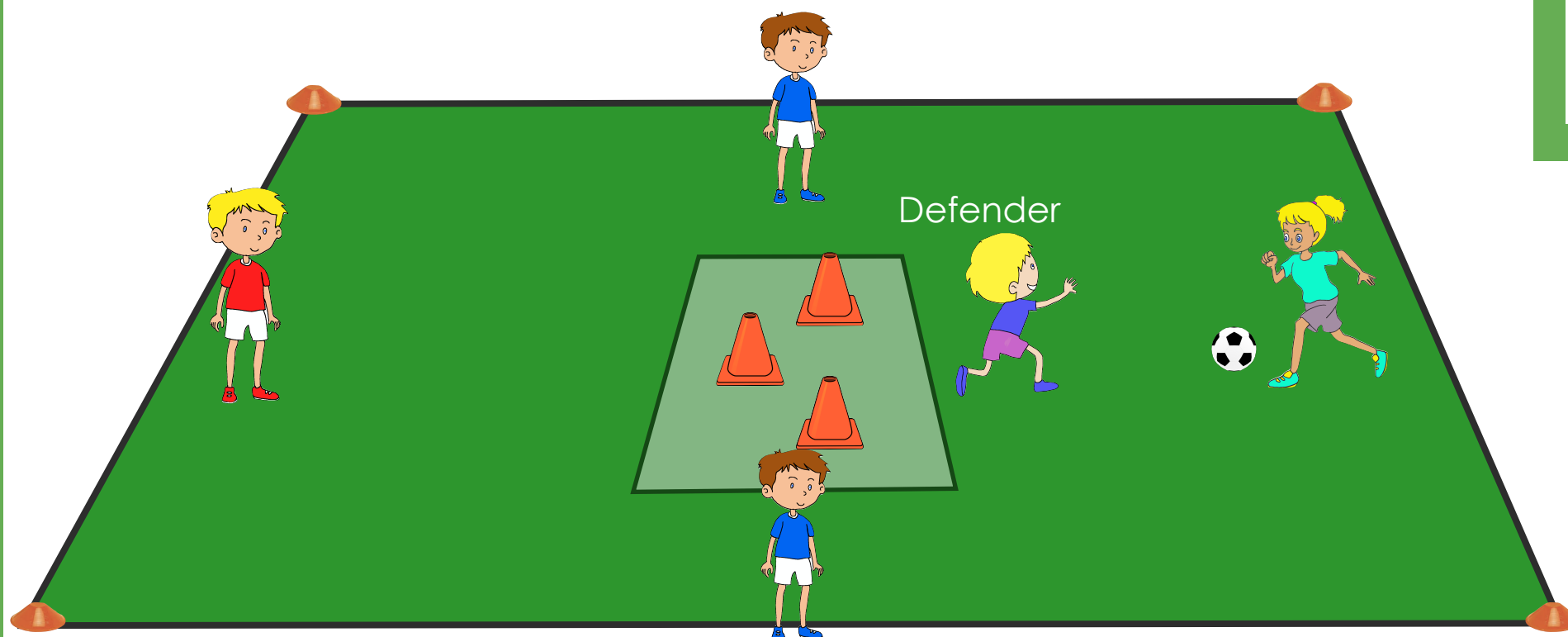
COMPLEXITY



EQUIPMENT

Cones
Balls
Bibs/Pinnies

- Create groups of 5. 4 attackers and one defender
- Attackers aim is to knock over the Cones in the middle zone.
- Defenders admit to try and stop attackers from knocking over a Cone.
- Passers can move around the edge of the playing area
- Defender cannot crowd the ball carrier and must not go in the marked off middle area
- Switch defender every 2 minutes



MODIFY IT

- ★ Add more targets
- ★ Add more defenders
- ★ Attackers can shoot from closer (easier)
- ★ Attackers shoot from further (harder)

ASK STUDENTS

- ★ How can you make sure the defender doesn't intercept the ball?
- ★ When is a good time to have a shot at the target?