

# Attacking and Defending Activities

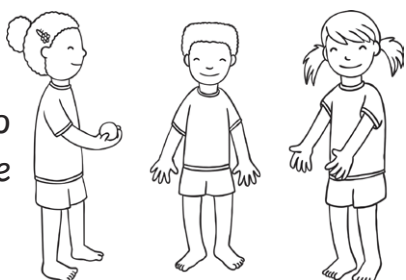
Practise using space by throwing a ball with a friend or family member. Throw the ball into a space. The other player should run to pick the ball up, then throw it into another space. Players take turns running to get the ball and throwing it into a space.



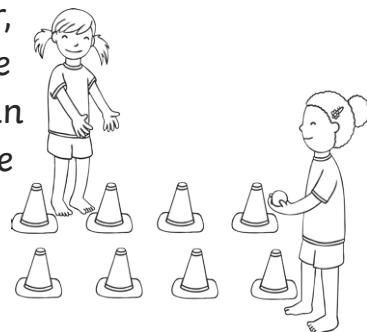
Try this mirroring activity to practise marking other players. Stand face to face with a friend or family member. Ask your partner to slowly move their arms, legs and body, while standing on the spot. Try to mirror their movements exactly. Swap roles after a few minutes so your partner mirrors you.



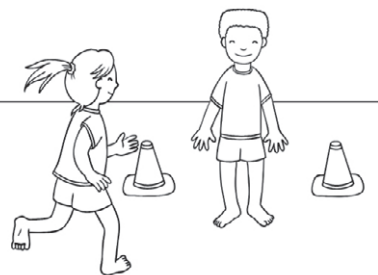
Practise defending the space between players by playing 'Piggy in the Middle'. You will need two other players. Two players throw the ball to one another, while the third player stands in the middle and tries to catch the ball. If they do catch the ball, the player who threw it then moves to stand in the middle to try to catch the ball.



Try this activity with a friend or family member. Place two rows of four cones or markers on the ground. Stand at the ends of the rows, facing each other. The player with the ball should throw it to the other player, then run to the next cone. Pass the ball to each other, moving along the row of cones. Can you make it to the end of the rows without dropping the ball?



Practise dodging defenders by doing this activity with a partner. Set up a goal using cones or other markers. Stand about 5 to 10 metres away from the goal. Ask your partner to stand between you and the goal, and try to stop you from reaching the goal. Dodge past your partner to reach the goal.



Play a game of 'Five and In' with a friend or family member. Use cones or other markers to set up a goal. One player attempts to kick a football into the goal, while the other player guards the goal. If the first player scores five goals, it is their turn to be in goal.

