



105) Deflections



Date:	22/Jul/2019	Measurement:	10 x 10
Time:	N/A:N/A	Players:	7
Duration:	N/A	Level:	

Objective:

Description:

4v4 game with 2 of the players in each team starting as keepers in diagonally opposite goals. The other two players are defelecters. Keepers can shoot with the soft dodgeballs whenever they'd like. However, they need to be aware of the oppoent's shooting. The defelecters stand in the way of the shot and aim to defelect it slightly. The defenders have to stand outside of the keepers zone, to give them a chance. Every time a keeper concedes a goals, they swap with the nearest defelector on their side. Health and safety - no diving from the keepers.

Coaching Points:

Progression:

