

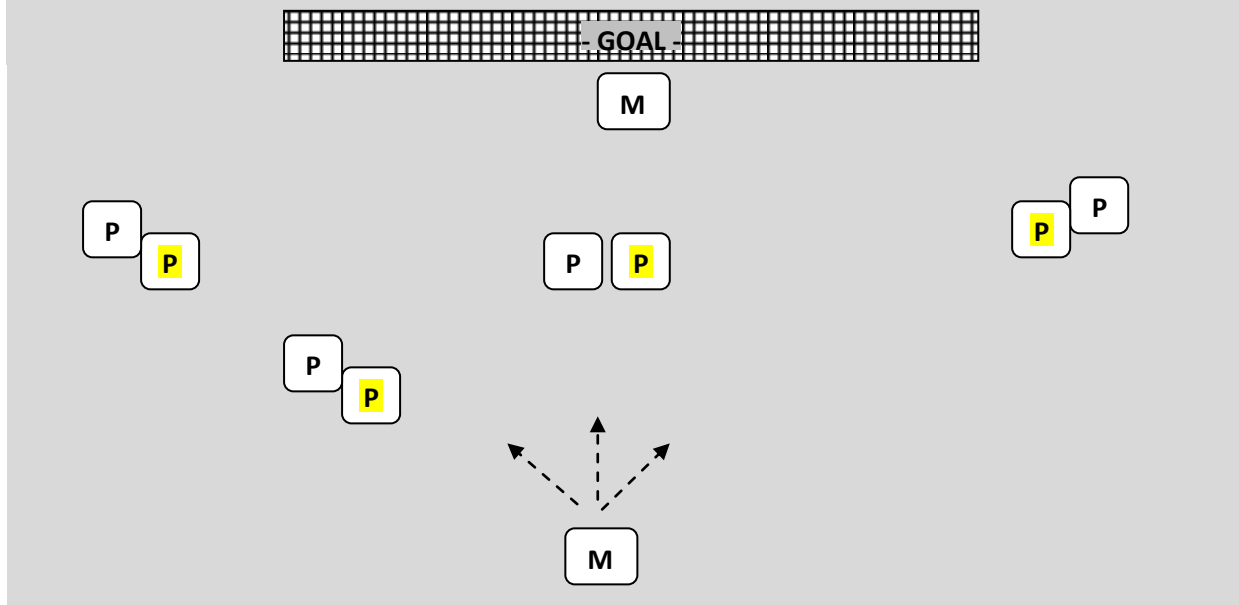
FOOTBALL SKILLS

BASE NO: 7

BASE NAME: 'Backs and Forwards'

OBJECTIVE: To practice positional awareness

BASE SETUP:



BASE INSTRUCTIONS:

- Split the players into two groups of 4 or 5 players – put bibs onto one group
- Instruct one group to be forwards and position them in front of the goal – instruct the other group to be backs and get them to mark the forwards.
- The idea is that forwards will try to score and backs will try to clear the ball back out to the mentor out field.
- The mentor out field – passes / kicks the ball in trying to pick out a forward. Forwards should be moving and looking for the ball. Vary the types of passes from hand to punt kick.
- 5 passes and then switch teams.
- Forwards get 1 point for a score – backs get one point for a clear out to mentor.

VARIATIONS:

- Have more backs than forwards
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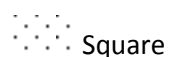
LEGEND:



Cone



Hoop



Square



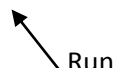
Mentor



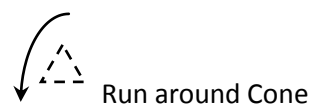
Football



Pass



Run



Run around Cone



Player