

Challenge Card 46

Number's Up!

- 1) Get into two teams of four and give every player a number so that there is a 1, 2, 3 and 4 on each team. All players need a stick and there should be one ball per game.
- 2) The two teams will be playing against each other in this challenge, and the aim of the game is to score more goals than the other team by successfully passing and dribbling the ball towards the goal.
- 3) The number 1s on both teams should mark each other, the number 2s should mark each other, the number 3s should mark each other and the number 4s should mark each other.
- 4) You are only allowed to tackle the player on the other team with the same number as you.
- 5) To start the game, one team should have the ball and pass it to one of their team mates.
- 6) The team without the ball can try to gain possession by tackling the player who has the ball – remember though, you can only tackle a player if they are the same number as you. If you are number 3 and number 4 on the other team has the ball, you are not allowed to tackle them! You can also win possession by intercepting a pass (this means stopping the ball before it reaches the player it was meant to go to). Any player can intercept the ball.
- 7) When tackling a player, you should try and get the ball and you shouldn't hit another player's stick on purpose.
- 8) Try and score a goal if you have the opportunity to. When a goal is scored, the other team should restart the game in the middle of the pitch.

Remember

- * Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- * Look up and try not to kick the ball!
- * If you tackle, you must touch the ball first!



Teaching Points

Moving with the ball (dribbling)

- * The ball should be in contact with the flat (green) side of the stick – this results in close control
- * The ball should be ahead of the feet
- * Encourage children to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet)
- * Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

Passing and Scoring

- * Children should be encouraged to look up and see where they are shooting the ball
- * Try and encourage the children to have a balanced body position whilst they shoot
- * Encourage children to have a flat and low back swing

Tackling



Safety Point Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- * Children should keep the stick on the floor when they tackle
- * Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

Equipment

- * 4 cones
- * 1 stick per player
- * 1 ball
- * Quicksticks goal/s
- * Bibs

Adaptations

Easier

- S** Alter the size of the ball accordingly
- T** No tackling – just intercepting or only named players can tackle
- E** Use a larger ball
- P** Play with one side having more players than the other

Harder

- S** Alter the size of the ball accordingly
- T** Players have to make three passes before a shot on goal
- E** Use a smaller ball. Put goals out wide instead of using a line
- P** Play with one side having more players than the other