

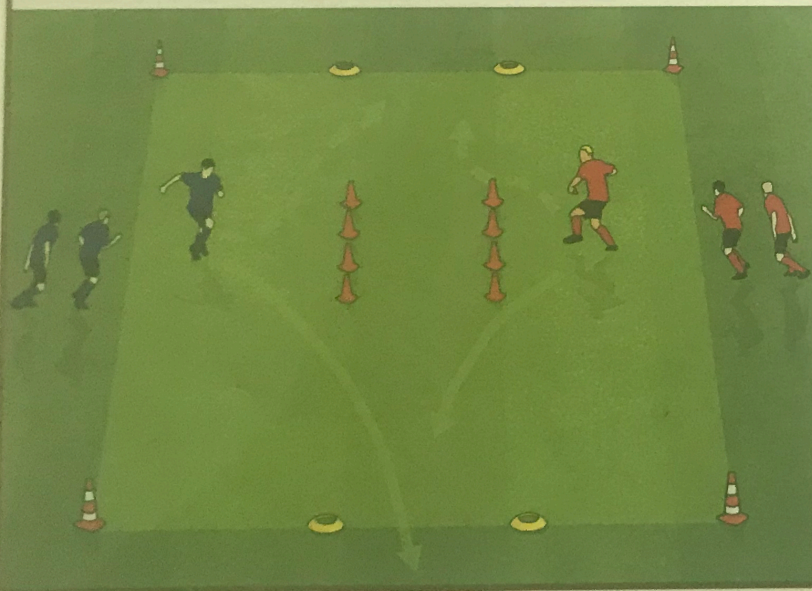
# ASB Junior Framework

## GAMES & ACTIVITIES

### FAKE & SPRINT RACE (GENERAL MOVEMENT)

#### SETUP

1. Create an area up to 20m x 20m
2. Set up 4 cones, close together in the centre of the area
3. Using 2 cones on either side, set up 2 'gates' to run through
4. Divide players into 2 teams and line them up on opposite sides of the area



#### HOW TO PLAY

1. The first player from the blue team jogs toward the centre cones
2. The opposite player from the red team jogs toward the centre at the same speed, carefully watching the opponent
3. The blue player decides when to switch direction and sprint to the gate, using a fake to try and trick the red player
4. The red player tries to stay with the blue player and then beat them to the gate
5. Alternate to ensure each player gets to lead and chase

#### PROGRESSION

- BASIC:** Both players have a ball
- INTERMEDIATE:** Only the lead player has a ball, the chase player tries to win the ball from them

#### OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed