

# ASB Junior Framework

## GAMES & ACTIVITIES

### LOSE YOUR PARTNER (FOOTBALL TECHNIQUE)

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Set up five 2m goals within the area
3. Divide players into pairs, one with the ball and one without



#### HOW TO PLAY

1. Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
2. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
3. In addition to trying to lose their shadow, players also try to dribble through as many goals as possible
4. After 45 seconds the players swap roles
5. The aim is to see which partner can score the most points by dribbling through goals

#### PROGRESSION

**BASIC:** On the call 'freeze' all players stop to check how close each 'shadow' is

**INTERMEDIATE:** Introduce contact and tackling

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Change of pace while dribbling
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure