

FULL INVASION GAMES USING ZONES



Introduction: 'Full Invasion Games using zones'

In this edition, we will look at full invasion games. Players must maintain possession of the ball, create space and attack a goal.

EXERCISE 1

What do I need to set up this exercise?

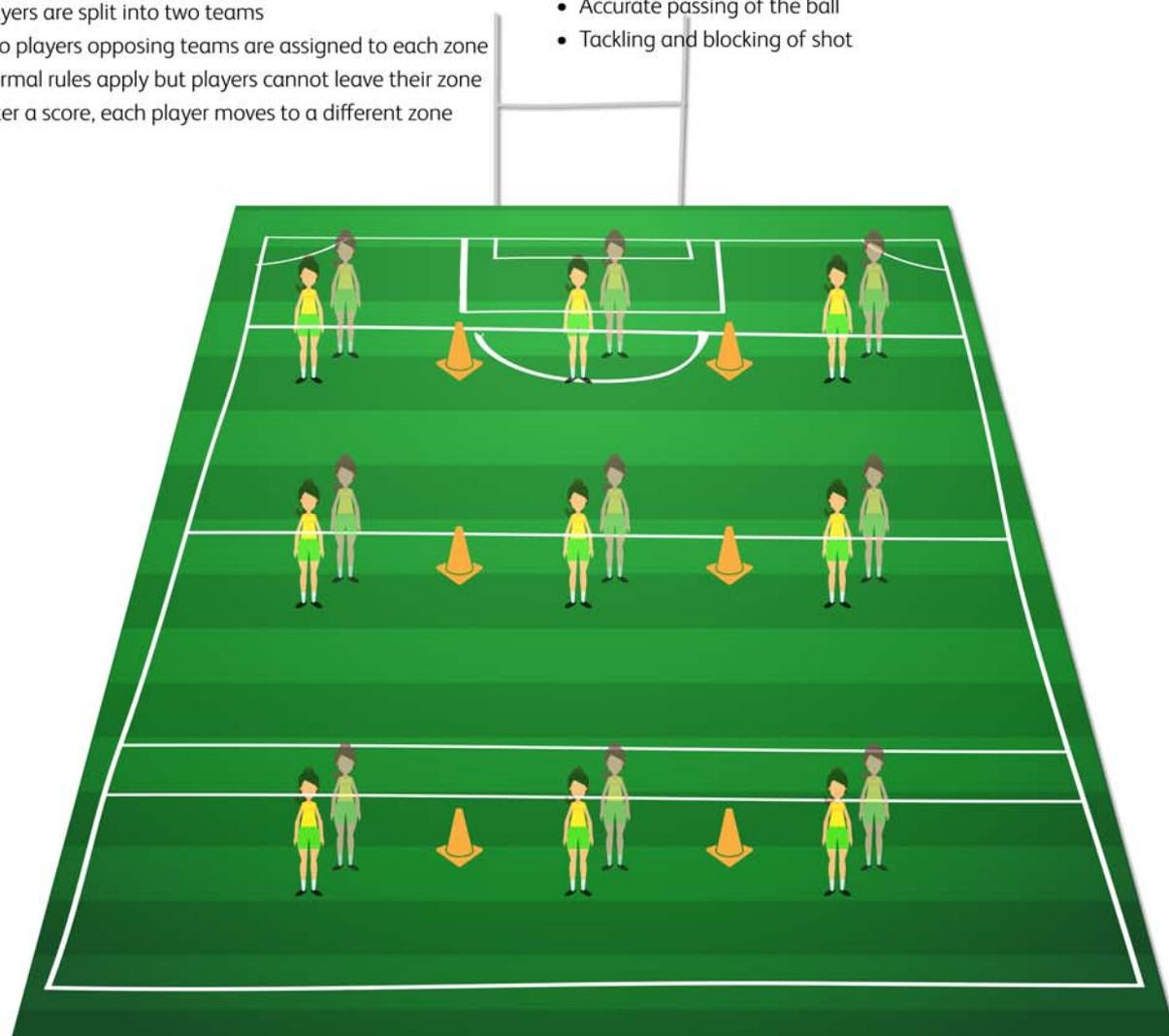
- Multiple footballs, cones and bibs

How do I execute this exercise?

- Pitch is divided in zones as shown in the diagram
- Players are split into two teams
- Two players opposing teams are assigned to each zone
- Normal rules apply but players cannot leave their zone
- After a score, each player moves to a different zone

Progression

- Add more game conditions i.e. dropped ball or fumble means a turnover
- Key areas game develops
- Player stick to position
- Accurate passing of the ball
- Tackling and blocking of shot





EXERCISE 2

What do I need to set up this exercise?

- Multiple footballs, cones and bibs

What will exercise layout look like?

Same set up as previous activity!

How do I execute this exercise?

- Pitch is the pitch into three long lanes marked out with cones
- Players are split into two teams
- Players cannot pass the ball to someone in the same lane
- If player passes the ball to someone in the same lane then it is a turnover.

- Players can move from lane to lane
- Encourage diagonal running and good passing
- Progression
- Must pass ball to player in each lane before score on goal

Key areas game develops

- Speed of thought
- Diagonal runs
- Accurate long foot pass

