

OCTOPUS

CORE SKILLS | EVASION



6 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practice evasive movements

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Cones

CORE SKILLS

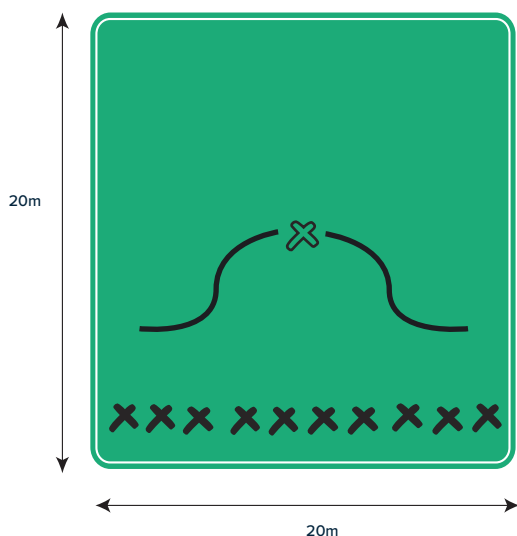
Evasion

EXPLANATION

- Players must run from one side of the grid to the other side without being caught (touched)
- One player is in the middle and they are the octopus
- The octopus can move anywhere in the grid
- When a player is touched by the octopus they become a tentacle
- The tentacles must remain on the spot where they were touched

VARIATIONS

- Increase or decrease the size of the grid
- Have two octopuses
- Allow the tentacles to move sideways
- Make the game contact



6 - WARM UP
OCTOPUS
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Cones
	SET UP 20m x 20m grid
	CORE SKILL Evasion

COACHING POINTS - SKILL DEVELOPMENT
<ul style="list-style-type: none"> • Weight on front of feet, head up, look for space and move into space using a variety of footwork patterns

QUESTIONS
<ul style="list-style-type: none"> • Why was the Team A player the last to be caught? • What did they do?

KEY									
	CONE	TEAM A LEADER	TEAM B LEADER	BALL	BALL TRAVEL	PLAYER DIRECTION OF TRAVEL	NO-GO AREA	GATE	ZONE

EVASION

CORE | EVASION



6 - TECHNICAL CARD

AIM

To develop the evasion skills of swerve and sidestep

ACTIVITY 1

The Swerve

COACHING POINTS

- Direction of approach
- Decelerate (a small decrease in speed on approach)
- Distance from defender is approximately 10-15 metres
- Veer inside/outside of defender
- Balance, transfer of weight
- Accelerate away

ACTIVITY 2

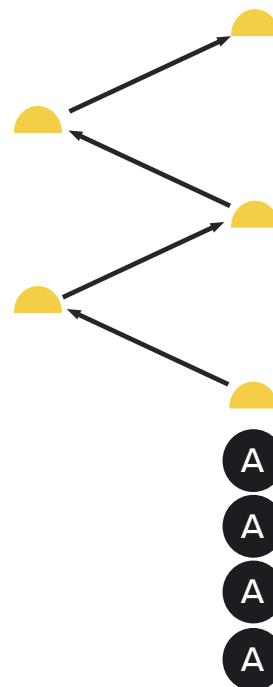
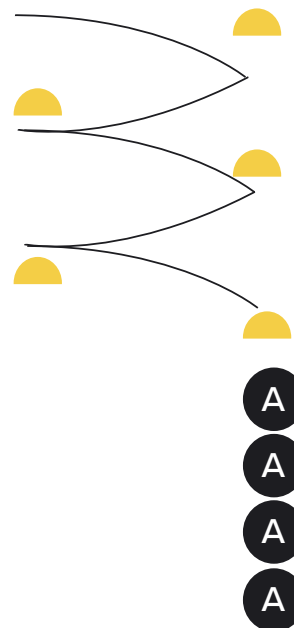
The Sidestep

COACHING POINTS

- Run to defender
- Push off either foot when one to two metres away
- Drive selected foot hard against ground and step away from defender into space
- Land on opposite foot with a slight lean forwards
- Accelerate into space to reach top speed
- Switch ball to opposite arm if necessary so you are in between the ball and the intended tackler

PROGRESSION

- Step off the left then the right foot before the cone (two-step), or right foot then left foot before the cone
- On both activities, coaches to vary the distance between the cones. Remove or add a ball as deemed necessary



KEY

BALL DIRECTION OF TRAVEL

CONE

PLAYER

BALL

PLAYER DIRECTION OF TRAVEL

TOUCH YOUR PARTNER

CORE SKILLS | EVASION



6 - GAME CARD

AIM

To develop ways of evading defenders

ORGANISATION

Set up a 40m x 20m grid

EQUIPMENT

Balls and

CORE SKILLS

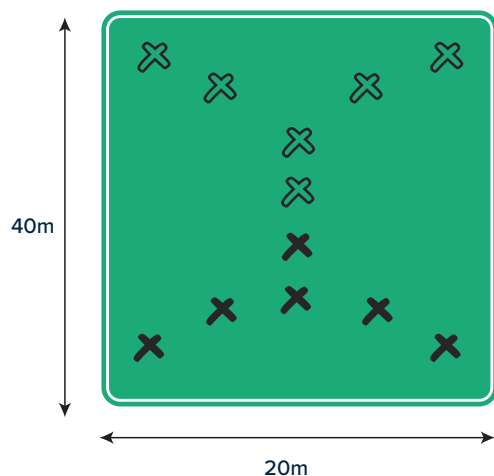
Decision making and support

EXPLANATION

- Six attackers v six defenders
- Players get in pairs, one player is an attacker and the other a defender
- Attack has four plays to score
- Two-handed touch
- You can only touch your partner
- The attack restart on their try line for any infringement (ie a knock-on, forward pass, or if the ball touches the ground)
- Play for a set time period

VARIATIONS

- Defenders can touch any player; however, if they touch a player they must make the next touch
- Reduce or increase the number of plays (ie three or six plays to score)
- Amend the width and length of the grid
- Reward the defence for forcing the attack to make errors
- Play contact
- Vary the time period



6 - GAME CARD

TOUCH YOUR PARTNER

20 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
20 minutes

EQUIPMENT
Balls and cones

SET UP
40m x 20m grid

CORE SKILL
Decision making and support

COACHING POINTS - SKILL DEVELOPMENT

- Weight on front of feet, head up, look for space and move into space using a variety of footwork patterns.

QUESTIONS

- How did you evade the defence?
- Are there any other ways?

KEY

CONE
 TEAM A LEADER
 TEAM B LEADER
 BALL
 BALL DIRECTION OF TRAVEL
 PLAYER DIRECTION OF TRAVEL
 NO-GO AREA
 GATE
 ZONE
 SHIELD

EVASION

CORE SKILLS | TO DEVELOP THE EVASION SKILLS OF SWERVING AND SIDESTEPPING



6 - MOVEMENT CARD

STABILITY | JUMPING AND SIDESTEPPING

SYMPTOM

Unable to get far enough away from defender during evasion Solutions:

SOLUTION

Support player in developing more effective movement skills related to dodging:

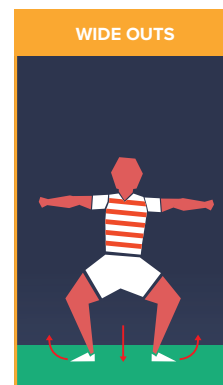
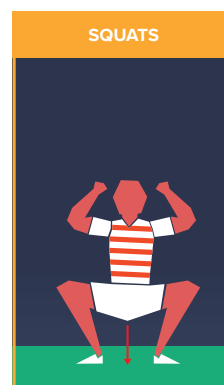
- Knees bent
- Slight trunk lean forwards
- Uses pronounced head and shoulder movements towards and then away from defender to fake movement
- Fluid directional changes

Leg closest to defender flexes sufficiently to drive off and accelerate away
Can perform equally well in all directions

PRACTICE SQUATS AND WIDE OUTS MOVEMENTS

Ensure heels are flat on ground, squatting down until bottom is lower than knees

Hold a wide squat position with bottom as low as knees. Low jump to point toes outwards then repeat to point in front. Maintain straight back with head up



OBJECT CONTROL | CARRYING AND CHANGING HANDS

SYMPTOM

Finds difficulty in changing ball between hands while running

SOLUTIONS

Re-emphasise gripping and carrying aspects from Card 1

Practise ball-handling skills without running in a variety of activities

Progress to running with the ball slowly and then at speed

LOCOMOTION | RUNNING AND SIDESTEPPING

SYMPTOM

Lacks fluency when changing footwork patterns between running and evasive skills

SOLUTION

Revisit running and sidestepping skills from Card 4

Develop hopping skills to improve fluency in performing the evasion skills, concentrating on:

- non-supporting leg bends at a right angle
- forwards body lean
- rhythmical, active action of non-supporting leg

Arms move together in rhythmical lifting as the supporting foot leaves the ground.

Arms used to produce greater force

PRACTISE HIP ROTATORS

Hopping and moving non-support leg up to parallel and knee pointing out to the side.

PRACTISE DISCO

Swing legs to opposite arm, either straight or bent. Remember to keep body upright and get the legs to move.

