Behind Enemy Lines

Objective —

GameFocus onTransition/ResetProgression
Will the package get delivered behind enemy lines? It will by passing through the opposition, getting behind defenders, keeping a good defensive shape, plus good use of anticipation.

THE RULES

The groups go into each of the zones with the two end zones representing allied units, the middle zone play as an enemy unit. The ball is a package that must be delivered behind enemy lines.

One of the units starts with the package, passing amongst themselves.

They must get the package into the opposite end zone with a pass — below head height — through the enemy's line.

If the pass is intercepted or miss hit out of the area the unit must switch with the enemy.

Count the number of completed passes through enemy lines in a specified time — 3 minutes, say — if the ball has not been intercepted by then.

MAIN OBJECTIVES

Passing through the opposition, getting behind defenders, defensive shape, anticipation.

SET UP

Area: 45×30 yard area divided into 3, 15-yard zones

Players: 12, 3 teams of 4
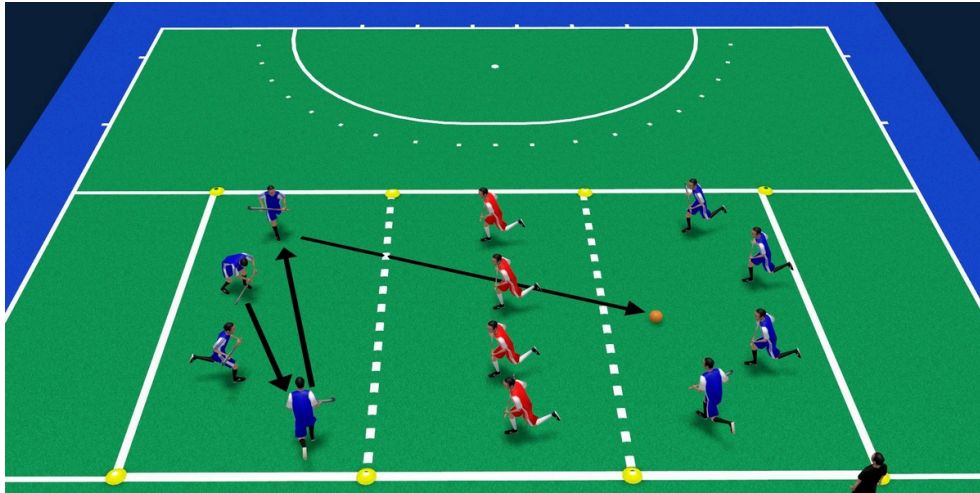
Equipment: 1 ball

WHAT TO CALL OUT

"Deliver the package"
"Quick passing"
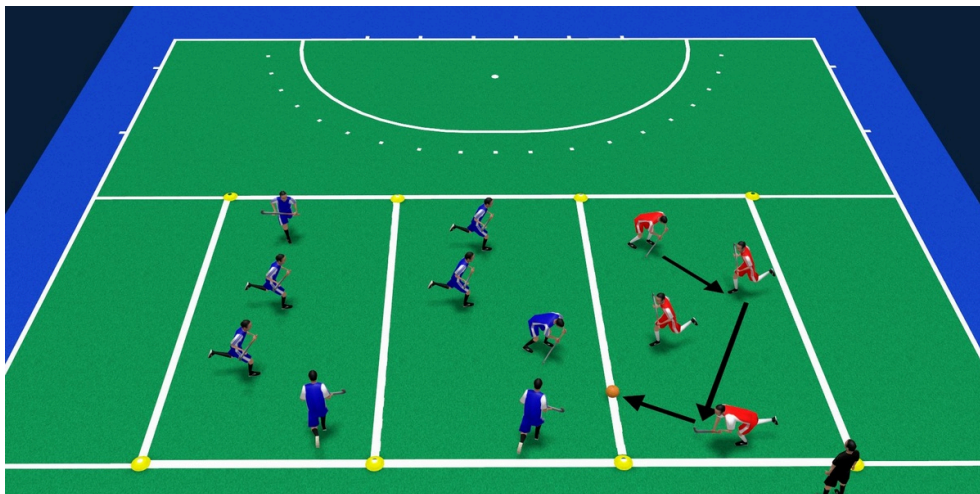"Drive the ball through a gap"

PROGRESSION

Allow one member of the enemy unit to apply pressure by entering one of the end zones to try and steal the package.

Similarly, one player can drop into the opposite end zone to try and intercept the package.
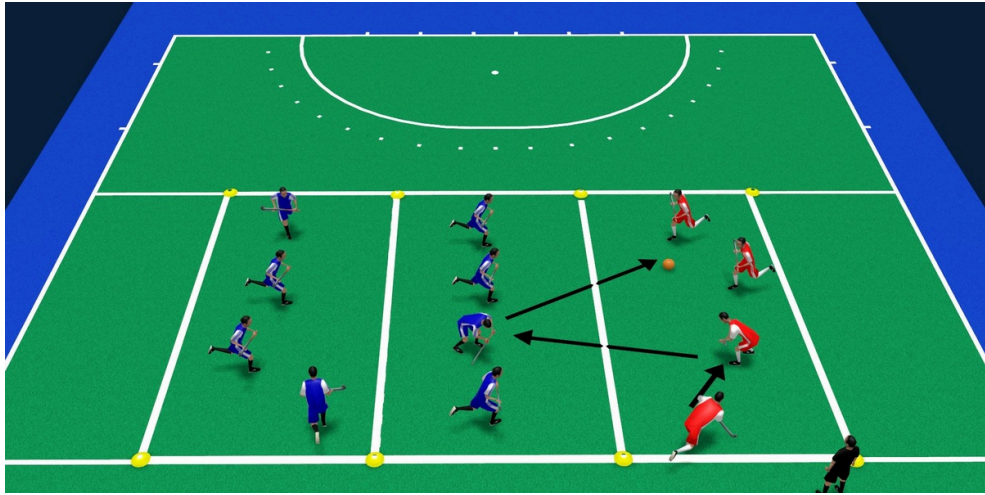
HINT

This is a more advanced game, calling on teamwork, decision making — when to press and when to drop off — and accurate passing.

The package is delivered behind enemy lines.

Lose the package and you must try to win it back.

The enemy intercepts the package.