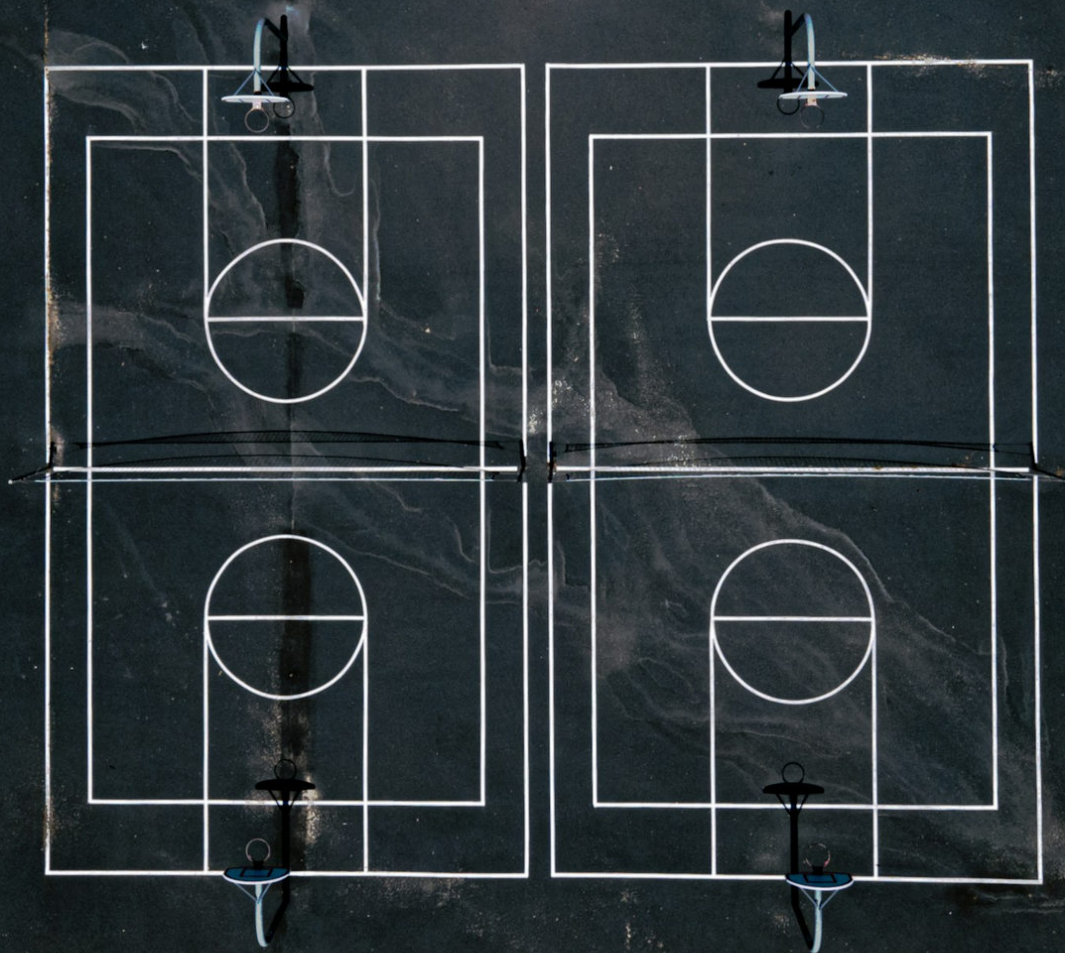




EduTrend Contents

W4C · TEAM SPORTS · MIDDLE SCHOOL

Attack and Defence Principles

Use width, depth and support to beat defences

Ages 11–14

Level: Intermediate

60 minutes

Teams of 4–5 · up to 30

Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Attack and Defence Principles

Students learn attacking principles of width, depth, support and penetration, and defending principles of pressure, cover and compactness. They test them in conditioned small-sided games, use a tactics board to plan, and evaluate which principles made the difference.

Learning outcomes

By the end of the session students can:

- explain key principles of attack and defence;
- apply principles in small-sided games;
- plan simple tactics using diagrams;
- evaluate the effectiveness of tactics.

KEY WORDS

invasion game · width · depth · support · penetration · pressure · cover · compact · tactic

CURRICULUM LINKS

PE: tactics in invasion games.

Maths: angles and space.

Computing: modelling on a tactics board.

1

WARM UP

Raise, mobilise, prepare

2

LEARN

Skill or idea

3

PRACTISE

Drills and small games

4

PLAY

Apply in a game

5

REFLECT

What worked?

6

COOL DOWN

Recover and review

Equipment

- Balls for the chosen invasion game
- Cones, bibs, small goals or targets
- Mini whiteboards and markers or tactics boards
- Worksheets 1, 2 and 3

Before the session

- Choose an invasion game such as football, basketball, netball or hockey.
- Mark 20 by 30 metre pitches.
- Prepare whiteboard pitch diagrams.
- Plan conditioned games.

SAFETY

Follow the safety rules of the chosen sport. Use appropriate protective equipment for hockey. Warm up fully.

ACTIVITY 03 · SESSION PLAN

Step by step

Conditions teach tactics: for example, a goal only counts if every attacker is in the opponent's half.

Time	What happens	Say or ask
0–10 min Warm-up	Rondo passing game and dynamic stretches.	<i>"How do we keep the ball?"</i>
10–20 min Principles	Introduce attack and defence principles on the board.	<i>"Why does width stretch a defence?"</i>
20–35 min Attack focus	4 v 3 game where attackers must use width to score.	<i>"Where did the gap appear?"</i>
35–50 min Defence focus	Defenders practise pressure and cover in 4 v 4.	<i>"Who presses and who covers?"</i>
50–60 min Plan and review	Teams draw a tactic and evaluate it.	<i>"Which principle made the biggest difference?"</i>

CHALLENGE CARD (print or copy onto the board)

Plan a team tactic on a whiteboard that uses at least two attacking principles, apply it in a game, and evaluate how well it worked.

ACTIVITY 03 · FACILITATOR NOTES

The sport science in brief

Invasion games share tactical principles. In attack, teams use width to stretch defenders, depth to give passing options behind and ahead, support so the ball carrier has help, and penetration to get past the defence. In defence, the nearest player applies pressure while teammates provide cover and keep the team compact.

The Teaching Games for Understanding approach, proposed by David Bunker and Rod Thorpe in 1982, teaches tactics through modified games before perfecting techniques. Because principles are shared, learning them in one invasion game helps players understand others.

Common ideas to listen for

- “Tactics are only for professionals.” Simple principles help all teams.
- “Defending means chasing the ball.” Organised cover beats chasing.
- “More players forward is always better.” Balance protects against counter-attacks.

Adapting the activity

Support

Play with an extra attacker and focus on width only.

Stretch

Design a set play for a restart and coach it to your team.

WORKSHEET 1

Principles

Name: _____

Class: _____ Date: _____

Explain each principle.

Attack and defence

Principle	What it means	Example
Width		
Depth		
Support		
Pressure		
Cover		

WORKSHEET 2

Tactics board

Draw your team's tactic.

Tactic

A large, empty rectangular area defined by a dashed line, intended for drawing a tactical diagram. It occupies the central portion of the page below the 'Tactic' heading.

Draw the pitch, players and movement arrows.

WORKSHEET 3

Evaluation

Did the tactic work?

What happened in the game

Most effective principle and why

Change for next time

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Explains principles	Applies in games	Evaluates tactics

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Attack and Defence Principles is a sample activity from the EduTrend Contents W4C Team Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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