

## HEX FIELD GAME

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Defending in pairs and groups.
- + Attacking transition.
- + Passing combinations.
- + Shooting.

#### Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Shooting technique.

### WHY USE IT

This activity creates increased challenge the closer to goal players get. Players pick up their speed of play as they go forward.

### SET UP

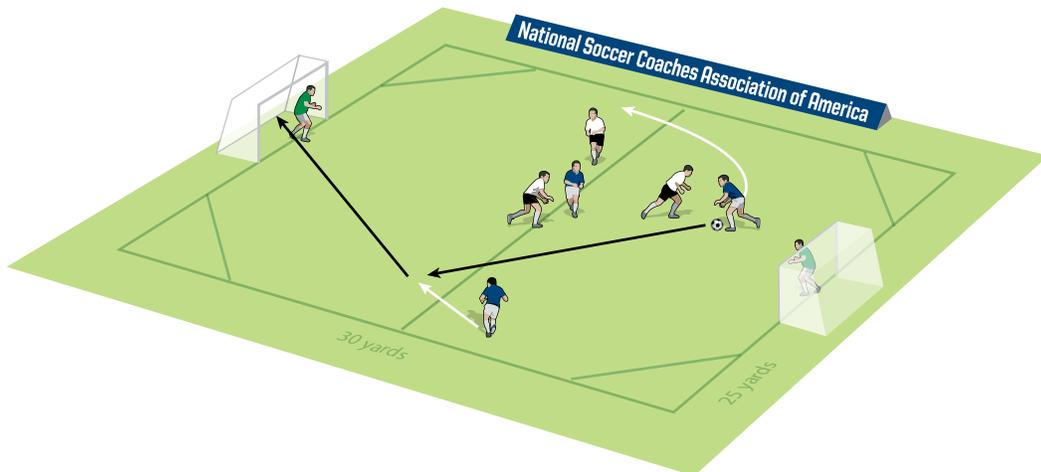
Field is 30x25 with each corner coned off to create a hexagon. Use two big goals with keepers and 3 vs.3 on the field.

### HOW TO PLAY

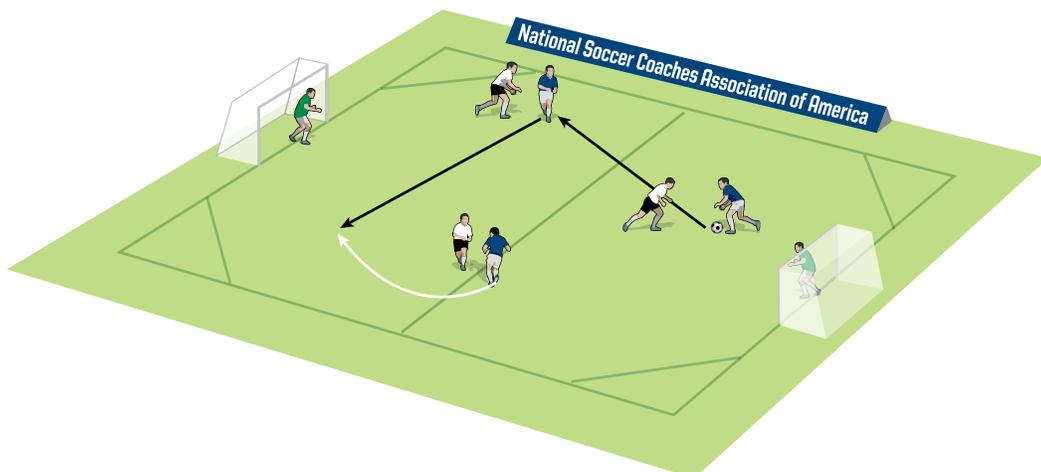
Play is a regular scrimmage on the modified field. The zoned off corner space is out of bounds.

### COACHING NOTES

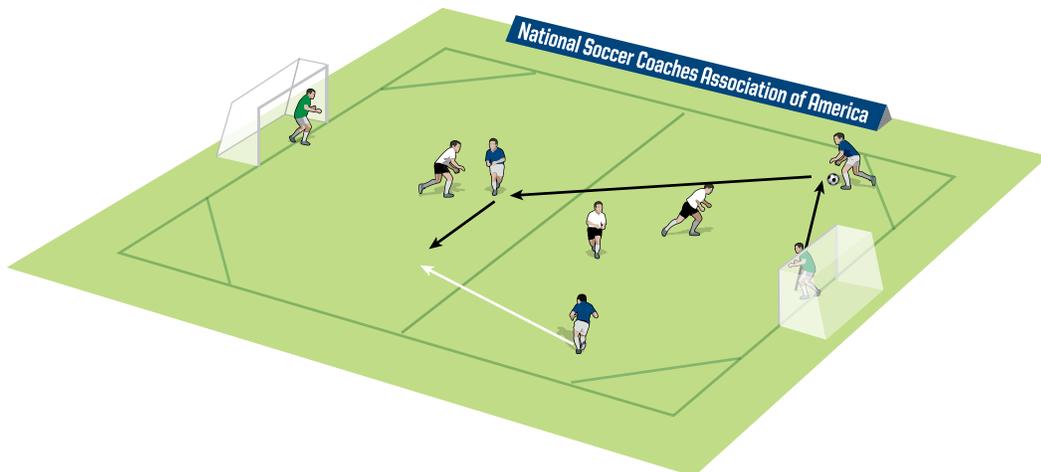
- + Coaching objectives - to encourage players to increase their speed of play closer to goal as space diminishes.
- + Coaching tip - encourage width in the development phase of an attack to challenge the defending team.
- + Adaptations - use an all-time attacking player to get improve success if need be, before getting to even numbers.



- + In the biggest area of the field the ball is played wide.
- + Attacking movement comes way from the ball.



- + The ball is played as far forward and wide as possible.
- + Attacking runs are made centrally.



- + Play is developed from the back.
- + The attacking run is central.

