

ACTIVITY

4

POWER PLAY

Is the quicker option always the better one?

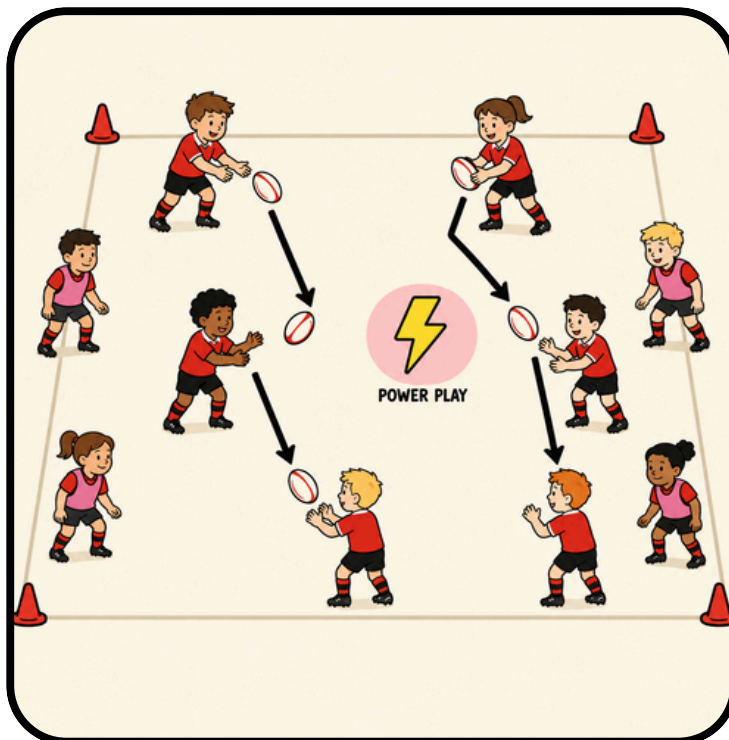
15-20 mins

WHAT YOU NEED

- Ball
- Cones
- Bibs

SET UP

- Mark out a small playing area.
- Split players into two teams.
- Players pass and move within the area.
- Defenders can intercept but should not tackle.



PLAY

1. **Round 1:** 5 completed team passes = 1 point.
2. **Round 2:** Offer teams a power play: 3 passes = 1 point.
3. Once they accept, reveal the catch: lose possession before 3 passes and the other team scores 1 point.
4. Let each team use the offer once.
5. **Round 3:** Offer another power play: 2 passes = 1 point.
6. Reveal the catch after they accept: lose possession and the other team scores 2 points.
7. Finish with one short final round.

★ EASIER

Use 4 passes normally, then 3 passes for the first offer.

★ HARDER

Give teams 5 seconds to accept or refuse each offer.

2 MINUTE HUDDLE

- Why was the quicker option tempting?
- Was the quicker advantage worth the extra risk?

COACH LINK

Some messages focus on what looks good straight away and leave other information out. Pausing to look at the full picture can change what feels like a good choice.