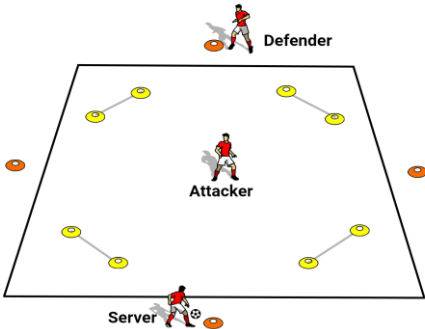


[Pic.1]



Grid Size:

- 12m x 12m*

*Guide only, adjust according to numbers, age, ability, etc.

Aim Of The Game:

- Avoid the defender and run the ball through as many gates as possible.

Explanation:

- Set up as shown with a 'server', 'attacker' & 'defender' [Pic.1].
- When the Coach calls 'GO!', the server will pass the ball to the attacker and the defender will enter the area.
- The objective for the attacker is to run the ball through as many gates as possible [Pic.2].
- Attackers will earn a point for every gate they successfully run the ball through.
- The defender's objective is to win possession and dribble the ball out of the area in order to end the action.
- If the attacker loses control and runs the ball out, or the defender deflects/kicks the ball out, the action has ended.
- Once the action has ended, rotate the players and start again. Repeat until everyone has had a turn in each role.
- At the end of each round, change the starting positions of the 'server' and 'defender' [Pic.3].

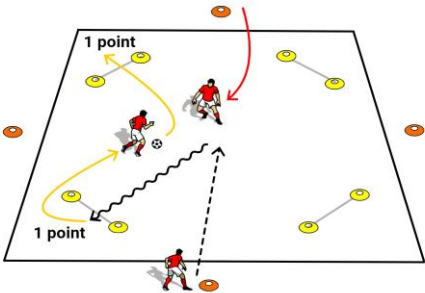
More Advanced:

- Defender can start inside the area.

Less Advanced:

- Make the gates wider.

[Pic.2]



[Pic.3]

