



**Grid Size:**

- 20m x 20m\*

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

**Aim Of The Game:**

- To score in one of the two goals, while under pressure from a chasing defender.

**Explanation:**

- Set up the area as shown [Pic.1].
- Each player will need a ball apart from the two goalkeepers.
- The Reds will start off as attackers and the Yellows as defenders.
- The Yellow player begins with a ball-manipulation exercise as specified by the coach e.g. toe taps, tick-tocks, sole only, outside/inside of foot, juggle & catch, etc.
- The Red player then passes his ball through the gate before giving chase [Pic.2].
- As soon as the Red player passes the ball, the Yellow player is allowed to leave his ball and give chase also.
- The game now becomes a 1v1 with players allowed to score in either goal [Pic.3].
- Generally the player that passes the ball through the gate will react quickest to become the attacker, so it's important to swap the roles regularly.

**More Advanced:**

- Strike the ball through the gate using least preferred foot.

**Less Advanced:**

- The Yellow player faces away from the Red so he must listen out (rather than watch) for the ball being passed.
- Start the Yellow player further back.
- Remove the goalkeepers and replace the big goals with smaller pop ups.