



Grid Size:

- 20m x 20m*

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

Aim Of The Game:

- First player to run their ball around the pole and score gets the point.

Explanation:

- Players will need a ball each and divided into two teams, positioned either side of the goal [Pic.1].
- When the Coach calls 'GO!', the first player from both teams will start running with the ball.
- The objective for both players is to run their ball around the pole and shoot for goal. The player that scores first is awarded the point [Pic.2].
- After both players have had a shot, they collect their ball and return to the end of their lines.
- The Coach keeps score, with the first team to five points the winner.
- Swap sides and repeat.
- Set challenges for the players by suggesting the use of left foot only on the left side and right foot only on the right side (or vice versa).

More Advanced:

- Add 3-4 cones which players need to dribble their ball through before getting around the pole.

Less Advanced:

- Bring the poles closer to the goal.
- Create wider goals by placing two pop-ups next to each other.

