



#### Grid Size:

- 2 x (30m x 20m)\*
- \*Guide only, adjust accordingly.

#### Players:

- 12

#### Explanation:

- Divide players into two teams. Blues in the blue half and Reds in the red half, plus a GK in each goal.
- The Coach begins the game by playing the ball to one of the teams (Blue).
- The Blues are looking to maintain possession, while two of the Reds enter their grid and try to win the ball back **[Pic.1]**.
- If the Blues manage to get 6 passes, they are then allowed to shoot towards the goal at their end **[Pic.2]**.
- If the Reds win possession, they are looking to switch the ball out to their teammates in the opposite grid.
- If successful, the game transitions with the defending Reds returning to their grid and two Blues becoming defenders **[Pic.3]**.
- The game then continues with the five Reds against two Blues.
- If a team scores they remain where they are and a new ball will be played in. If they don't score, the opposite team will receive the ball.
- Keep score and rotate the Goalkeepers regularly.

#### More Advanced:

- Add a third defender.
- Make the area smaller.

#### Less Advanced:

- Defend with one player.
- Need less passes before shooting.

#### Other possibilities:

- Have no Goalkeepers, and players shoot into a smaller goal.
- Instead of one large goal, have multiple small goals at the ends.