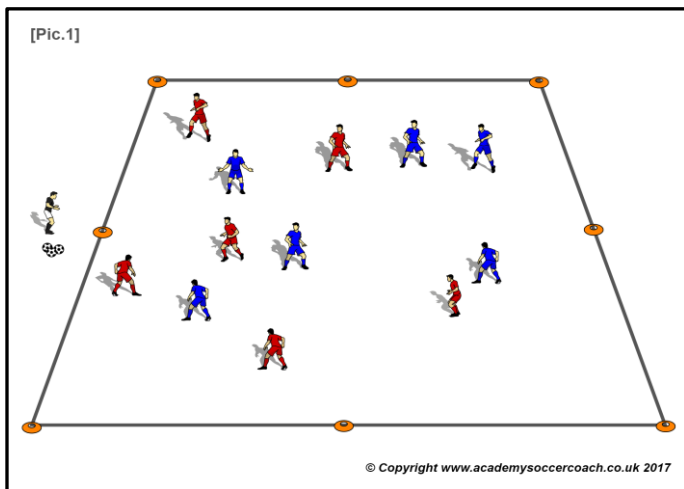


[Pic.1]



Grid Size:

- 30m x 30m*
- *Guide only, adjust accordingly.

Players:

- 12

Explanation:

- Divide players into two teams and spread out inside the area **[Pic.1]**.
- The Coach begins the game by playing a ball anywhere into the area.
- The first thought for both teams is to complete at least one pass.
- After the first pass, teammates should look to make runs out of the area in order to receive a pass **[Pic.2]**.
- The defending team must remain inside the area and try to prevent the opposition passing to players who have made runs outside.
- If a player completes a pass to a teammate who has run to receive beyond the area, that team receives a point (Reds) **[Pic.3]**.
- The Coach restarts the game by playing a new ball into the area.
- The first team to five points is the winner.

More Advanced:

- Teams must complete a higher amount of passes before they can score.
- Maximum two touch for players.

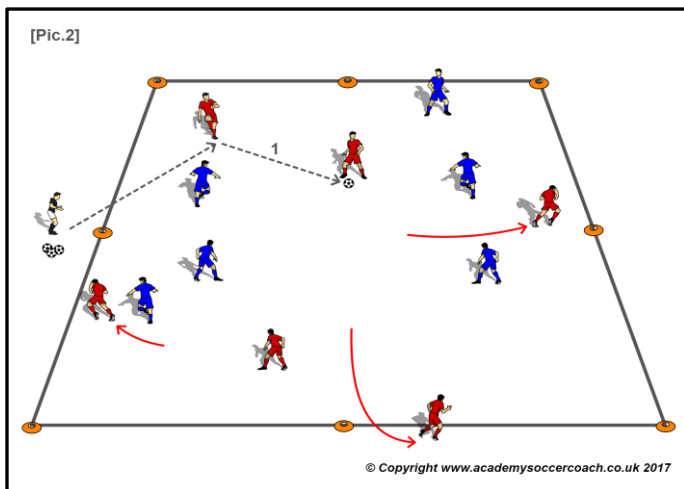
Less Advanced:

- Overload with two Neutral players (5v5 + 2).
- Make the area bigger.

Other possibilities:

- After a point is recorded, the scoring player can continue the game by either passing in or dribbling in.

[Pic.2]



[Pic.3]

