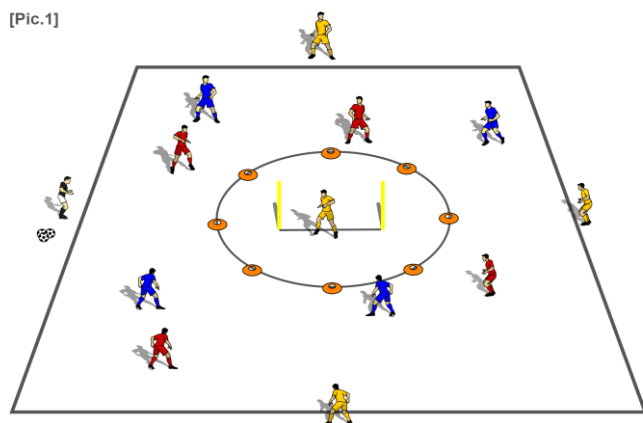
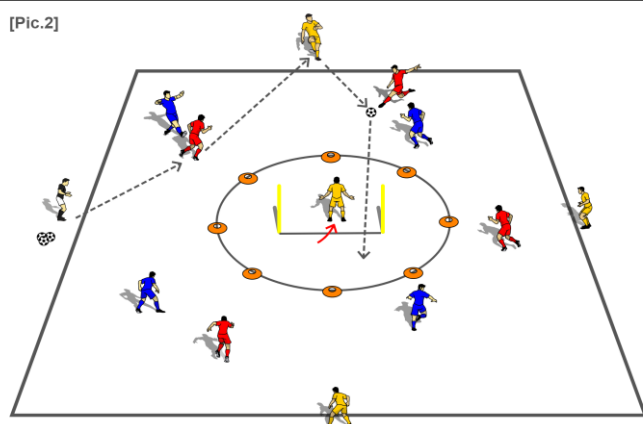


[Pic.1]



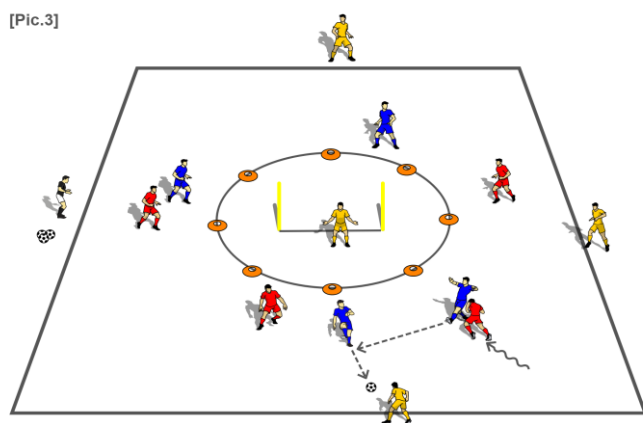
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[Pic.2]



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[Pic.3]



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Grid Size:

- 30m x 30m*
- *Guide only, adjust according to numbers, age, ability, etc.

Players:

- 12

Aim Of The Game:

- The aim for both teams is to combine with the outside team before attempting to score through the centre goal, in either direction.

Explanation:

- Divide players into three teams and set up as shown, with one of the Yellows as a Goalkeeper. Depending on numbers, the Coach can play on the vacated side [Pic.1].
- The Coach begins the game by playing a ball randomly into the area.
- The first thing that the team in possession needs to do is pass to one of the outside players (Yellows/Coach).
- Once the Yellows/Coach have returned the ball to the team in possession, they are then allowed to shoot for goal [Pic.2].
- If a goal is scored, it is registered and the game continues as long as the ball is still in play.
- Anytime the ball leaves the area, the Coach will restart the game by playing in a new ball.
- Players aren't allowed to enter the inner ring. If the Goalkeeper collects the ball, he can throw it randomly back into play and the game continues.
- With every turn over of possession, the ball needs to be played to the outside again before teams can shoot [Pic.3].
- The first team to reach five goals is the winner.
- Swap the teams with the winner staying on.

More Advanced:

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

Less Advanced:

- Players can shoot at any time.

Other possibilities:

- Outside players can receive and dribble into the area to create an overload, returning to the outside after they pass or shoot.