



Grid Size:

- 2 x (10m x 10m)*
- *Guide only, adjust according to numbers, age, ability, etc.

Players:

- 12

Aim Of The Game:

- The team that keeps possession for longer gets the point.

Explanation:

- Divide players into two teams and set up as shown. Get the players to choose a number each from 1-6, or the Coach can assign the numbers [Pic.1].
- The game begins with both teams passing a ball amongst themselves.
- Next, the Coach will call out a number (e.g. 4).
- The number 4's from both groups leave their square and run to the opposition square, looking to break up play [Pic.2].
- Teams try to keep the ball away from the defender for as long as possible.
- If the defender wins the ball, they must run the ball out of the square (no deliberate kicking the ball out).
- If the ball leaves the square through a misplaced pass or poor control, it is considered out.
- The team that keeps possession for longer will receive the point. In this case, the Blues receive the point [Pic.3].
- The first team to reach five points is the winner.

More Advanced:

- The team in possession must keep the ball moving at all times. If the ball is stationary it is deemed out.
- The Coach calls out two numbers to defend (4v2).

Less Advanced:

- Increase the size of the squares.

Other possibilities:

- Once one side has lost possession, allow the other side to continue playing. Offer a bonus point if they can complete a further 5 passes.
- Depending on numbers or ability, you may choose to progress to two defenders.