

**No. of Players:**

- 12-16.

**Area Size:**

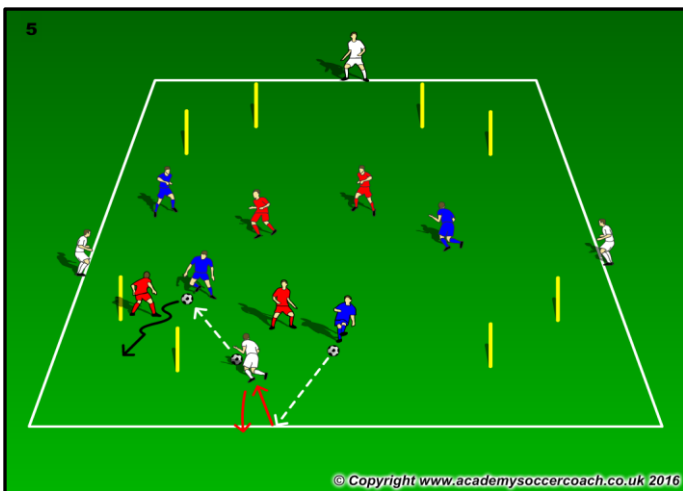
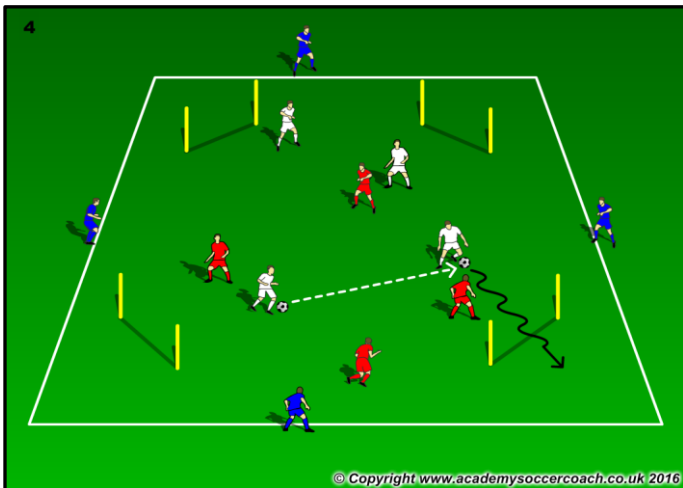
- 25m x 25m.
- Divide players into three teams.

**Explanation:**

- *Immediate engagement* - For 1 minute, allow each player a ball and unrestricted running with the ball inside the area.
- Next, set up Reds & Whites with a ball each and Blues without. Blues will stand between the poles as shown.
- Reds need to bounce with a Blue before dribbling through any of the four gates. **(1)**
- Whites will act as 'pests' and dribble their ball around the area, trying to disrupt the Reds.
- Rotate the groups after a minute or so.
- Next time through, focus on change of direction, change of speed, using both feet, etc.
- **Progression:**
- Bouncers give chase. After bouncing the ball back to a Red, the Blues will chase down the Reds trying to tap them on the back before the Reds dribble through a gate. The Blues then return to the edge of the area. Whites continue to be 'pests'. **(2)**
- Again, rotate the groups after a minute or so.

**Concluding Competition:**

- Using the larger area, setup as shown **(3)**. Reds with a ball each in the middle of the area. One Blue & one White to start on each side of the area.
- The game begins on the Coaches call.
- The Reds have each selected a different Blue & White pair to attack and must now try and run the ball past both players and over the outer line. If successful they are awarded a point.
- The Whites must enter the area and try to dispossess the Reds.
- The Blues must remain on the sides of the area and try to prevent the Reds from dribbling out of the area.
- Keep score of how many Reds were successful before rotating the teams.
- The team with the most points wins.



**Area Size:**

- 25m x 25m.
- Divide players into three teams.

**Explanation:**

- Two teams inside the area and the other on the outside to begin (4).
- There are four gates inside the area which players must try and dribble the ball through to earn a goal.
- The first team to reach 5 goals is the winner.
- Players can dribble through the gates in either direction.
- When a goal is scored, the successful team keep playing however they are not immediately allowed to score in the same goal.
- Outside players have two-touch maximum to keep the game flowing.
- The winning team remains on the pitch while the other teams swap.

**Progressions:**

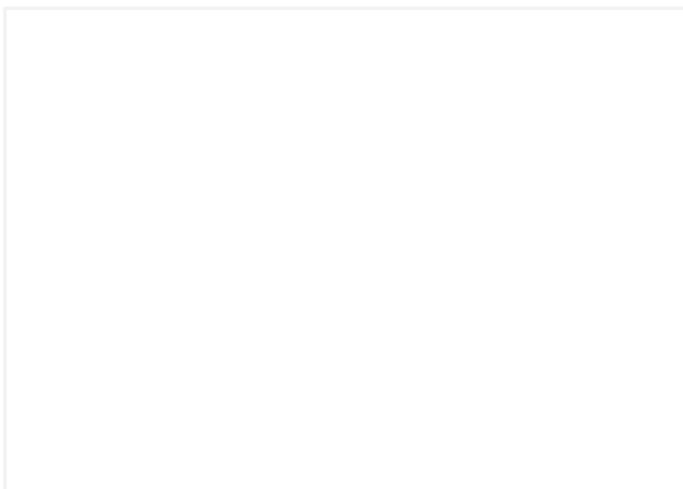
- Outside players may pass the ball or they can choose to run the ball into the area, but must return back to the outside once they have released the ball (5).
- Outside players are not allowed to score.

**Step up:**

- Make the gates smaller.

**Step down:**

- Add an extra gate.





**Area Size:**

- 25m x 40m.
- Divide players into two teams.

**Explanation:**

- Blues start off shooting towards the large goal with Goalkeeper. The Whites will attack the two small goals.
- In BP, players are allowed to move anywhere on the pitch.
- In BPO, players are restricted to a specified third of the pitch. In this case, there will be two players per zone when defending (**6**). Players can only challenge for the ball within their zone.
- Swap direction halfway through.

**Step Up:**

- Players must run the ball over internal lines.

**Step Down:**

- Divide pitch into halves rather than thirds.

