

No. of Players:

- 12-16.

Area Size:

- 10m x 14m.
- Divide players into two teams with players spaced as shown, *Fussball* style (1).

Explanation:

- *Immediate engagement* - For 1 minute, players get a ball between two within their zone. Pairs to focus on keeping the ball moving using limited touches.
- To begin, players must stay in their respective area's and cannot pass above waist height.
- Encourage player's to limit their touches and try to keep the ball moving.
- Teams are looking to pass the ball through the lines before finishing in the goals (2).
- The opposition must try to block attempted passes, and if they gain possession they can play on as the attacking team.
- If a team knocks the ball out of play, the Coach will play another ball in to the opposite team.
- Rotate players through the lines.

Step Up:

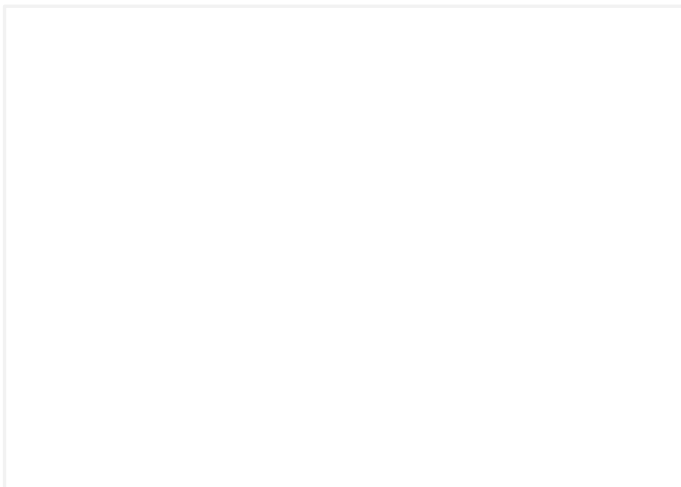
- Maximum two-touch and the ball can't stop.

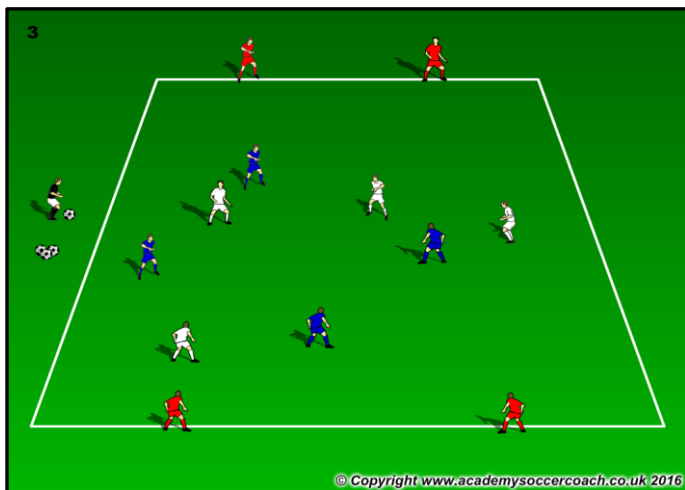
Step Down:

- When defending, only one player per zone.

Concluding Competition:

- As above but now keep score.
- The first team to get three goals, wins.



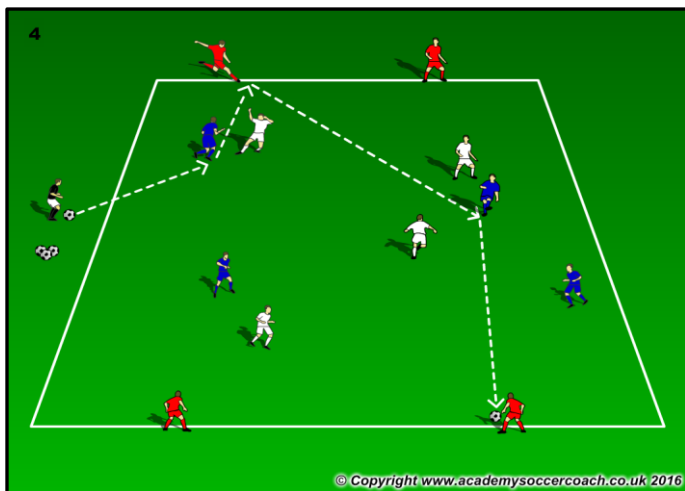


Area Size:

- 20m x 30m.
- Divide players into three teams.

Explanation:

- Set up as shown with one team at the ends and the other two teams inside the area **(3)**.
- The objective for both teams is to get the ball from one end to the other while maintaining possession. This will count as a goal **(4)**.
- Reds on the ends can pass to their partner (horizontal), however they cannot pass through to the opposite Reds (vertical).
- The first team to five goals is the winner.
- Rotate the team on the ends with the team that lost.



Progressions: *(Depending on the level of the players)*

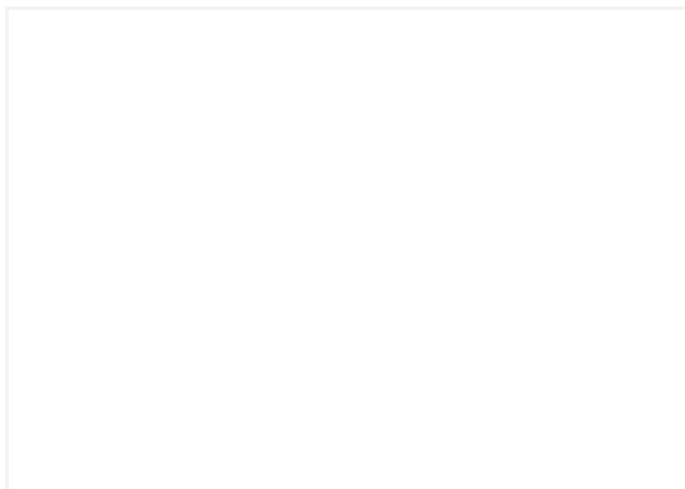
- 1 touch on the outside.
- 1 or 2 touch on the inside.
- Players can't pass back to the same player that they received the ball from.

Step Up:

- Teams need to get the ball to the ends three times to register a goal.

Step Down:

- Pass the ball to either end and receive the ball back to earn a goal.





Area Size:

- 30m x 50m.

Explanation:

- Divide the players into two teams.
- Set up the players in a balanced formation e.g. 3-3.
- Balls are with the GK, who begins all restarts **(5)**.
- The Blues are attacking the big goal and GK.
- The Whites are looking to score in the small goals.
- When the Whites scores, they collect the ball and start attacking the opposite end (teams automatically change direction) **(6)**.
- The change of direction only happens when a team scores in the small goals.
- Encourage players to limit their touches.

Step Up:

- Play 1 or 2 touch.

Step Down:

- Add another small goal.

