

No. of Players:

- 12-16.

Area Size:

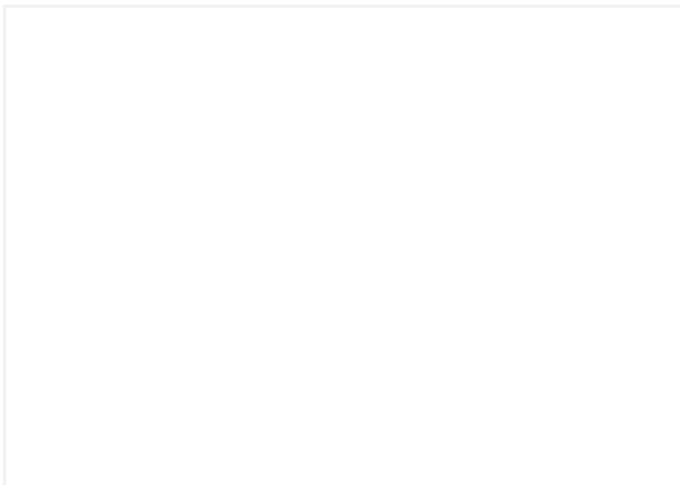
- 15m x 15m (Divide the grid into nine squares).
- Divide players into four different colours.

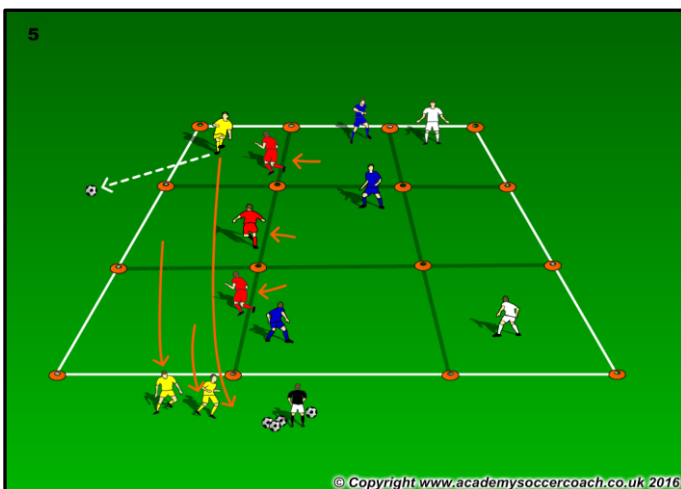
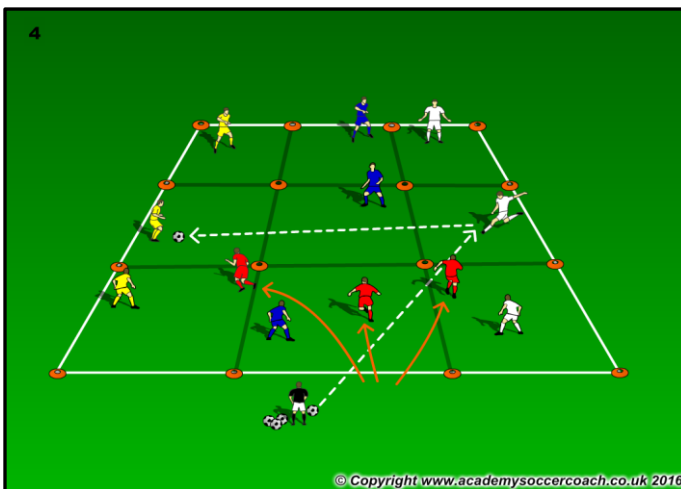
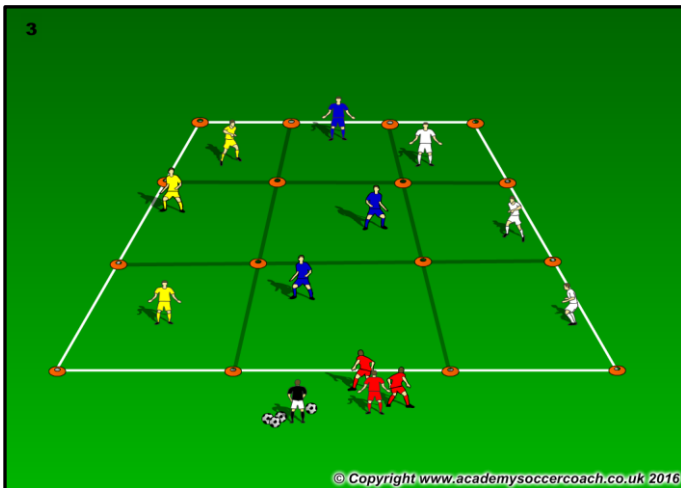
Explanation:

- *Immediate engagement* – Players find an area off to the side and pass a ball within their colours, focusing on moving the ball with their first touch.
- Set up with one colour starting inside the area (Yellows), and the rest around the outside randomly.
- Half the players on the outside with a ball, half without.
- To start with, each Yellow player will call for a ball before receiving and playing to a free player on the outside (1).
- From there they look to receive another ball from a different player on the outside. This process repeats with the Yellows working for about a minute.
- Rotate through the colours every minute or so.
- Next, players must take their first touch into a different square before playing the outside (2).
- Encourage players to scan prior to receiving and to limit their touches.

Concluding Competition:

- As above, but now players count how many times they receive and pass out within 30 secs.
- Add up each players total, before rotating the teams.
- The team with the highest number wins.





Area Size:

- 15m x 15m.
- Same area as Skill Introduction.

Explanation:

- Teams remain in their four colours from the Skill Introduction and set up as shown with three teams inside the area and one grouped on the outside **(3)**.
- The nine inner players must remain within their own squares when playing.
- The game begins with the Coach passing a ball in to the area. From there, the nine inner players are looking to maintain possession.
- The three Reds can now enter the area and try to win the ball (9v3 possession) **(4)**.
- If the Reds win the ball or it leaves the area, the game resets.
- The team that lost possession or kicked the ball out, will quickly swap with the Reds **(5)**.

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

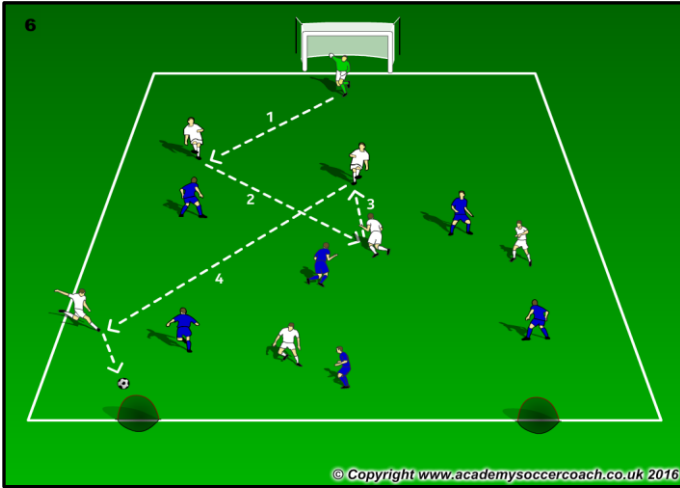
- 1 or 2 touch on the inside.
- Players can't pass back to the same player that they received the ball from.
- Mix up the colours on the inside. Now players are not allowed to pass to the same colour.
- 10 completed passes means the same team remains on the outside for another turn.

Step Up:

- 1 or 2 touch only.

Step Down:

- Make the squares larger.
- Stagger the chasing players e.g. after every four passes, another player can enter.



Area Size:

- 30m x 50m.

Explanation:

- Divide the players into two teams.
- Setup the players in a balanced formation e.g. 3-3.
- Teams need to complete four consecutive passes before attempting to score (**6**).
- Teams swap direction halfway through.

Step Up:

- 1 or 2 touch only.

Step Down:

- Teams complete less passes before shooting.

