

**No. of Players:**

- 12-16.

**Area Size:**

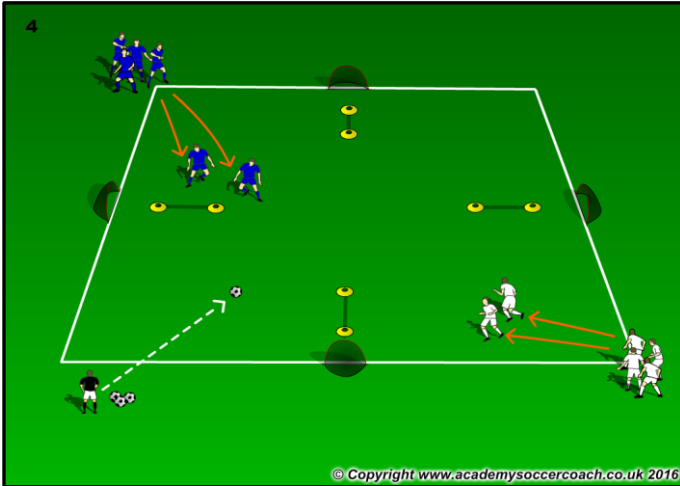
- 20m x 20m using multiple cone colours.
- Divide players into two teams for concluding competition.

**Explanation:**

- *Immediate engagement* - For the first minute, allow each player a ball and unrestricted dribbling inside the area.
- Next, divide the players into pairs with a ball between two.
- The player with the ball passes to his partner and calls out a colour. The receiving player runs with the ball around the nominated coloured cone, before repeating the process for his partner **(1)**.
- Next, mix up how they must run with the ball e.g. left or right foot only, incorporate a change of direction, must run between players, etc.
- Finally, the Coach will call out a combination of colours, which players must go around in said order **(2)**. Ask the players to increase the intensity in the moments between the two cones.

**Concluding Competition:**

- Line both teams up at one end, first player in each line with a ball.
- The Coach will call out a colour, and the first player in each line runs the ball around the nominated colour and back across the start line **(3)**.
- Players may go around the same cone as the other team, however they can not interfere.
- A point is awarded to the player that gets back to the start line the quickest. Team with the most points wins.
- Other conditions include; going around two cones, a continuous relay, including a passing option once around the cone, etc.



**Area Size:**

- 20m x 20m.

**Explanation:**

- Players line up in teams on opposite corners, and come on two at a time.
- The coach will kick a ball inside the area and call for the first two players in each line to enter **(4)**.
- From there it's 2v2 with the players trying to run the ball through a gate before scoring in the corresponding goal **(5)**.
- Players can only score in the paired 'gate and goal'.
- When the action is complete, all players leave the area and the next pairs get ready to come on.

**Progressions:**

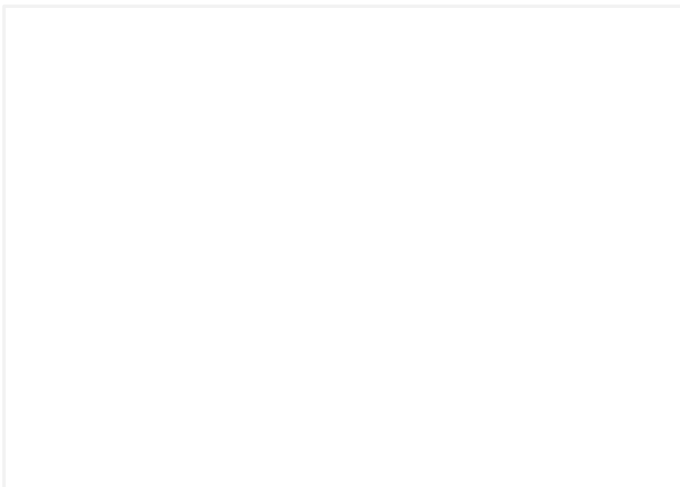
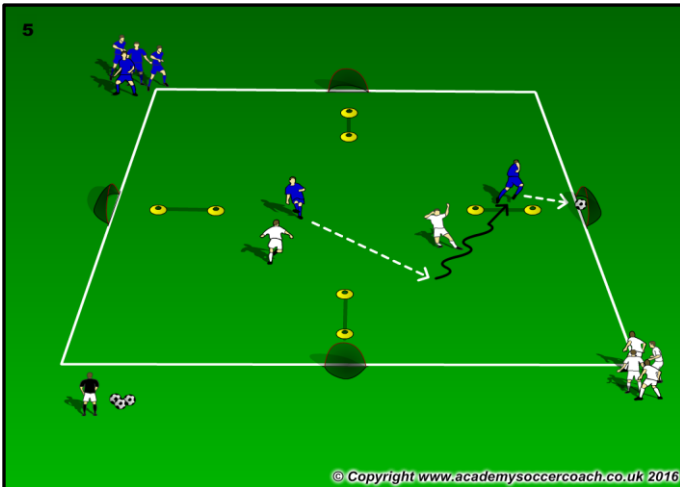
- 3v3.

**Step Up:**

- Must use weaker foot to run through the gates (Could apply to everyone or just specific players).

**Step Down:**

- Make the gates/goals wider.





**Area Size:**

- 30m x 50m.
- Divide players into two teams.

**Explanation:**

- Set up both teams in a balanced formation that will allow all players access to the gates when running with the ball. E.g. 2-3-1 or 3-3.
- Before your team can shoot for goal, someone needs to run the ball through one of the four gates (6).
- Swap the teams at the halfway mark.

**Progressions:**

- For the last few minutes of the game, take away the gates but award 'bonus goals' to any teams that recognise the correct time to run with the ball.

**Step Up:**

- Must use weaker foot to run through the gates (Could apply to everyone or just specific players).

**Step Down:**

- Increase the size of the gates to cover the full width and length of the pitch.

