

No. of Players:

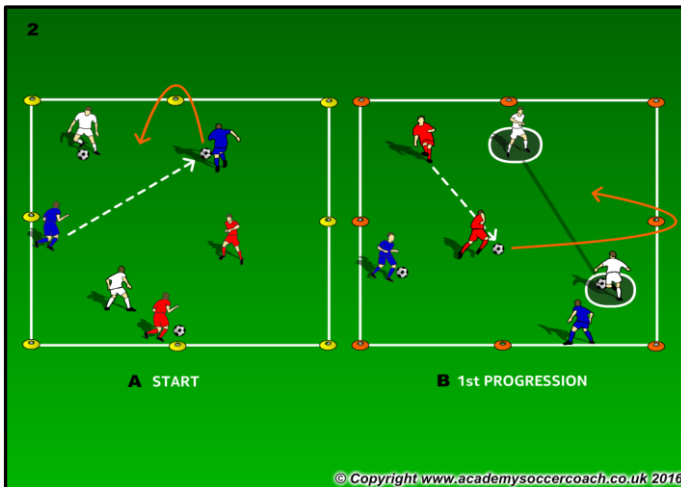
- 12-16.

Area Size:

- 2 x (15m x 15m).
- Divide players into three colours, with a pair in each area as shown **(1)**.

Explanation:

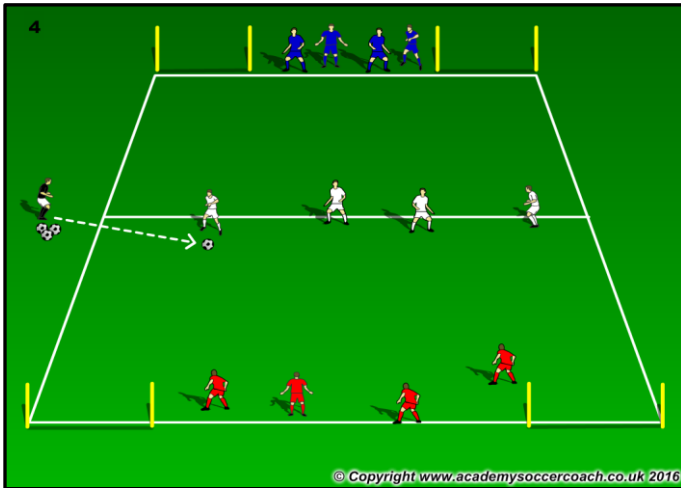
- *Immediate engagement* - For the first minute, allow each player a ball and unrestricted running with the ball inside the areas.
- To begin, pairs will need only one ball between them, with all players on the move.
- The player on the ball locates and passes to his partner.
- The receiving player must run the ball around any cone of the area they are in, before returning and repeating the process for his partner **(2A)**.
- For the next few minutes encourage players to use alternate feet, keep their head up and incorporate changes of direction when running with the ball.
- **Progression:**
- Receiving players must make a run that splits one of the other pairs, before running with the ball around a cone and back inside **(2B)**.



Concluding Competition:

- Using one of the area's, the three teams line up as shown with a ball at the front **(3A)**.
- On the Coach's call, the first line of players will run the ball to the other end, before turning and passing the ball to the next player in line.
- This process continues until all the players have transferred to the opposite end of the area.
- The team that gets all their players to the opposite end first, is the winner.





Area Size:

- 30m x 50m.

Explanation:

- Divide players into three teams, starting as shown (4).
- Two teams will play in one half of the area, while the other team waits at the far end for their turn.
- The objective for the Reds is to run the ball over the half way line (5).
- The objective for the Whites is to run the ball through either gate at the bottom (6).
- The successful team will then take the ball into the opposite half to challenge the Blues.
- The team that is not in play must wait on the end line until the ball enters their half.
- This process continues with the successful team always taking the ball into the opposite half to continue playing.
- Towards the end, start to keep a score.

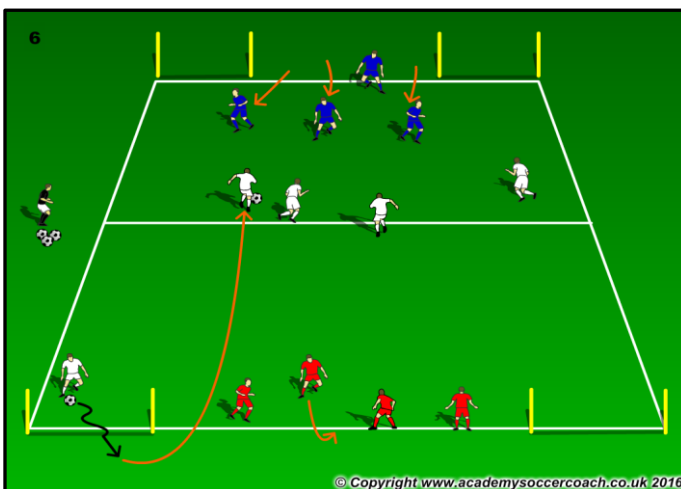


Step Up:

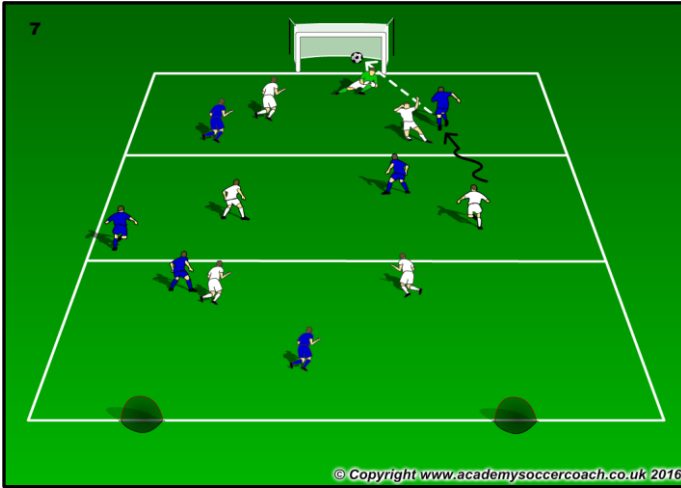
- Must use weaker foot when running with the ball (Could apply to everyone or just specific players).

Step Down:

- Make the area wider.



- *Note: The gates at either end are to make it tougher on the team that was successful in the previous round. This should help balance the rotations.*



Area Size:

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

Explanation:

- Set up both teams in a balanced formation e.g. 2-3-1 or 3-3.
- Players need to run the ball across all inner lines.
- Players can only score in the final third (**7**).
- Swap the teams direction at the halfway mark.

Progressions:

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

Step Up:

- Must use weaker foot when running over lines (Could apply to everyone or just specific players).

Step Down:

- Replace the two inner lines with just one.

