

No. of Players:

- 12-16.

Area Size:

- 20m x 20m.
- Divide players into two colours for the concluding competition.

Explanation:

- *Immediate engagement* - For the first minute, allow each player a ball and unrestricted running with the ball inside the area.
- To begin, set up as shown **(1)**. Each player will need a ball.
- The first four players enter the area and begin running with the ball in any direction.
- The Coach will then call out an instruction for the inner players to perform. This will include;
 - - *Out* = accelerate any direction out of the area.
 - - *Red, Yellow, Orange or Blue* = players leave the area via that colour **(2)**.
 - - *Tag* = The next player in each line must leave their ball and chase down the players inside the area and attempt to tag them before they get out.

Progression:

- Coach now shouts delayed combinations of instructions e.g. Blue, Yellow, Tag!

Concluding Competition:

- Each player has a ball inside the area and is running with the ball.
- The Coach will call out either Blue or White. The colour that is called will become taggers.
- If Blue is called, the Blues will leave their ball and attempt to tag a White before they can leave the area.
- If White is called, the Whites will leave their ball and attempt to tag a Blue before they can leave the area.

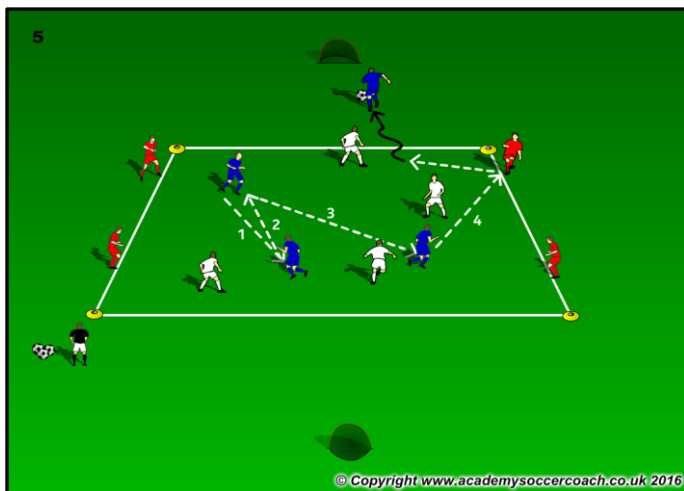


Area Size:

- 20m x 20m.

Explanation:

- Divide players into three teams, and set up as shown (4).
- The Coach will start the game by playing a ball into the area.
- The objective for both teams is to get four consecutive passes before having someone run the ball out of the area and score (5).
- Both teams may use the outside team as neutral players.
- Players can only exit the area via the two ends with the goals.
- To begin with, only the player that runs the ball out is allowed out of the area.
- This player must look to score quickly and return to the area as the Coach will play in another ball after five or so seconds.
- Teams will quickly rotate with each goal. The successful team stays on, the other two swap.



Progression:

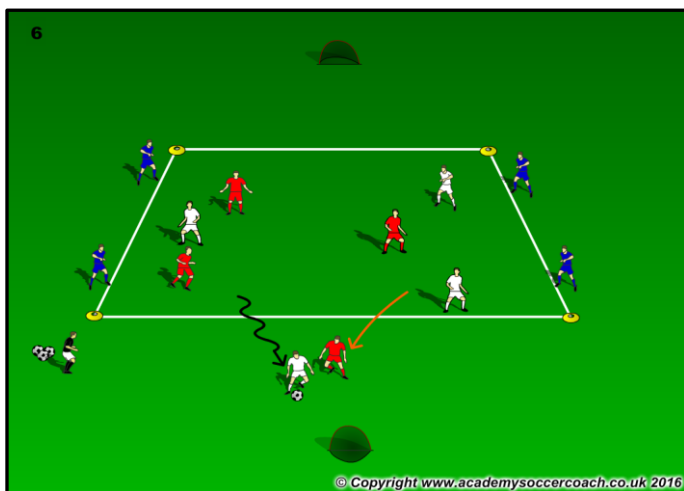
- An opposition player can now exit the area to chase the player running with the ball. He must try to tag him before he scores (6).

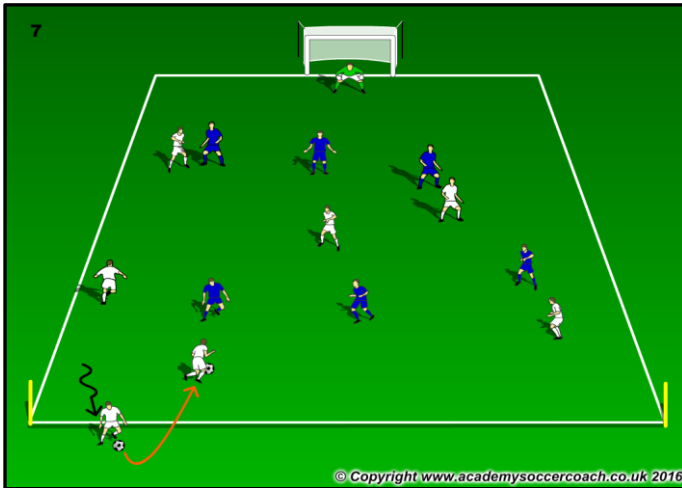
Step Up:

- Players can only score using their weaker foot (Could apply to everyone or just specific players).

Step Down:

- Make the area wider.





Area Size:

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

Explanation:

- To begin, the Blues are trying to score in the big goal and the Whites are looking to run the ball over the end line.
- If the Whites are successful in running the ball over the end line, this triggers a change of direction for both teams **(7)**.
- Now the Whites are attacking the big goal, and the Blues need to run the ball over the end line.
- This continues with teams changing every time a player successfully runs over the end line.
- Keep score, with goals only counting when teams score past the Goalkeeper.

Step Up:

- Insert a halfway line which players must also run the ball across **(8)**. This will also increase the core skill repetitions.

Step Down:

- Make the pitch wider.

