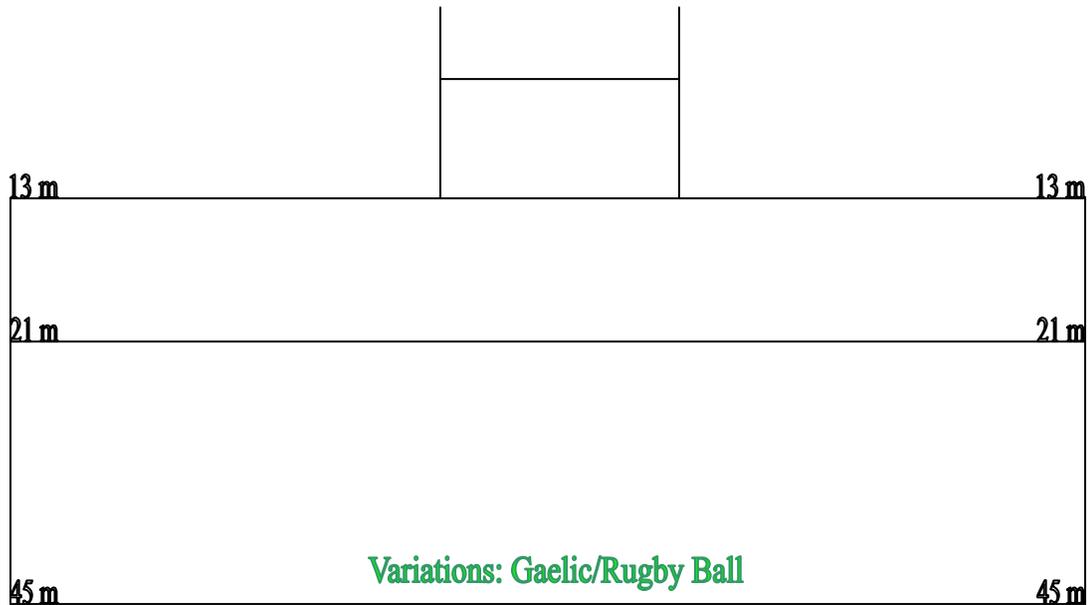


GAMES FOR BETTER TEAM PLAY

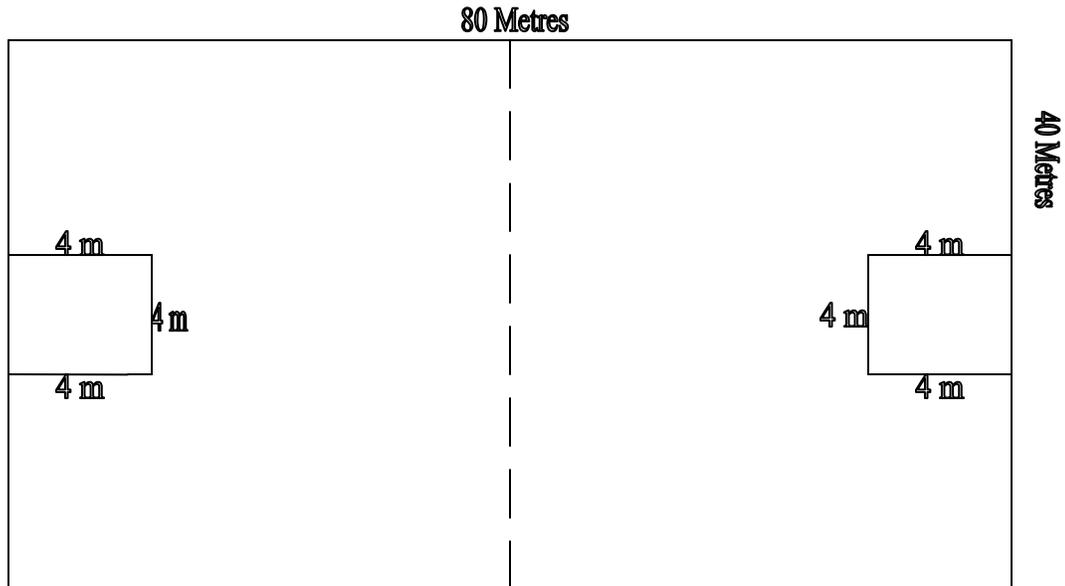
1. 30 Metre Foot pass



Rules:

- 10 v 10
- ½ pitch
- 1 ball
- Full rules
- Score awarded for 30 metre pass.
- After a score the player who received the ball places it on the ground for the opposition.
- First team to 5 scores wins.

2. Box Game



Rules:

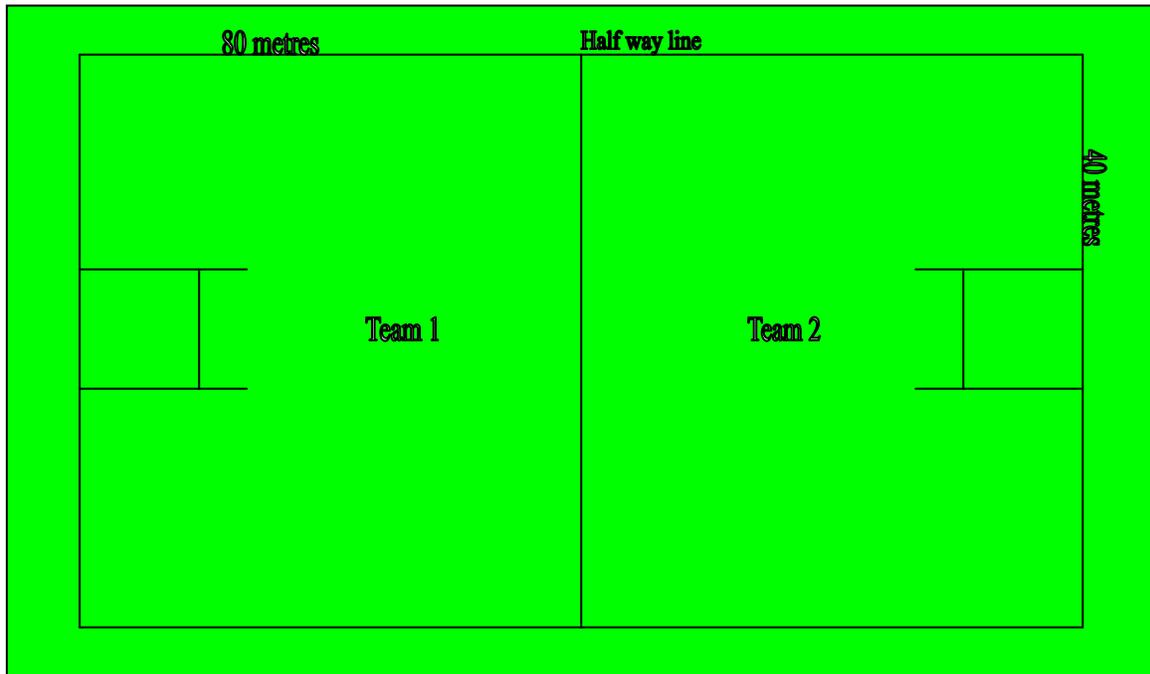
- a) 10 v 10
- b) Pitch size 80 m * 40 m
- c) Full Rules
- d) A score when team gets ball cleanly to player marked x in the box.
- e) Player inside box area cannot come outside the box area and no one else can come in.
- f) After a score that team will get possession and can attack the opposite box.

Possible variations:

- a) After a score when a team gets the ball to the half way line they can decide to attack either box.
- b) Fist pass only.
- c) Reaction ball can be used.
- d) Apply 4 second rule.
- e) Foot pass to score.

Possession is retained by the team that has scored.

3. Possession Game



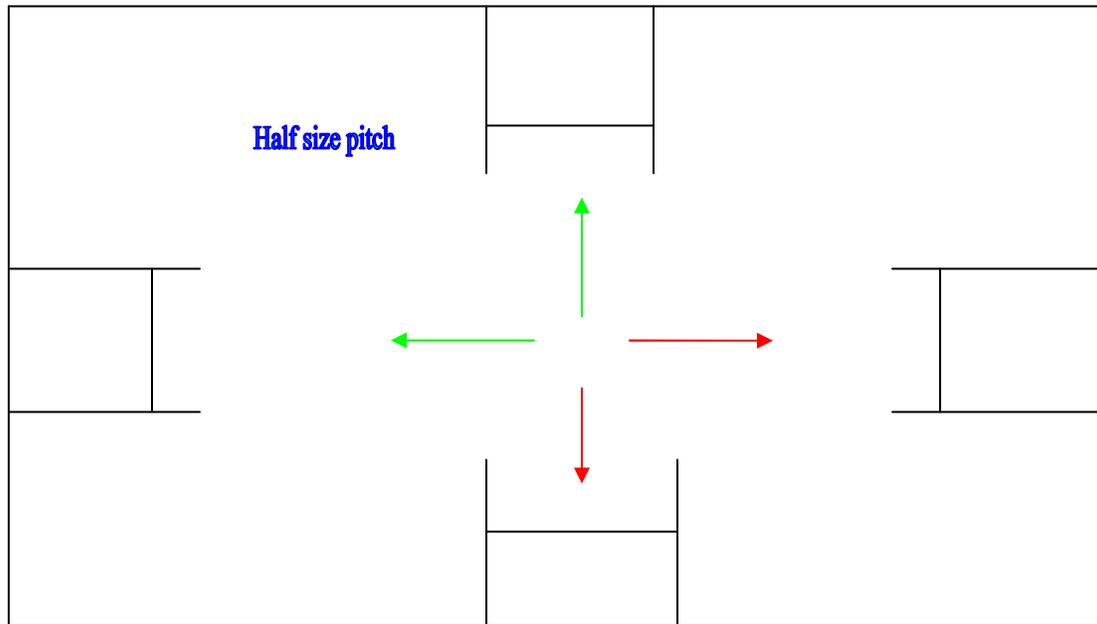
Rules:

- a) Pitch dimensions 80 * 40m.
- b) Normal Rules.
- c) Score by kicking for goals.
- d) Team that scores keeps possession and can attack other goals.

Variations:

- a) Apply 4 second rule.
- b) Use reaction ball.
- c) Half way line change direction of play.

4. Total Football (4 second rule)



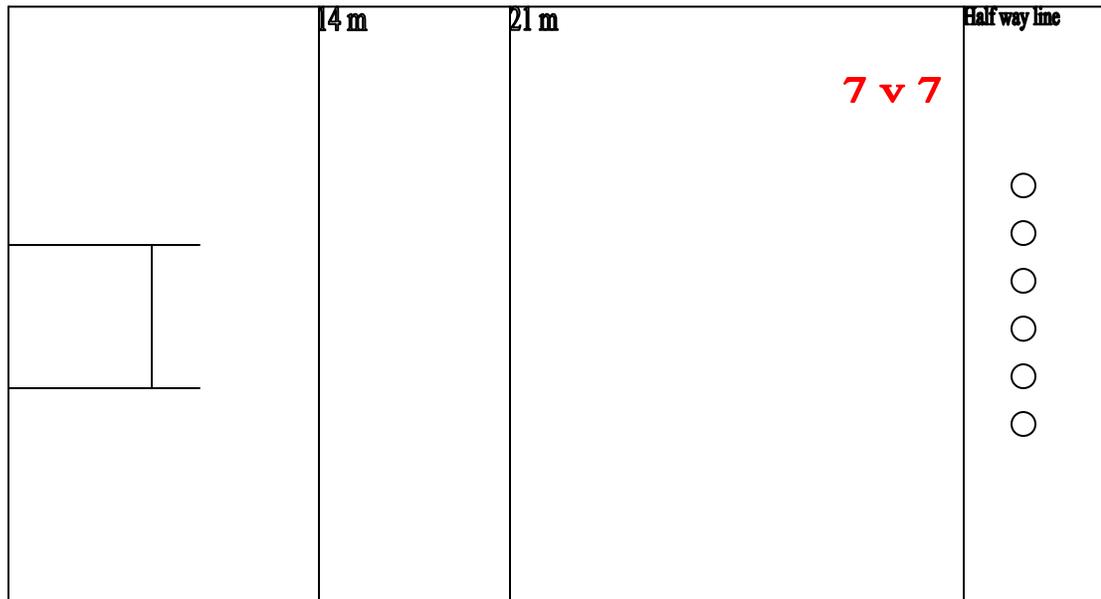
Rules:

- a) 4 sets of goals.
- b) Dimension: Half pitch.
- c) Score by kicking for goals.
- d) Team that scores keeps possession and attacks another set of goals.
- e) Any one team cannot score into the same goals in succession.
- f) Apply 4 second rule.
- g) Supply of balls at each goal.

Variation:

- a) Different ball
- b) Full rules

5. Six Of The Best



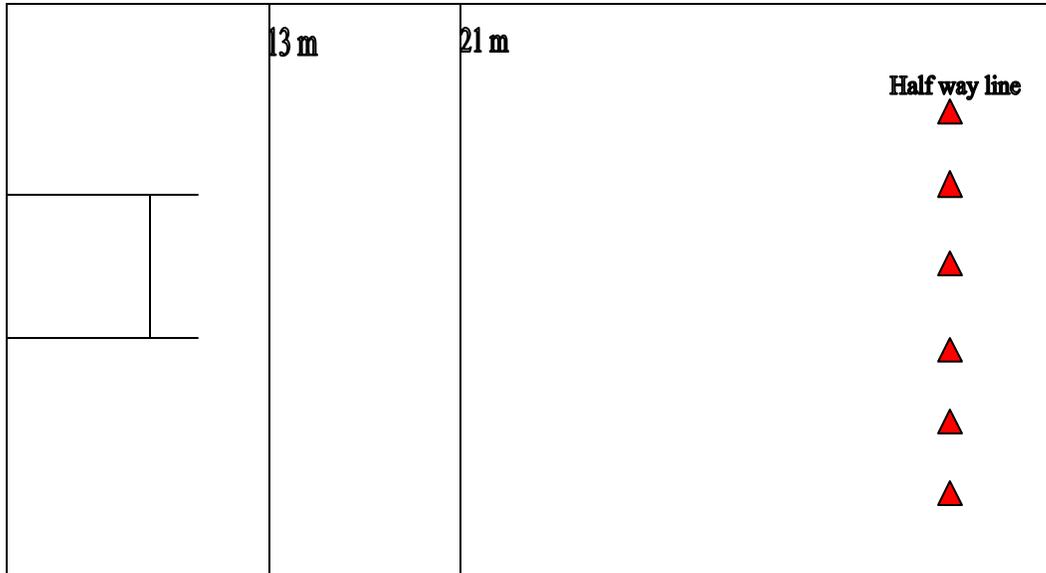
Rules:

- Full Rules
- Six footballs set at half way line.
- Six scoring opportunities.
- One forward picks up a ball and along with his team-mate attempt to set up a score.
- If the ball is intercepted or the defenders win back possession then that attacking opportunity is gone. The forwards must then go back to the halfway line, retrieve another ball and set up another attack.
- How many scores do the forwards get from 6 attacks.
- Rotate defenders with attackers after 6 attacks.

Variations:

- Apply 4 second rule.
- Scores for goals/points only.

6. Attack and Defend



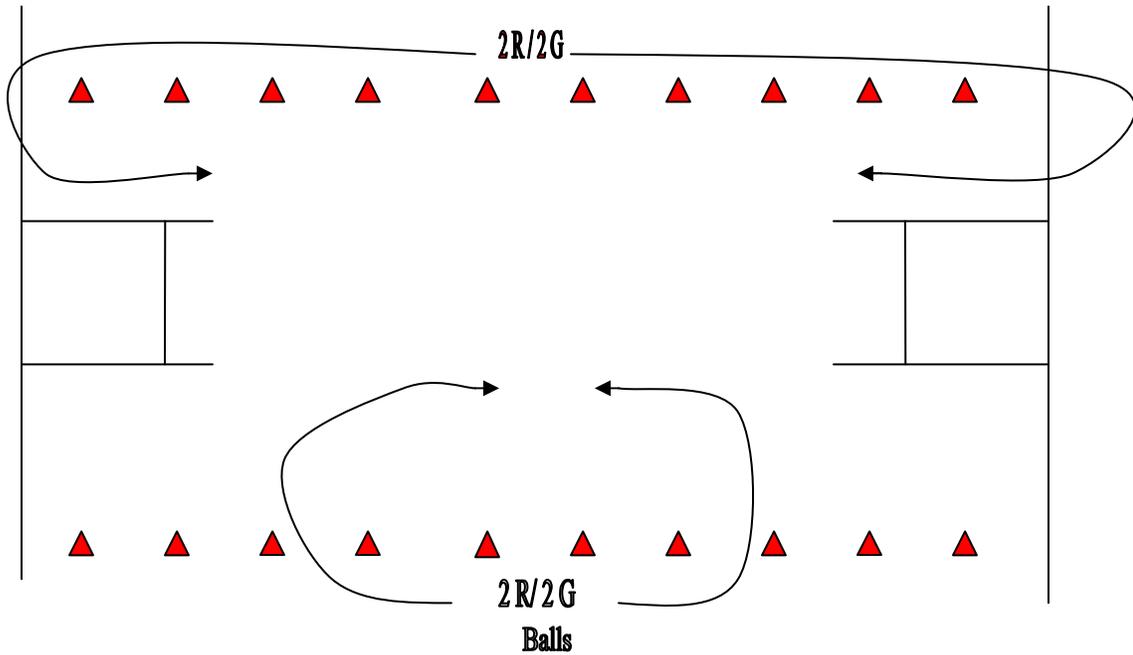
Rules:

- a) Full Rules
- b) 4 minutes per attack
- c) Game starts with kick out.
- d) Team in possession must work ball out to markers before attacking goals.
- e) After a score that team gets possession and must work balls out to markers again.
- f) If ball goes wide or is intercepted /saved the opposing team works the ball out.
- g) Always reward the team that scores with giving them possession.

Variations:

- a) Apply 4 second rule.
- b) Use different shape of ball (e.g. Rugby).

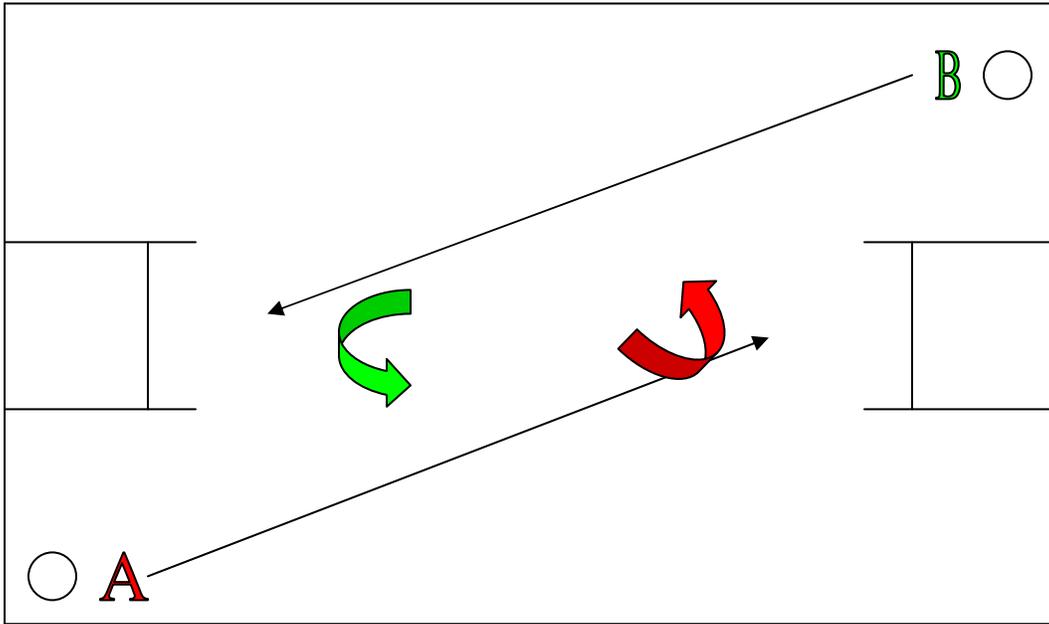
7. Running the Channels



Rules:

- 10 cones forming a 40m wide channel. Each cone 10m wide apart. At each end of the channel put up a set of goals.
- At the mid-cone on each side start 4 players. Two are attackers (red) and two are defenders (green). The reds on the right side of the channel have the ball.
- On the whistle, the reds sprint with the ball to the nearest cone and turn into the channel to attack. At the same time the greens on the same side do exactly the same and turn into the channel to defend.
- On the other side the 2 reds and greens sprint to the 'end cones' and turn into the channel to back up their team-mates and form a second wave of defenders and attackers.
- This leads to a 4 v 4 situation, with reds attempting to work the ball into a goal scoring situation and greens trying to work the ball back and score into the other goals.

8. Hitting the Target



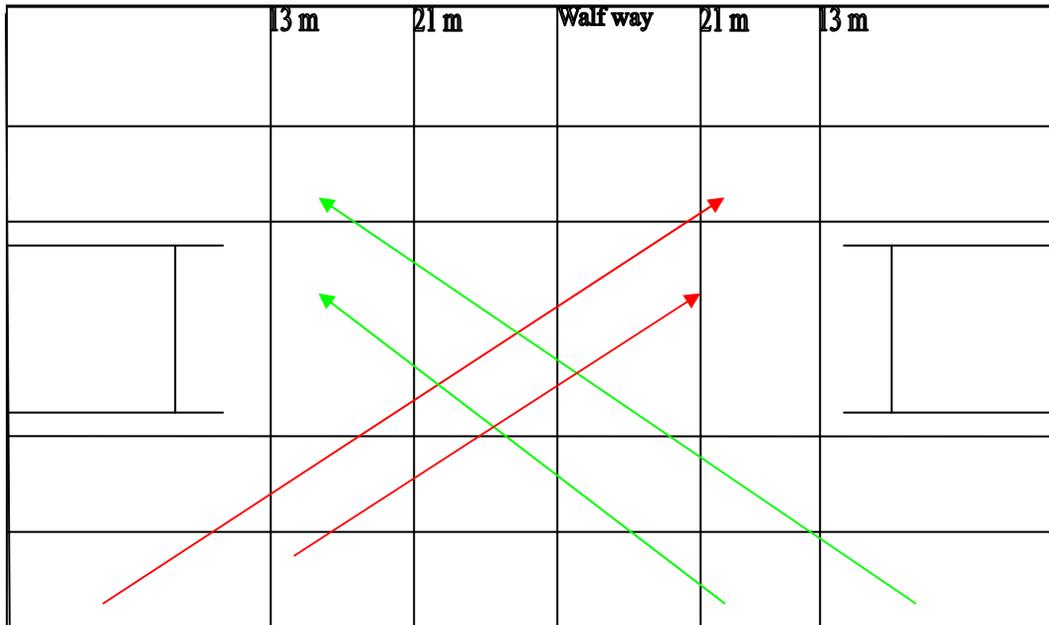
Rules:

- a) One player leaves position A and shoots from close range at opposite goal.
- b) After he shoots a second player with a ball leaves position B with the intention of scoring at the opposite goals.
- c) However after shooting the first player immediately runs to tackle the second player and prevent him from scoring.
- d) Drill continues until each player has gone once.

Variation:

- a) 2 v 2
- b) All go twice.

9. Switch The Play



Rules:

- Full Rules.
- Player cannot pass the ball to someone in the same lane.
- If player passes ball to someone in the same lane a penalty free will be awarded for the opposition.
- Always encourage diagonal runs and better passing.