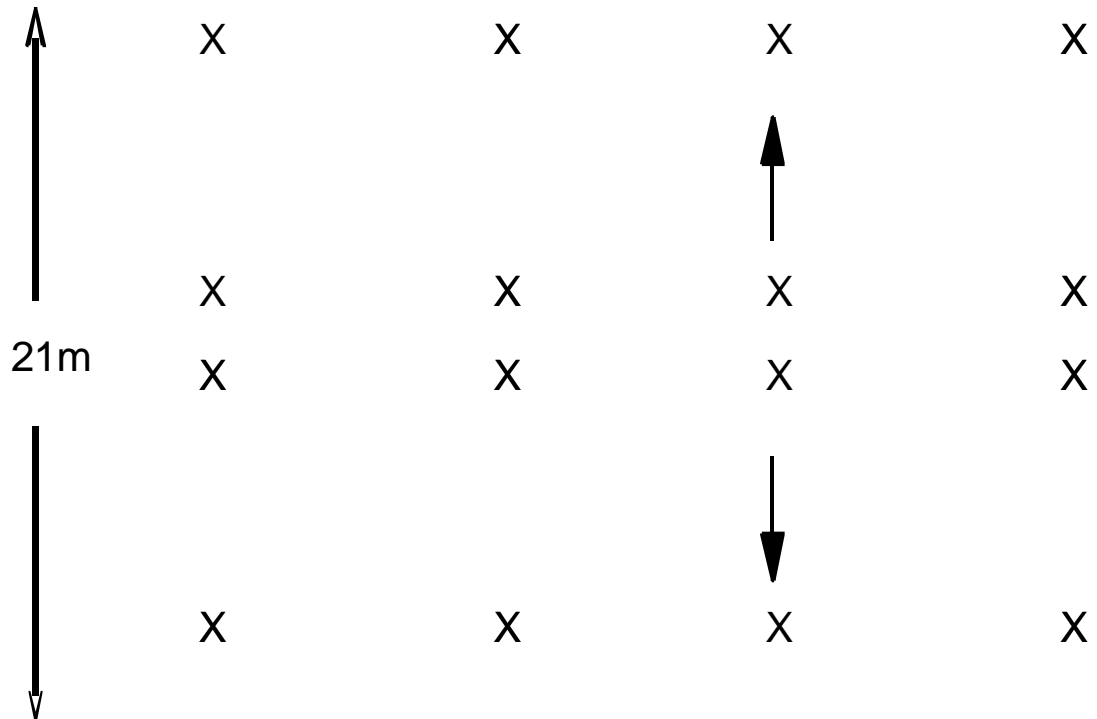


[1]



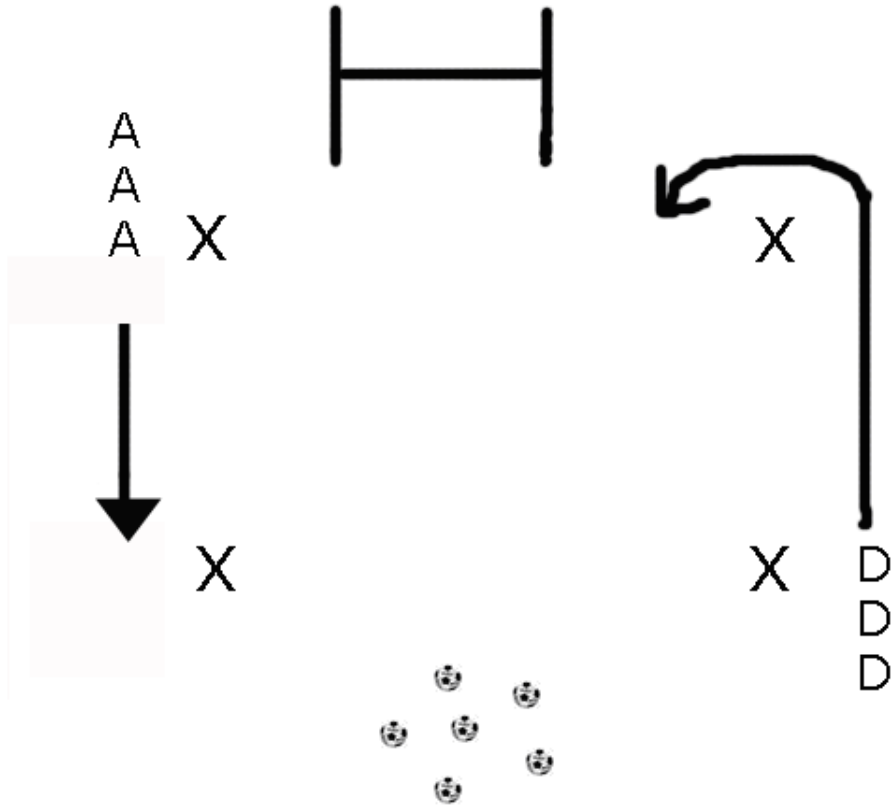
- Two players in the middle, one Ball each
- Pass to outside man, go around him and receive ball back. Continue for 30 seconds
- To progress swap football when meeting in the middle

[2]

- 1 ball in the middle 1 defender 1 forward. Forward works ball from outside to outside. Defender tries to dispossess. 30 seconds working

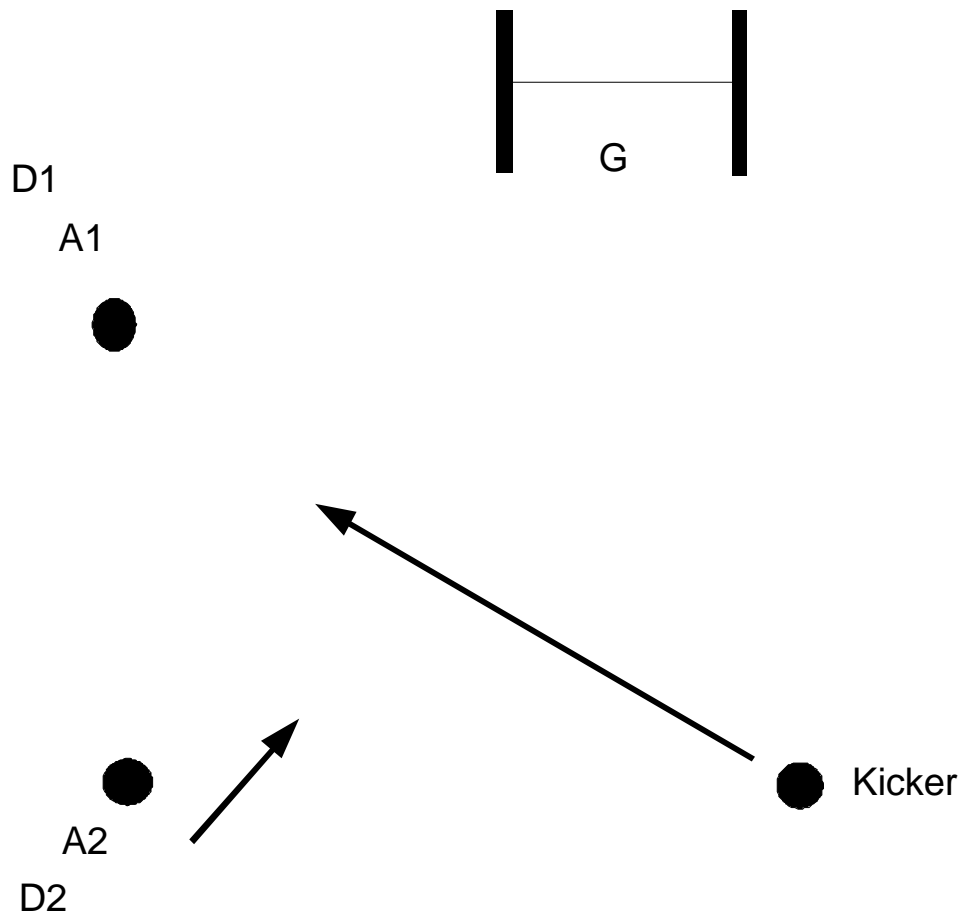
[3]

Shooting for Goal



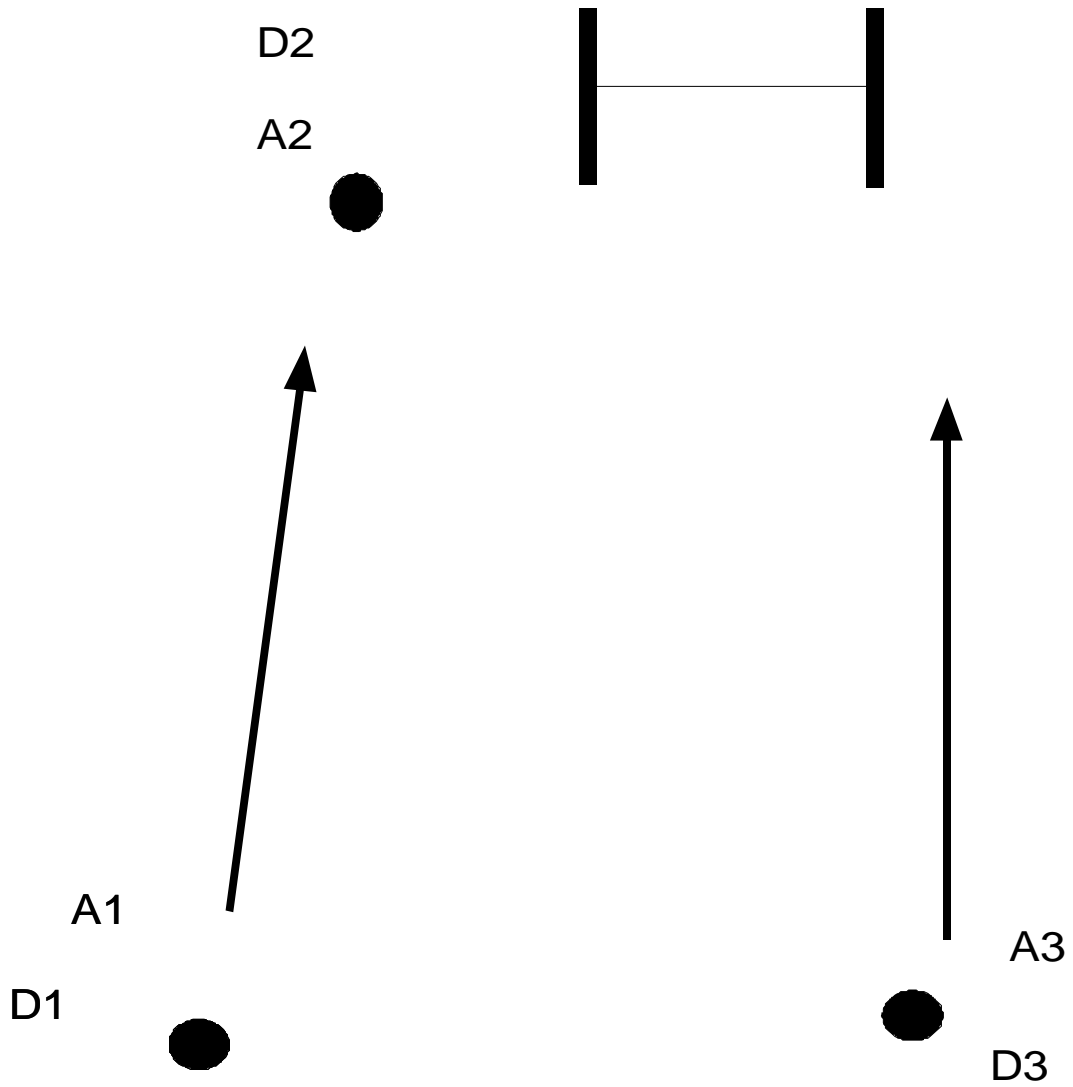
- Attackers run out, pick up ball and take on defenders.
- Progress to 2 V 2 and 3 V 3

[4]



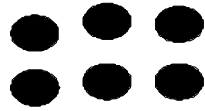
- Kicker plays ball into Attacker 1. Defender 1 tried to dispossess
- Attacker 2 supports him while Defender 2 marks him
- Attacker must score goal or point

[5]



- A1 Kicks into A2 and supports
- A3 also supports while D1, D2 and D3 defend

[6]



A1 D1

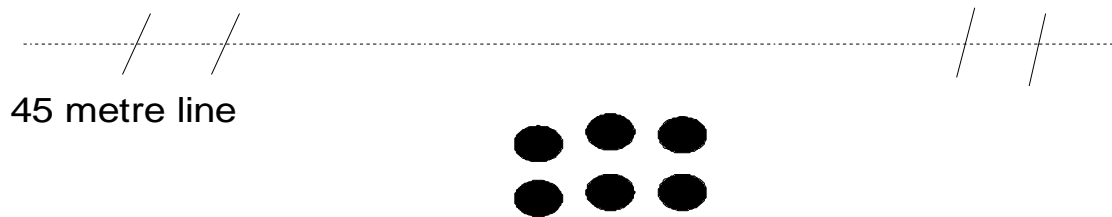
A2 D2

A3 D3

A4 D4

A5 D5

A6 D6



- 12 Footballs, 6 behind goals, 6 on 45 metre line
- Play starts with Goalkeeper passing ball to defenders who must try and work it out through gates on 45
- Ball is dead once it goes out of play and next play starts from 45 by Attackers, then Goalkeeper and so on
- Team with most scores wins