



PLAYERS:
8 Minimum

PITCH: 15m x 15m

**EQUIPMENT: Sticks |
Balls | Bibs | Cones |
Throw Down Lines**

- Set out a number of coloured gates inside the playing area.
- Divide players into pairs – this game can cater for a larger number of players.
- To score a point players have to pass the ball through a gate to the other player in their pair.
- Once players have scored in one gate they then have to score in another gate before they come back to this one (players will find this as a loop hole if you don't include the rule from the start).
- Play for a set period of time, can either of the teams of the pairs beat their score?
- You could add in a 'golden gate' somewhere on the pitch which is worth more points or give the game a theme e.g. a shopping trip, link cones to healthy food, e.g. blue cones are blueberries, red are strawberries.
- Change the game by splitting players into teams, players have to try and pass to their team as well as stealing balls from the opposition.



IS IT WORKING?

NO

CHANGE IT

- When working in teams take out tackling, so only interceptions to give the players more time on the ball to make decisions.
- Add in more gates so there are more opportunities for the players to score points.
- When working in teams award points if the team makes a number of consecutive successful passes, for example five. Or if every member on the team touches the ball.
- If one team is having less success then give them more players so they have the overload.

YES

CHANGE IT

- When working in pairs have stealers in the area whose job is to dispossess the pairs as they are trying to pass through gates. Pairs have three lives, which pair can be the last one standing?
- Put a limit on the amount of touches or time the 5 seconds to encourage them to get their head up and think about where the next pass could go.
- When working in teams make the game directional so each team are defending two gates and trying to score in the other two.

THINGS TO THINK ABOUT

- Q** What different ways can a player move the ball successfully? Can you encourage the players to think creatively about how and when they might use these skills? e.g. passes that leave the ground.
- Q** Does the position of the players hands and grip effect how they move the ball? When might they want to have their hands closer together or further apart?

- Q** Where do the players want to be looking when they are moving the ball? Can they get their eyes up to identify space and keep control of the ball?
- Q** When a player does not have the ball how can they help the player on the ball with their movement and communication?
- Don't forget to **CHANGE IT**