

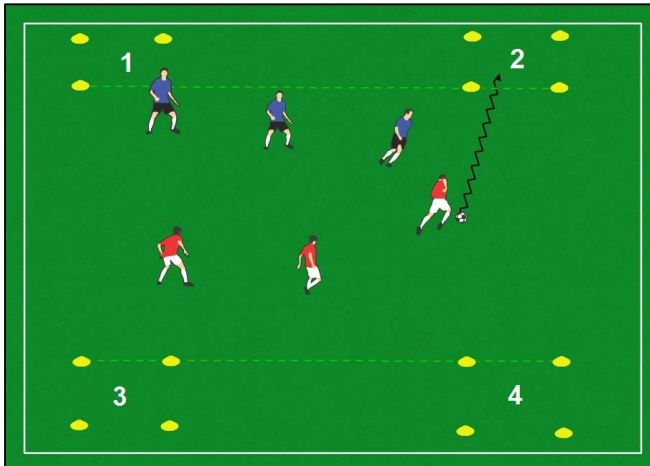


Core skill: Running with the ball

Difficulty level ★★☆☆

LINE FOOTBALL

End activity



Players are divided into two equal teams and there is one ball for the game.

Each team scores a goal by running with the ball into one of the scoring zones.

The red team scores by running with the ball and controlling it in zones 1 & 2 while the blue team scores in zones 3 and 4.

In order to create more space for the team in possession to run with the ball, you can enforce a rule where one player from the defending team stands behind their own line making it 3 v2.

Set up: In an area approximately 30m x 20m with two end zones 5m by 5m.