

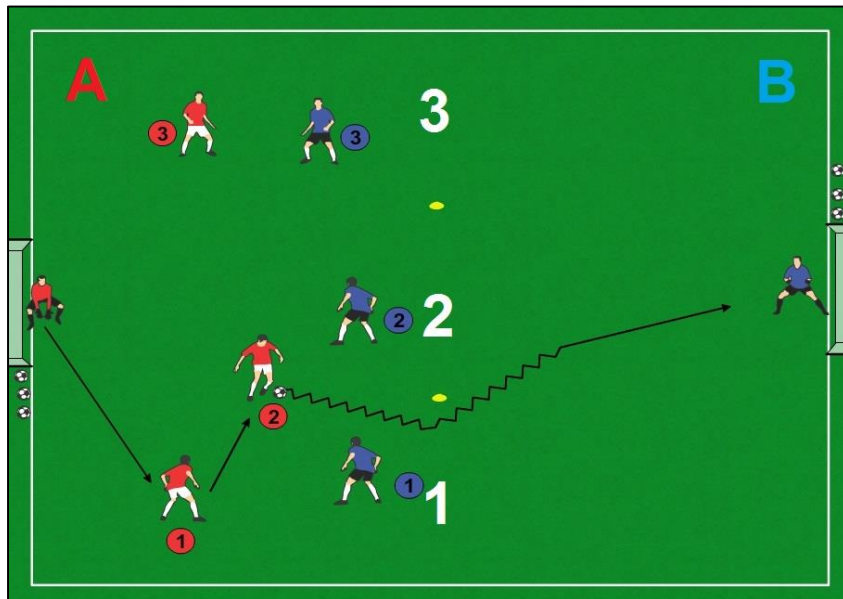


Difficulty level ★★★

Core skill: 1v1

3 CHANNELS

End activity



Activity

The goalkeeper starts the game with all outfield players of both teams in grid A.

The team in possession combines until one player beats their opponent 1 v 1 and moves through one of the gates into grid B and tries to score (red team)

If the defending team wins the ball they can immediately score (blue team)

Set Up

Area: On a pitch 20m wide by 40m long, there are three gates along the half way line approximately 7m apart.

There are big goals on each end with goalkeepers. (use small goals and no goalkeepers if needed)

Players: Both teams have designated players to protect each gate. #1 defends gate 1, #2 defends gate 2, #3 defends gate 3. Attacking players can enter any gate.

Note

If the red team scores the game starts again in grid A.

If blue scores, the game restarts in grid B with possession for blue.

If the blue goalkeeper wins the ball in grid B, the game restarts in grid B with possession for the blue team.

C.H.A.N.G.E.I.T

Are players getting into 1v1 situations and finding opportunities to score?

If it is too easy step up by making the area smaller or implementing more players.

If it is too hard make the area bigger or have fewer players.

If players are not achieving the objective you may need to remind them or 'coach on the run.'