

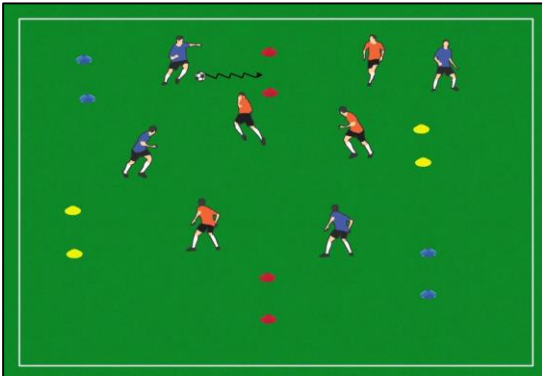


Core skill: Running with the ball

Difficulty level ★★☆☆

DRIBBLE TO SCORE

End activity



Players are divided into two equal teams with one ball for the game.

For a team to score one of their players must dribble the ball through one of the goals.

Teams can pass the ball to put their team mate into a position to then run through a gate.

Make it easier by having a larger area or bigger goals, or more challenging by having a smaller area and smaller goals,

Equipment: In an area approximately 20m x 30m set up markers 1-2m apart to form a number of gates within the playing area (approx. 5 gates) Two different colour bibs.