

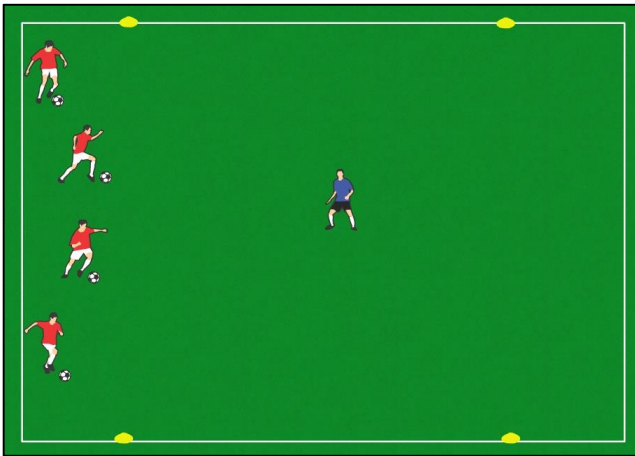


Core skill: Running with the ball

Difficulty level ★☆☆

RED ROVER CROSS OVER

Middle activity



Just like the traditional school yard game but with a football!

Player's line up on one end with a ball at their feet & the defender is in the middle of the grid.

The defender in the middle or the coach yells "red rover cross over" at which point the players try to run with their ball from one end to the other without getting tackled.

Once a player has their ball kicked away they are a defender in the middle.

Set up: In an area approximately 20m x 30m, you can have a "safe zone" of 5m on each end (or just have a finish line)