

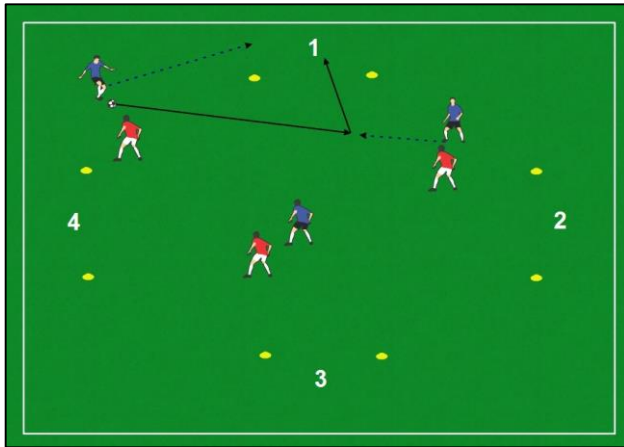


Core skill: Striking the ball

Difficulty level ★★☆☆

4 SIDED FOOTBALL

End activity



Players are organised into two teams with one match ball, for a team to score they must pass through a gate to a team mate on the other side.

(Here the blue team are demonstrating scoring a goal through Gate 1)

Players can score by passing the ball through either side of the gate (to a team mate on the other side)

Set up: In an area approximately 20m by 20m. Place four “gateways” with cones 2-3m apart depending on the skill level of your players.