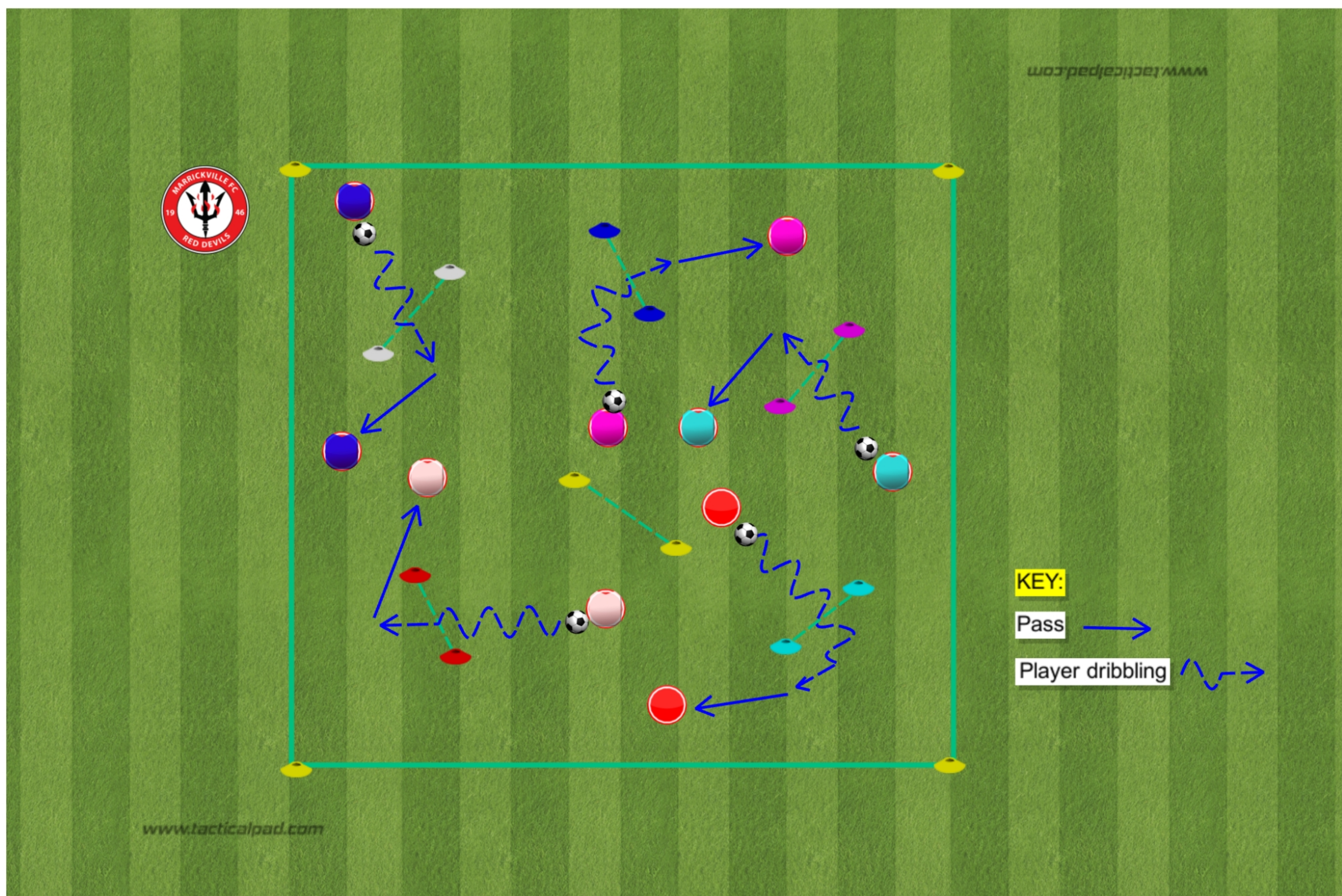


BEGINNING: OPEN THE GATE!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9m x 9m		10		

RUNNING WITH THE BALL INTO SPACE: OPEN THE GATE!

ORGANISATION:

Mark out a 9m x 9m area.

6 gate-goals randomly placed around the area.

Players in pairs with one ball.

CONSTRAINTS:

Players must move to a different gate-goal after every pass.

If the ball goes out, hits another player, another ball or a cone, players have to do that gate-goal again.

EXPLANATION:

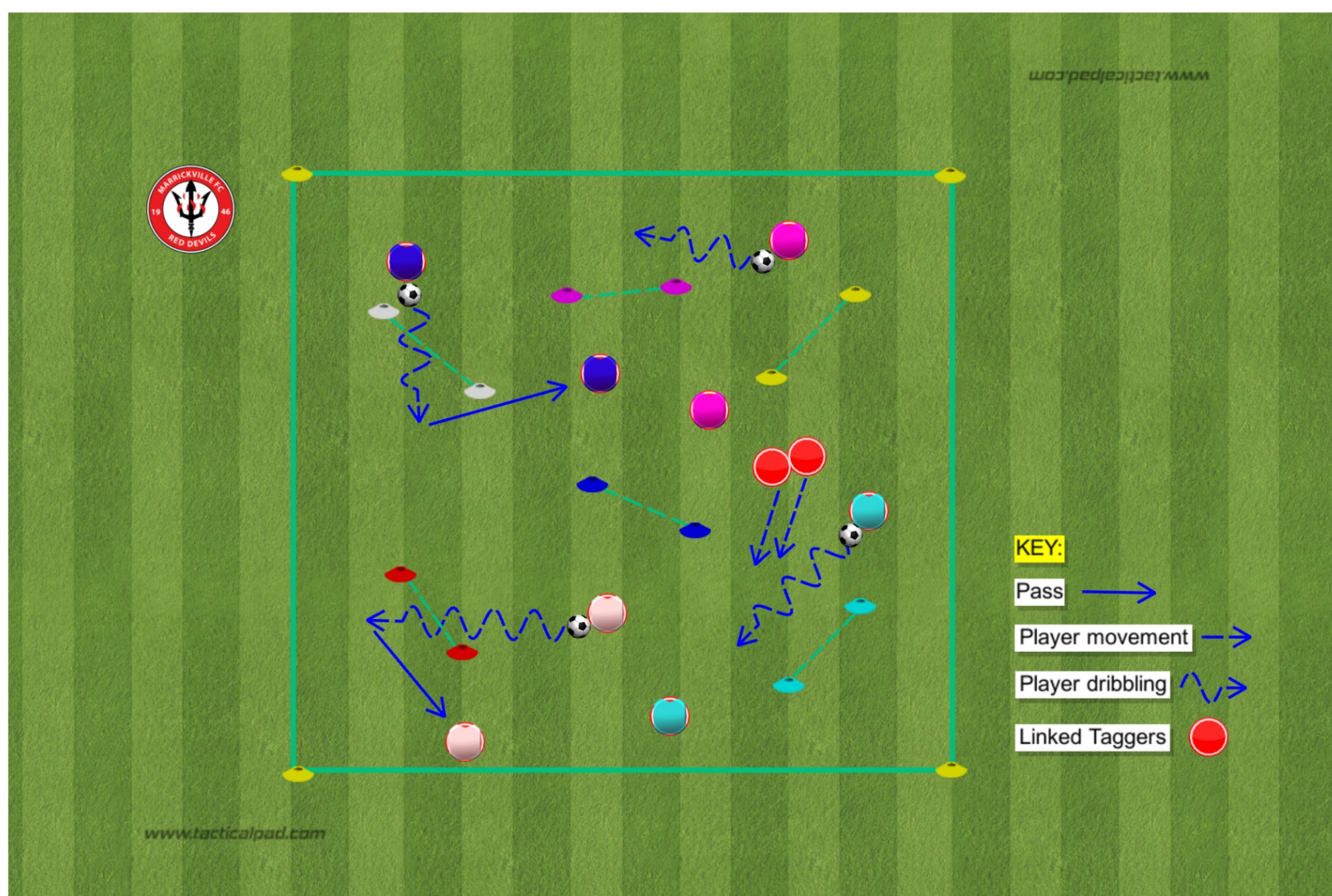
Players run the ball through a gate-goal and then play a pass to their partner. This player then runs the ball through a different gate-goal before passing back to their partner. Pairs repeat while coach asks the players to run the ball....

1. Using different parts of their foot (sole, outside, inside).
2. Performing a skill-move whilst running the ball.
3. Using smaller or larger touches (larger touches when moving faster, smaller touches when moving slower)

RACE CHALLENGE:

First pair to run the ball through all gate-goals is the winner.

MIDDLE GAME: OPEN AND SHUT!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9m x 9m		10		

RUNNING WITH THE BALL INTO SPACE - OPEN AND SHUT!

ORGANISATION:

Mark out a 9m × 9m area.

6 gate-goals randomly placed around the area.

Players in pairs with one ball.

CONSTRAINTS:

Players must move to a different gate-goal after every pass.

If the ball goes out, hits another player, another ball or a cone, players must lose their points and start their count again.

EXPLANATION:

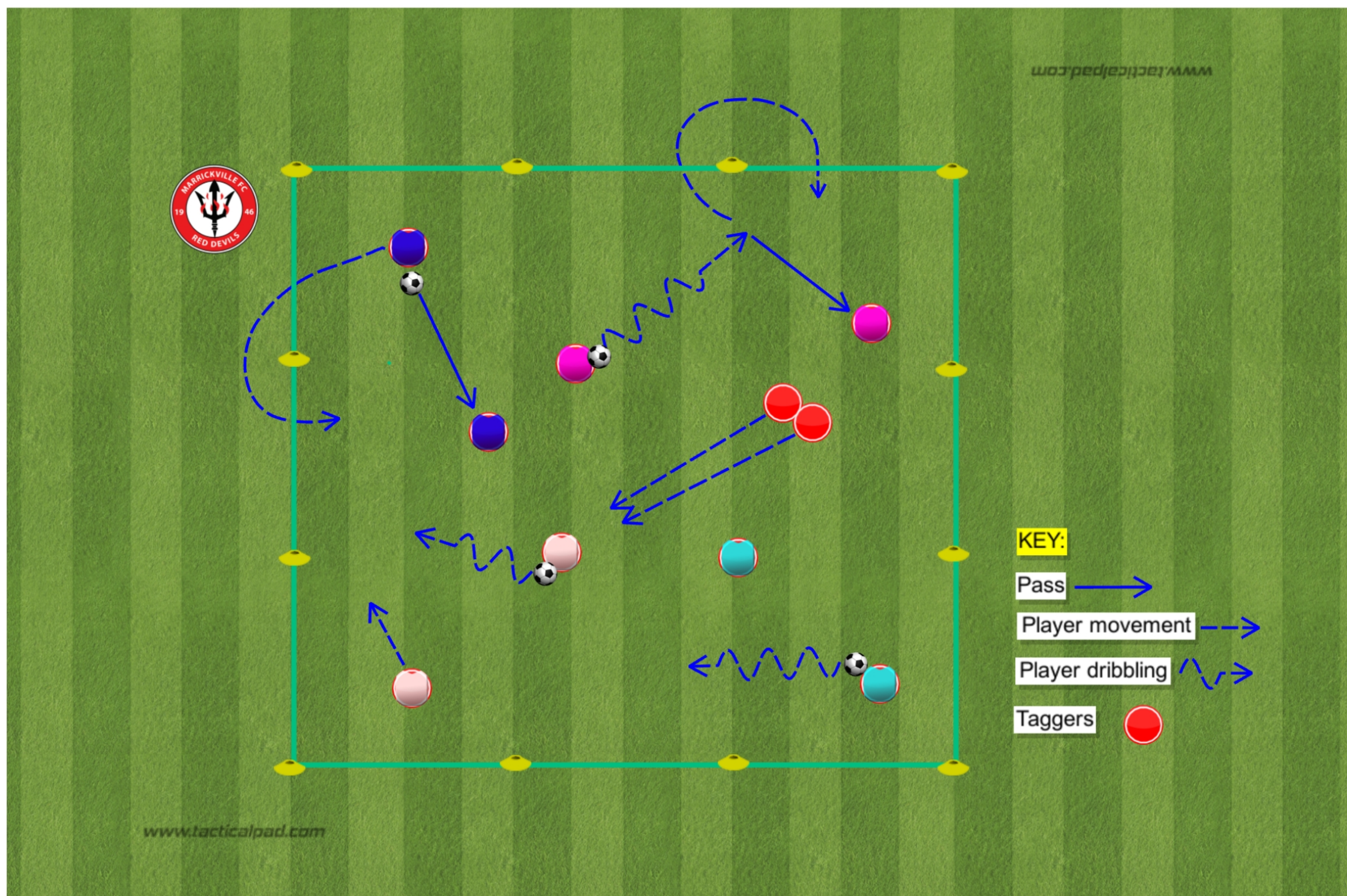
As before but now a pair link arms to become taggers and attempt to tag the ball-carriers. Taggers may also intercept the ball. If they win the ball they attempt to run the ball out of play. When the taggers make 3 tags or run the ball out of play they swap with a different pair.

RACE CHALLENGE:

Players collect a point for each gate-goal they run through. Taggers collect a point for each succesful tag. If pairs GET TAGGED or are not successful in keeping the ball they lose their points and have to start their count again. First pair to get 6 points is the winner.

Swap taggers and play again.

END GAME: RUN AWAY FROM TROUBLE!



Players	Space	Intensity	Act. Time	Rest	Repetitions
10	9m x 9m		10		

RUNNING WITH THE BALL INTO SPACE - RUN AWAY FROM TROUBLE!

ORGANISATION:

Mark out a 9m × 9m area. Remove cones from previous game.

Players in pairs with one ball.

One pair link arms to become taggers and ball interceptors.

CONSTRAINTS:

Players must run around a cone after every pass.

EXPLANATION:

Pairs attempt to keep the ball from the taggers and avoid getting tagged. Pairs score a point for every pass they complete. If they lose the ball or get tagged, pairs link arms and also become taggers.

Taggers attempt to tag the ball-carrier.

Pairs with the highest amount of points wins. Bonus 5 points for being the last pair left.

Swap starting taggers and play again.