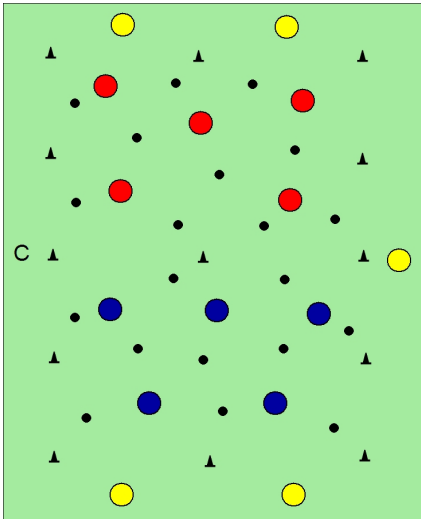




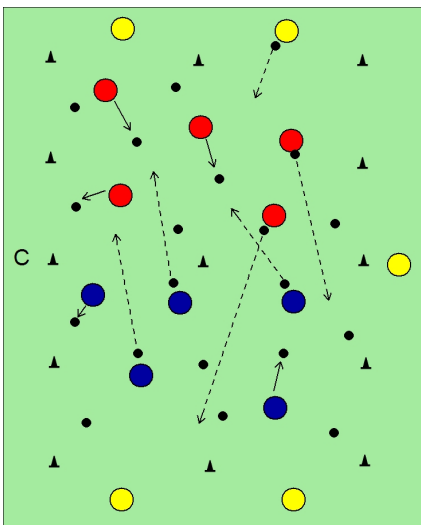
Bombs away



How it works

Two teams start inside adjacent squares with lots of balls (bombs) spread around.

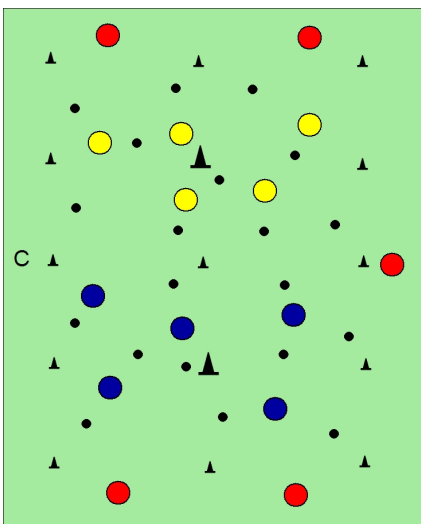
A third team stands around the outside of the two squares.



On a signal from the coach, the players try to pass as many balls as they can into the other team's square.

The yellow team and the coach can pass any balls back in that come out of the playing area.

Play for one minute then stop and count up the number of balls (bombs) in each square to work out the winning team.



The yellow team then swaps with one of the other teams and play again. Then repeat so each team has played against each other.

Possible changes

The players have to pick up a ball and feed it to one of their teammates to head or side-foot volley into the opponent's playing area.

Place a large cone in the centre of each grid area. If a player hits the big cone of another team with a pass, they get one or two bombs knocked off their score at the end of the game.