Defend the castle
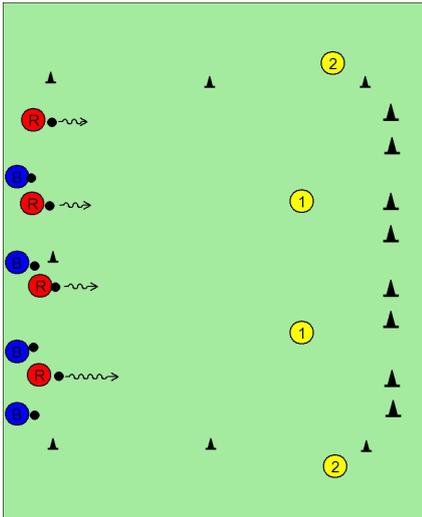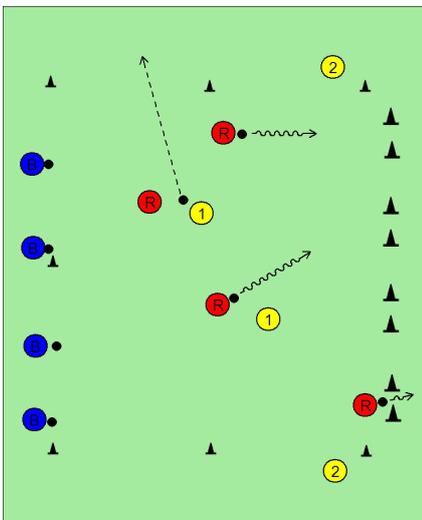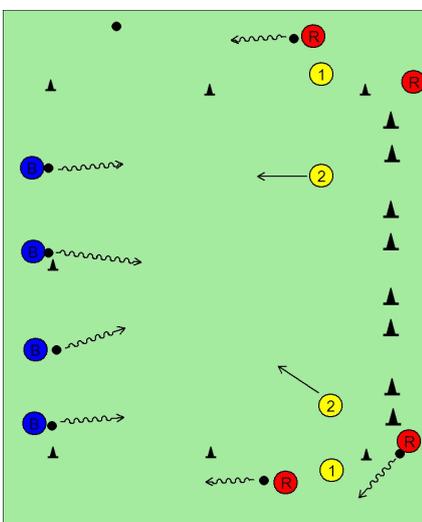
How it works
Two yellow players defend the four cone goals (castle) at one end of a large playing area. The other two yellow players stand outside the playing area but swap in for the next team.

On a signal from the coach, the red players must try and dribble their balls across the playing area and through one of the cone gates.

The two yellow players attempt to win a ball and kick it out of the playing area.

If it is not kicked out then the red player can retrieve the ball and carry on. If their ball is kicked out then that red player can support other players in their team.
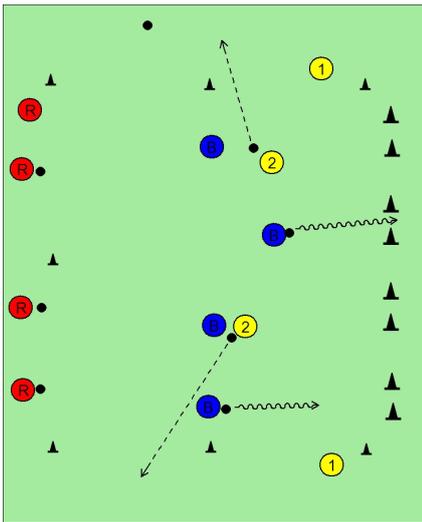
When the red team have finished, they dribble their ball or jog back to the start around the outside of the playing area.

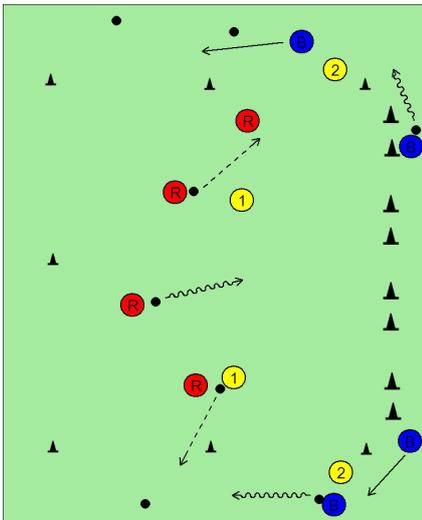Yellow Player 1s swap places with the Yellow Player 2s to defend the castle.

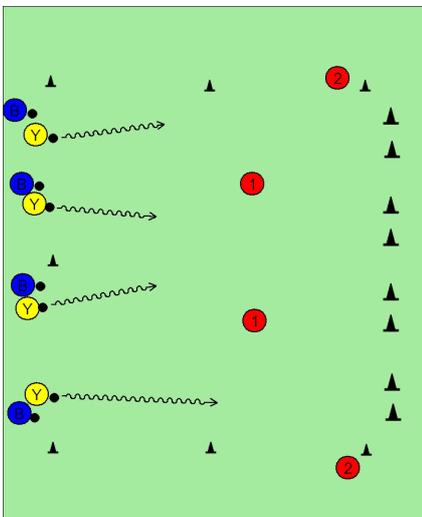The blue team can then try and repeat the same mission as the red team.

Two blue players have had their balls kicked out in this round so the blue team will start the next round with only two balls between them.

When the red team start for a second time, three of the players start with a ball as one of them was kicked out during the last round. The fourth player still offers their support for a pass if another red player is pressured by a yellow defender.

The red and blue teams compete to keep hold of at least one ball for as many rounds as possible.

Rotate the teams so that a different colour becomes the defenders (this time the red team) and start the game again. Compete against each other and also the defenders try and beat a team record of how well they can defend the castle.

Possible changes
You can play this game with bigger numbers but an even amount of players on each team works better when you swap the defenders for each round.

Play with all four defenders protecting the castle if you need to increase the level of challenge.