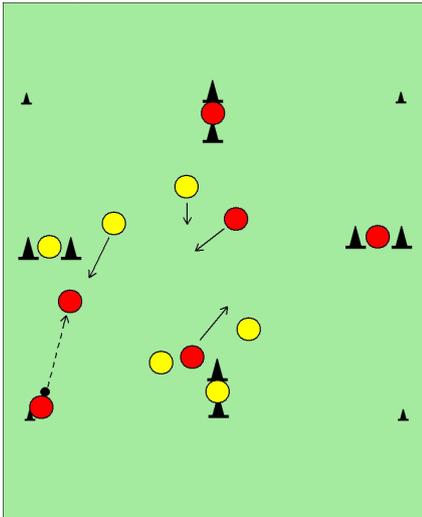




Four goal rescue

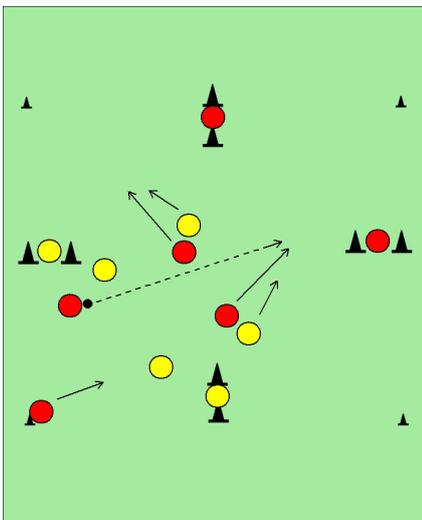


How it works

A large area is set up with four small cone goals, one at each side of the playing space.

Two red and two yellow players stand in these goals as shown in the diagram.

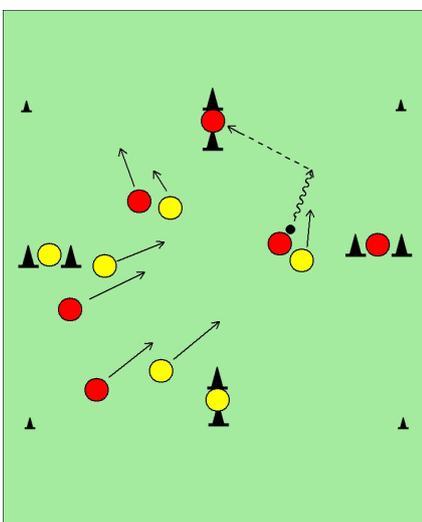
The red team starts with a pass from the far corner of the playing area from their two players in the goals.



The red team must try and keep possession of the ball and pass to one of their players stood in a cone goal.

The yellow team must try and pressure the red players to win possession for themselves.

If the ball goes out of the playing area then the game is restarted with a pass or throw-in from the side. The pass or throw-in cannot go directly to one of the players in the cone goals.



Both teams must try to pass the ball to one of their teammates in a cone goal. The player who passed the ball takes their place in the cone goal.

The ball is then given to the yellow team to restart play from the far corner of the playing area from their two players in the goals.

Make sure the players in the goals change role if they have not been rescued with a pass for more than 2/3 minutes. Play for 10/15 minutes keeping score of the number of goals scored.

Possible changes

Play 2 v 2 or 3 v 3 in the middle depending on numbers in the group.

When a player is rescued from the cone goal they join the rest of the team to make 5 v 4. Points can only be scored by passing through an empty goal after the player has been freed. The game will shortly end up 6 v 6 with two goals open for each team.