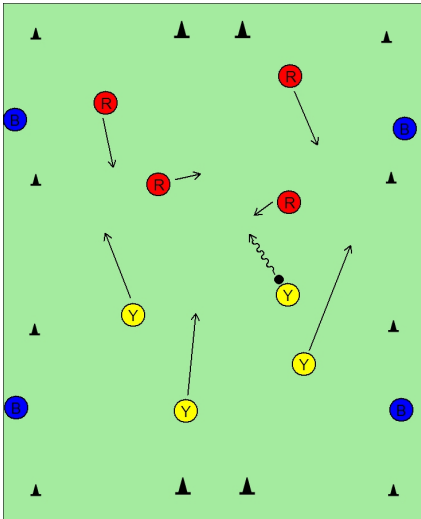




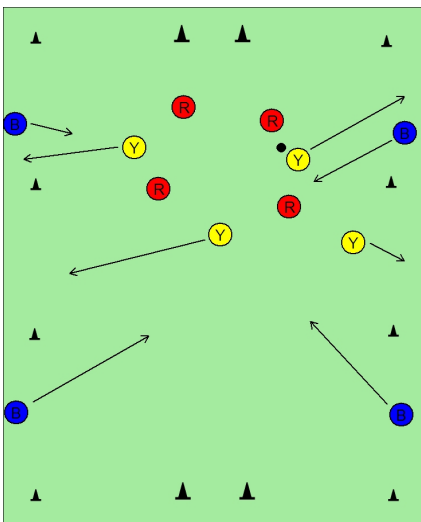
Quick change



How it works

The red and yellow teams play a 4 v 4 normal rules game within the playing area whilst a third blue team wait ready, just outside the playing area.

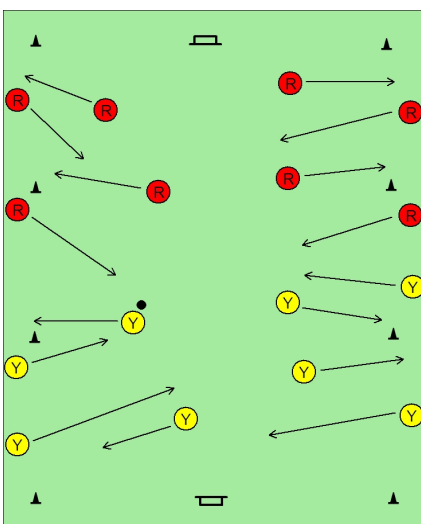
No goalkeepers are required.



At any time the coach can call a colour (in this case yellow) and that team has to leave the field of play immediately to be replaced by the team that is off the field.

The team coming on has to organise themselves quickly to defend or gain possession of the ball before the team still on the field can take advantage and score.

The team which scores the most goals whilst on the field of play wins the game.



Possible changes

Play 4 v 4 but each colour has two teams, one on the field of play and one at the side. When the coach shouts 'Change!' the two halves of the team have to swap on and off the field immediately.

Play with goalkeepers if you wish.