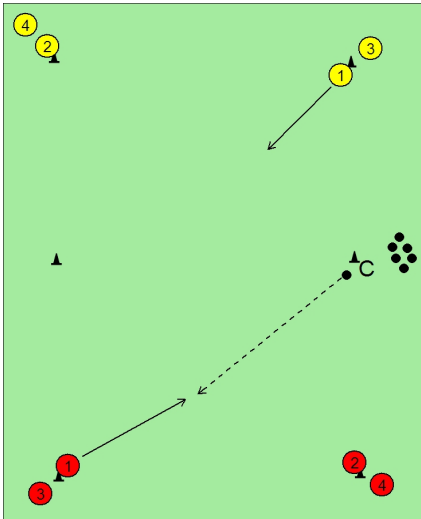




**The far side**

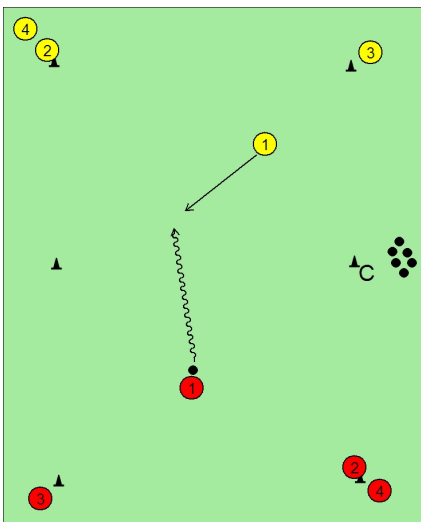


How it works

The coach starts the game by passing to the red player.

The red player (attacker) moves forward to control the ball.

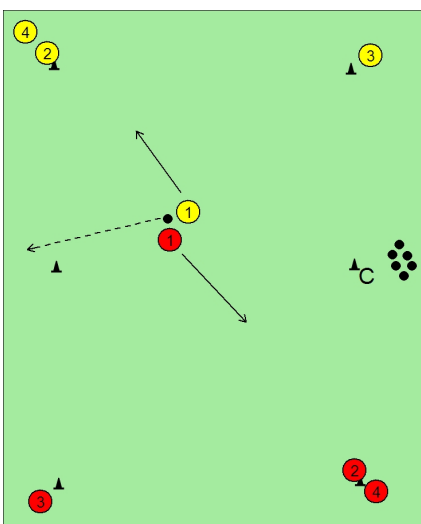
The yellow player (defender) can also move forward as soon as the coach plays the pass.



The red player dribbles the ball towards the opposite end to reach 'the far side.'

If the red player gets to the opposite end and stops the ball under control between the line of the cones then they score a point for their team.

If the yellow player wins possession of the ball and manages to dribble and stop the ball between the cones at the red end then they score two points for their team. The red player can still try to stop them and win possession back or kick the ball out.



If the ball is lost outside the playing area (as shown in this diagram) then neither player gets any points and they return to their end. They must stand behind the cone at the other side so next time they will have changed roles from attacker to defender and vice versa.

The coach then passes the ball to Yellow Player 2 for them to become the attacker whilst Red Player 2 moves out to defend.

Play several rounds so all players have a chance to attack and defend and keep a running score of points to get a winning team. Change partners and play again.

Possible changes

The defender(s) is not allowed to move until the attacker(s) has controlled the ball or until they get to the middle cones.

Play 2 v 1 or 2 v 2 for a change.