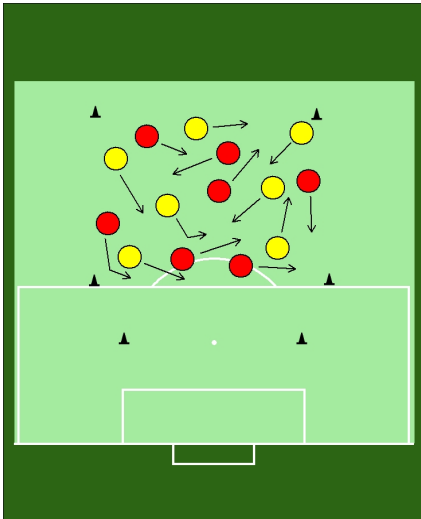




Fruit shoot

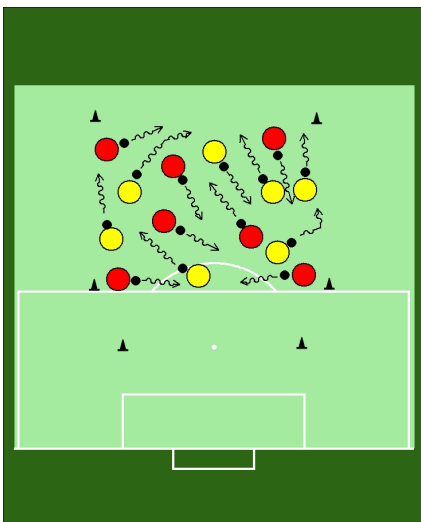


How it works

Two teams of players dribble around inside the large rectangle on the edge of the penalty area.

The coach calls out these names of different soft drinks and the players copy the following actions:

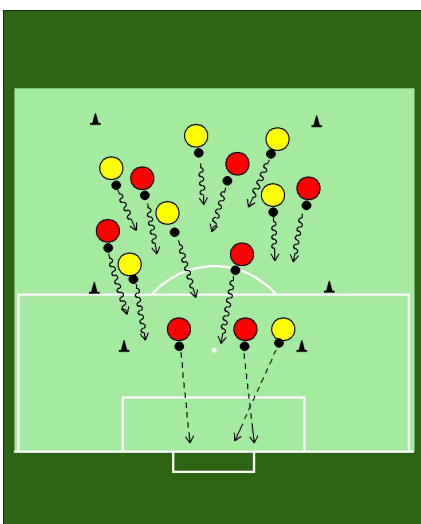
- Five Alive** - find a partner to give them a 'High Five' with one or both hands;
- Full Throttle/Boost** - sprint quickly for a count of ten;
- Powerade/Irn Bru** - stop and show some muscles with a body building type pose;
- Citrus Freeze/Glacier Freeze** - stop instantly and freeze;
- Capri Sun** - lie down as if sunbathing;
- Red Bull** - make horns with fingers and charge.



Players now dribble a ball around inside the large rectangle on the edge of the penalty area.

The coach calls out these names of different soft drinks and the players copy the following actions:

- Five Alive** - stop the ball and find a partner to give them a 'High Five' with one or both hands;
- Full Throttle/Boost** - dribble the ball quickly for a count of ten;
- Powerade/Irn Bru** - stop the ball with their foot on top and show some muscles with a body building type pose;
- Citrus Freeze/Glacier Freeze** - stop instantly without even stopping the ball;
- Capri Sun** - lie down with their head on the ball as if sunbathing;



Fruit Shoot - all players dribble their ball to the space between two cones in line with the penalty spot. From there they can shoot at goal but must move quickly away to the side so they don't get in the way of further shots.

Count the total of goals scored by each team to get winner. Players can then retrieve their ball and take it back to the playing area to start another game.

Possible changes

For large numbers the coach could call 'Lemon Fruit Shoot' for the yellow team or 'Strawberry Fruit Shoot' for the red team to come out separately and shoot for goal.

Drink names may differ depending on the country so you may be able to come up with different drink actions.