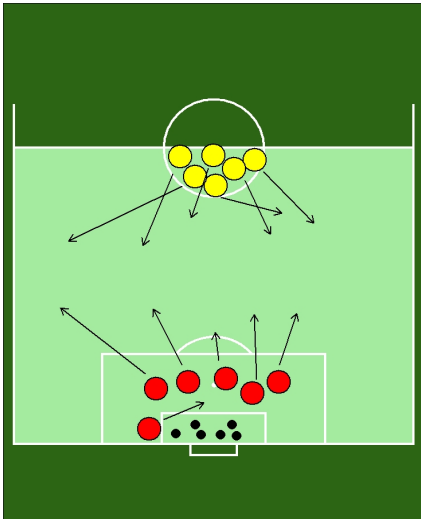




Cops and robbers

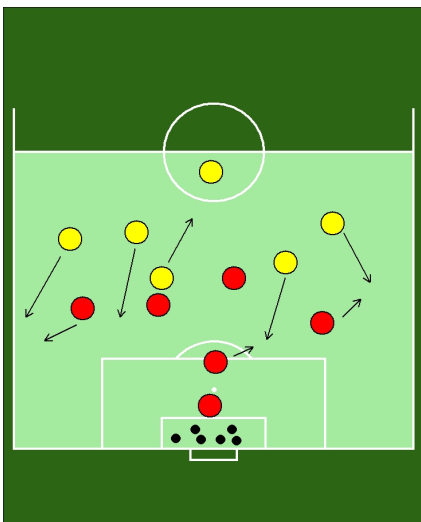


How it works

Red players are the Cops and must stand in the penalty area but are not allowed in the six yard box.

Yellow players are the Robbers and must stand in the centre circle.

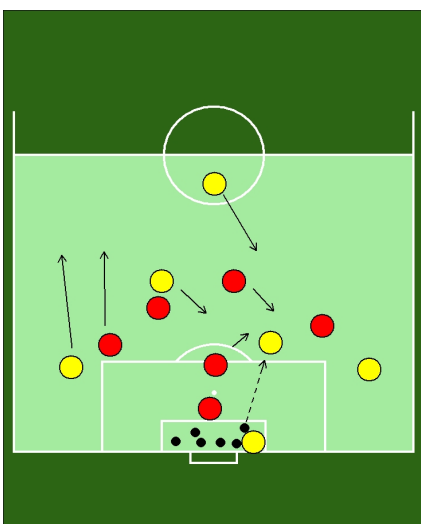
On a signal from the coach, players from both teams are allowed to run into the playing area.



The Cops (red players) try to tag the Robbers (yellow players).

If tagged the Robber must return to the centre circle before they can out again and back into the game.

A Robber must try and get into the six yard box without being tagged to gain possession of a ball.



Cops then play against Robbers in a 6 v 6 game. Robbers must pass or dribble the ball into the centre circle (Hideout) and stop it there. Cops must try to win possession and pass or dribble the ball back into the six yard box (Bank). If the ball goes out at the side then restart with a throw-in to the appropriate team. If the ball goes out at either end then it is lost and the Robbers have to try and steal another. They can do this as soon as the ball is lost without having to return to the centre circle unless they are tagged. Set a time limit of ten minutes for the Robbers to steal as many balls as possible and then switch teams.

Possible changes

Have more Robbers than Cops to make it easier to steal the balls and play in a smaller area if you have less than twelve players.