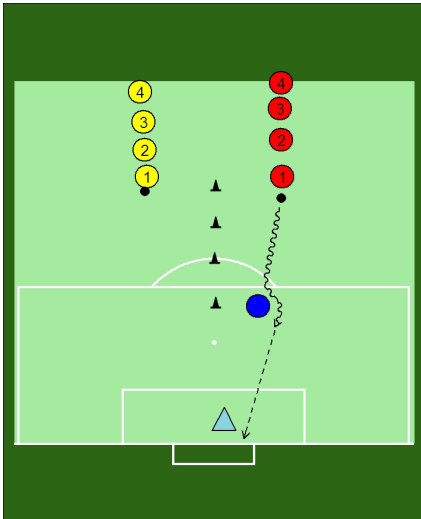




Countdown

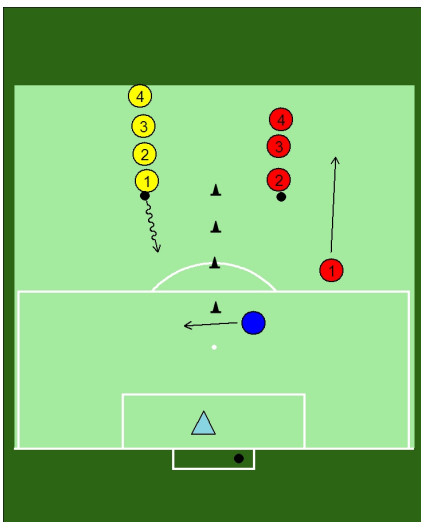


How it works

On a signal from the coach, Red Player 1 dribbles towards the goal.

Other players start the 'Countdown' by calling out the numbers from ten down to zero.

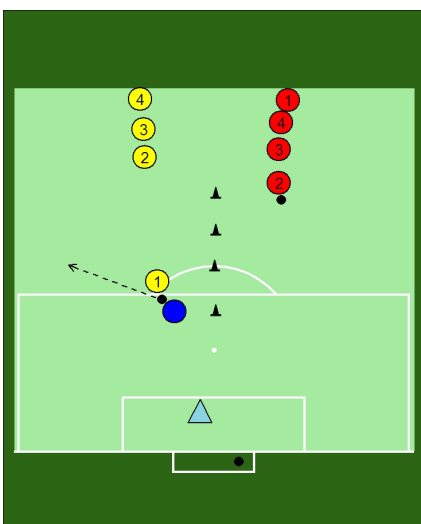
Red Player 1 has until the countdown reaches zero to score or at least make an attempt on goal.



If the red player scores within the time limit then the coach makes another signal immediately and the Countdown starts again for Yellow Player 1.

The blue defender must get across to the other side of the penalty area as quickly as possible to challenge for the ball.

The red player goes back to join the line.



Here, the blue defender has tackled Yellow Player 1 and so the countdown starts again immediately for Red Player 2. If a player is held up by the blue defender, running out of time, the countdown starts again for the next player in the other team.

It is up to the coach to give the signals quickly for the next player to start and the new countdown to begin. Keep the scores for a few rounds and then change the defender and goalkeeper if desired.

Possible changes

Both Player 1s work as a pair, with a ball between them, to try and score within the ten second count down.

Increase/decrease the starting distance from the goal or the amount of seconds in the countdown.

Play without a defender to make it easier.