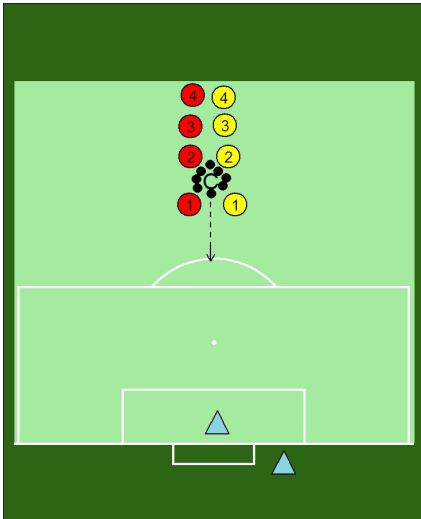




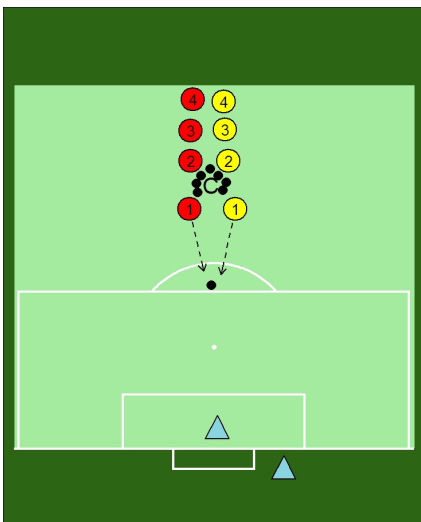
Compete to score



How it works

The coach stands behind Player 1s with a supply of balls and both players facing the goal.

The coach passes the ball between the two players.



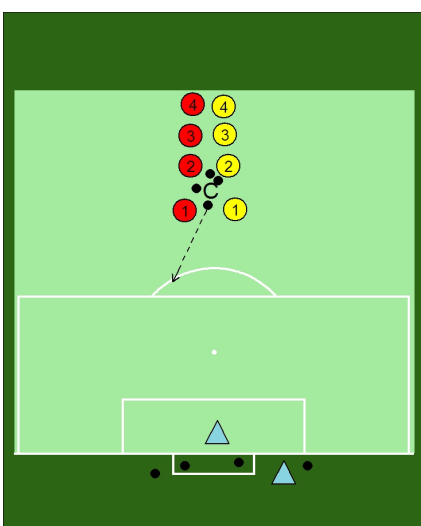
As soon as Players 1s see the ball they react to run forward and compete to win possession.

If Player 1 wins the ball they try to score whilst Player 2 tries to tackle or apply pressure to Player 1.

If Player 2 wins the ball then they try to score.

Have one goalkeeper if you have an odd number or two goalkeepers who can keep switching if you have an even number. They could swap with another pair after 1/2 rounds if you want everyone to have a go in goal.

Players can compete several rounds against the same partner or switch partners and compete as two teams.



The coach can favour a player with the pass if they have not got to the ball first after 2/3 rounds.

Possible changes

The coach can vary the feed, such as a bouncing ball or high throw in the air.

Players could start in different positions, such as facing the coach, sitting, kneeling on all fours, lying down and so on (the sillier, the better!)