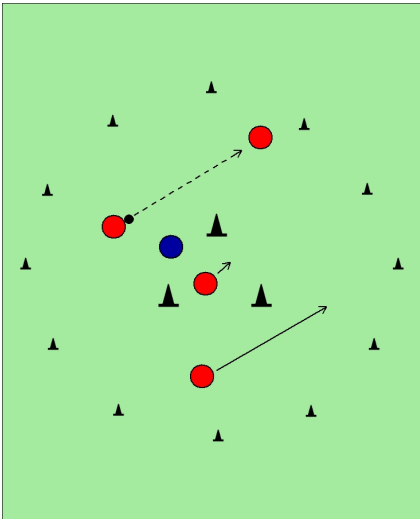




Passing triangle

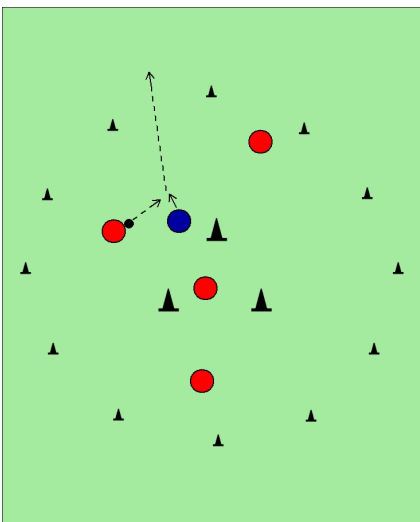


How it works

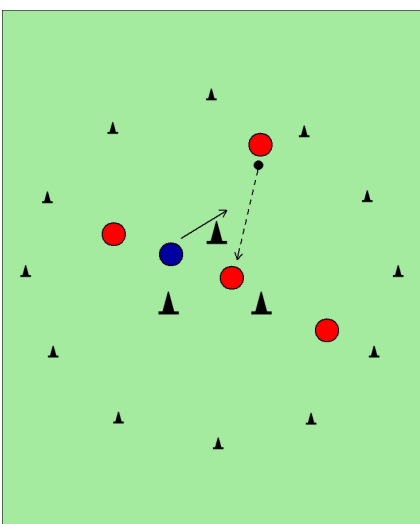
One red player must stay inside the triangle set up in the centre of the circular playing area.

The other red players and one blue defender are allowed anywhere in the circle, apart from inside the central triangle.

The red players try to keep possession of the ball. They get one point for a pass to a teammate in the circle.



If the blue defender intercepts or tackles the ball and kicks it out of the area, then the red players must start their points count again. This also happens if the red players allow the ball to go out of the circular playing area by mistake.



If the red players pass to the player in the central triangle then they get a bonus five points, but the ball must be controlled inside the triangle. Play for 3/4 mins attempting to beat previous best scores and then change the roles of the players.

Possible changes

Play 4 v 1 in the outer circle to make it easier or 3 v 2 to make it harder.

Restrict the players to two touch passing and/or the blue defender is only allowed to intercept passes but not make tackles.

Have no red player in the central triangle at the start and allow any of them to make a move into the triangle to receive a pass for five points.