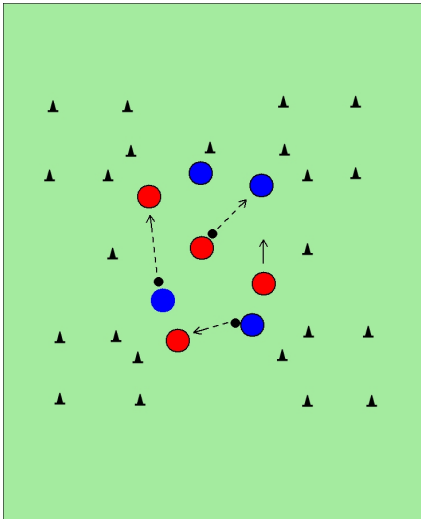




Four grids - passing

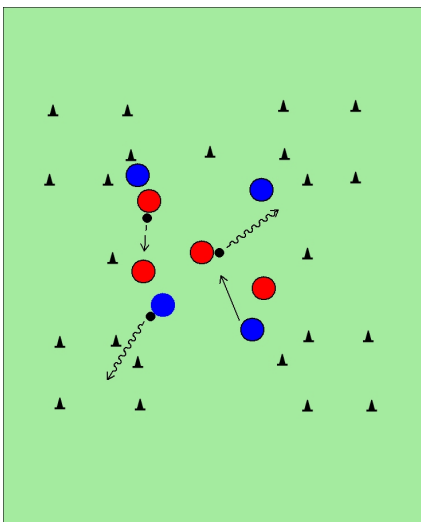
Safety zone



How it works

4 players of each team move around the grid passing the ball.

Red players can only pass to blue players and so on.



On a signal from the coach, players in possession must try to dribble the ball through a gate to stop it in one of the four safety zones.

Players can pass to a teammate who is better placed to dribble the ball into a safety zone.

Players can attempt to tackle opponents to gain possession.

Possible changes

Play 5 v 5 using 4 balls or 6 v 6 using 5 balls etc.