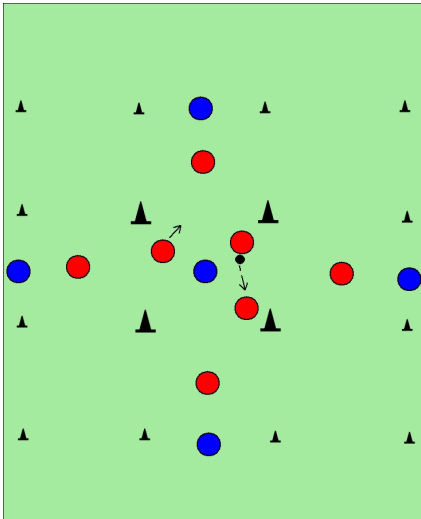


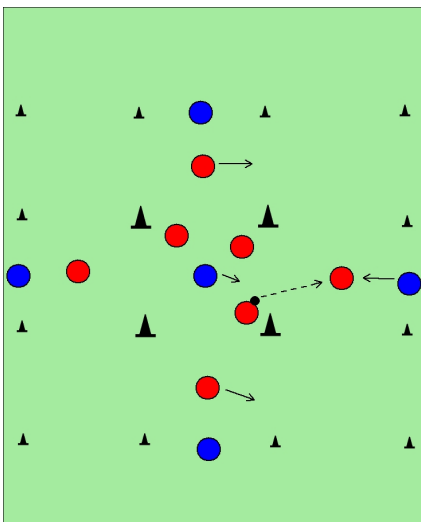


**Gridball**



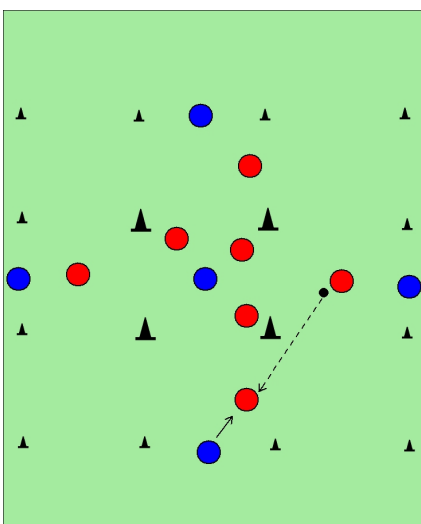
How it works

Three red players attempt to keep possession against one blue defender inside the central grid.



The red players in the central grid are allowed to pass to their team-mates in the other four grids.

As soon as the ball is passed into one of these outer grids, a blue defender can move into the same grid to pressure the red player in possession.



Red players can also pass diagonally from one outer grid to another. As before, the blue defender can then move into that grid to pressure the player in possession.

The blue defenders can be passive and just apply pressure or fully active to intercept and make tackles.

Keep challenging the red team to beat the previous best number of passes without an error being made.

Play for 4/5 minutes then swap roles.

Possible changes

Play without the blue players at the outer grids but allow the blue player in the centre to move freely around the playing area.

Restrict red players to two touches on the ball.

Blue defenders start inside the outer grids to make it much harder for those players to get free to receive a pass.