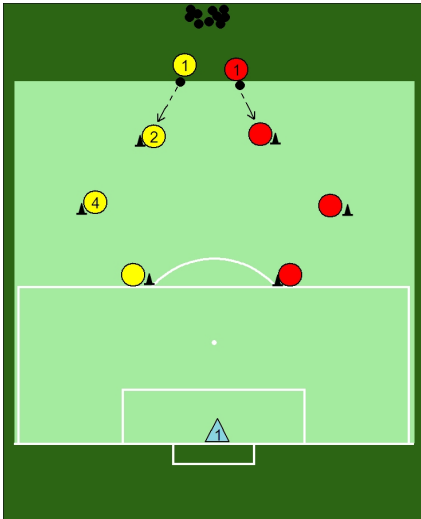




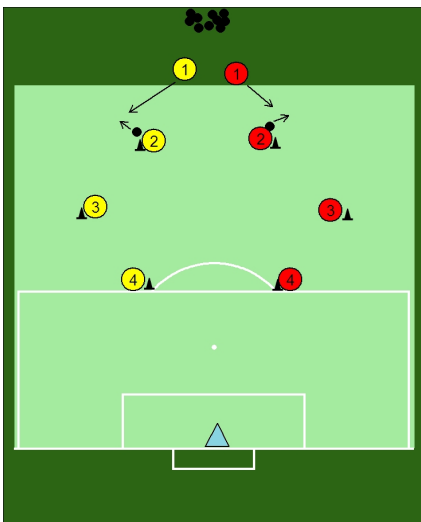
One twos and shoot



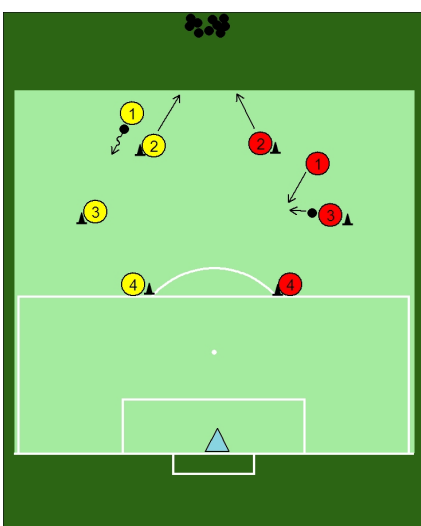
How it works

Two teams of players line up as seen in the diagram with one player standing by each cone outside the penalty area.

On a signal from the coach Player 1s pass to Player 2s.



Player 2 lays the ball off for Player 1 to run forward, control the ball and dribble towards Player 3.

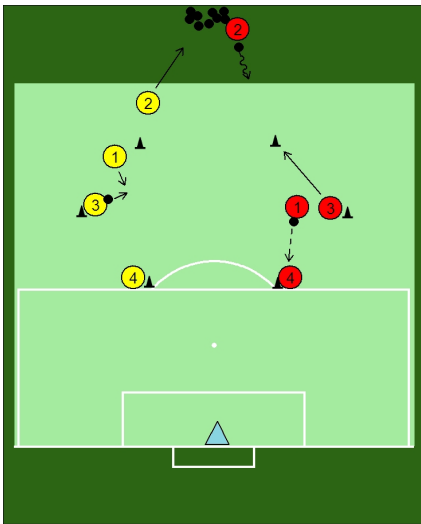


Player 3 also lays the ball off for Player 1 to run forward, control the ball and dribble towards Player 4.

Meanwhile Player 2 moves to get a ball ready to start the next passing sequence.

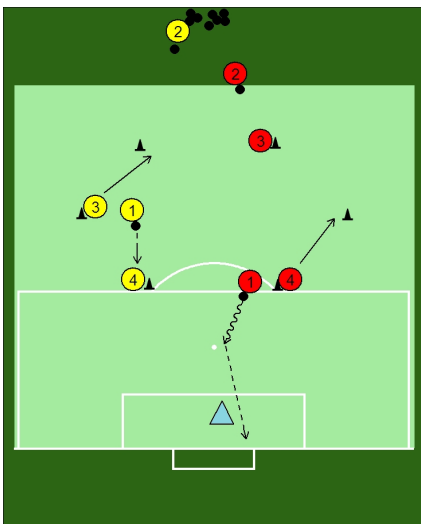


Half pitch - passing



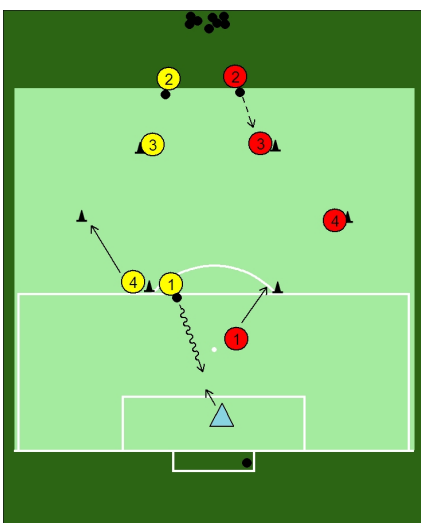
Finally Player 4 lays the ball into the path of for Player 1 for them to run forward, control the ball and attempt to score on goal.

Player 3 moves down a cone to be ready to receive a pass from Player 2.



Player 1 can either try to dribble round the goalkeeper or shoot to score.

Player 4 also moves down a cone.



After attempting to score Player 1 must go back to the cone on the edge of the penalty area.

Player 2 starts the passing sequence again with a pass to Player 3.

The two teams can compete against each other by being the first to score 5/10 goals or by scoring the most goals in a set period of time.

Possible changes

Teams can start at the same time, as shown in these diagrams, or could alternate turns on a signal from the coach.

The player receiving the final lay-off could be restricted to one controlling touch before shooting or even shooting first time.