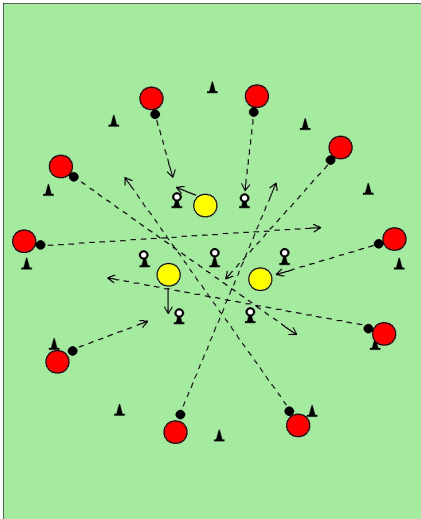




Target circle



How it works

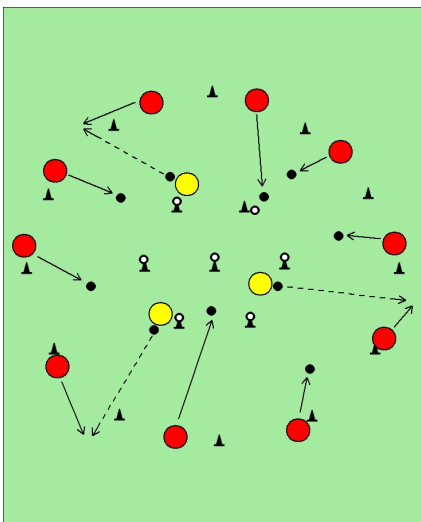
Players stand evenly spaced around the circle with a ball each.

An inner circle of targets (tall cones or balls balanced on cones) is protected by three yellow players.

On a signal from the coach the red players pass their ball to try and knock down the targets. (Players must be warned and have the ability to keep passes down along the ground so the yellow players are safe).

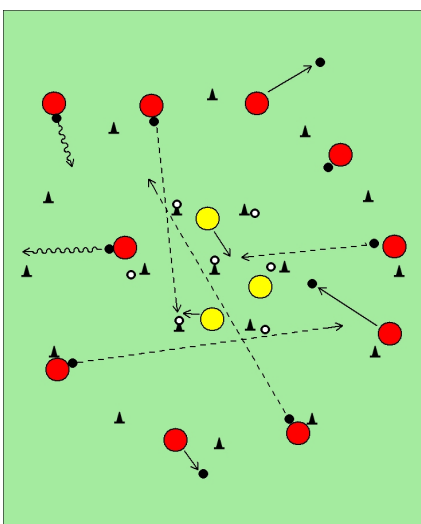
The yellow players can protect these target by stooping them or kicking the balls away.

The outer targets are worth 2/5 points and the central target is worth 5/10 points.



Red players are allowed inside the circle to collect a ball but must dribble it to the edge before having another pass at a target.

Players are encouraged to put enough strength on the passes that if they miss the ball they would reach the other side of the circle for another red player to easily retrieve.



Play continues until all the targets are knocked down or an agreed amount of time has elapsed.

Change the three yellow players in the middle and see if the previous record of targets knocked down can be beaten.

Possible changes

When there is only one target left the yellow players must pass or dribble the ball around to stop them surrounding it in the middle of the circle.

The red players must then still hit the ball on the move to finish the game.