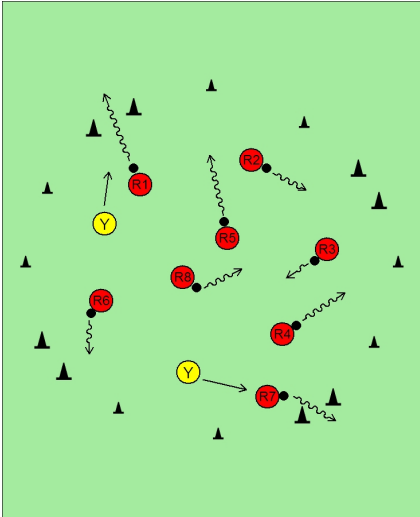




Circle - dribbling

Close the gate



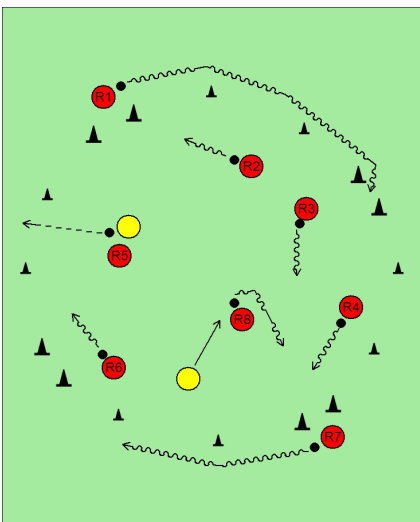
How it works

The red players have a ball each and must try and keep possession of their ball.

The yellow players must try and pressure the red players and kick their ball out of the playing area.

Red players are allowed to dribble out of the playing area but only through one of the larger cone gates spaced out around the edge of the circle.

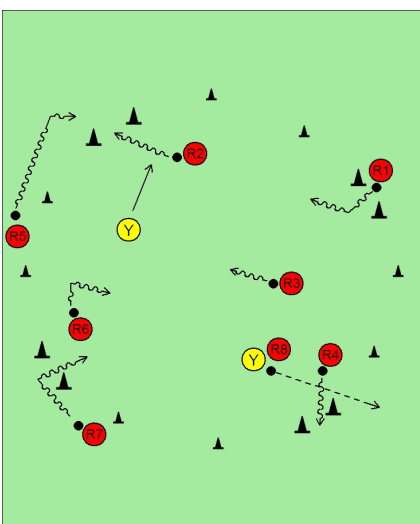
Yellow players cannot leave the playing area.



In this diagram Red players 1 and 7 have escaped out of a cone gate and are dribbling around the outside of the circle to re-enter the playing area through different gates.

Red player 5 has had their ball kicked out of the playing area. The player must retrieve the ball and re-enter through a cone gate.

Red player 8 is under pressure from a yellow player so has turned towards a cone gate to escape to safety if necessary.



Play for 1/2 minutes then swap two red players with the yellow players. They then have to try and kick more balls out of the playing area than the previous pair.

Play until all the group have taken the role of the yellow players.

Possible changes

Play 5 v 3 depending on the age or ability of the group but if you play with a larger group make sure you have more cone gates than yellow players.

When a red player has their ball kicked out they are not allowed to retrieve it but can offer support to other red players to help keep possession of their ball.