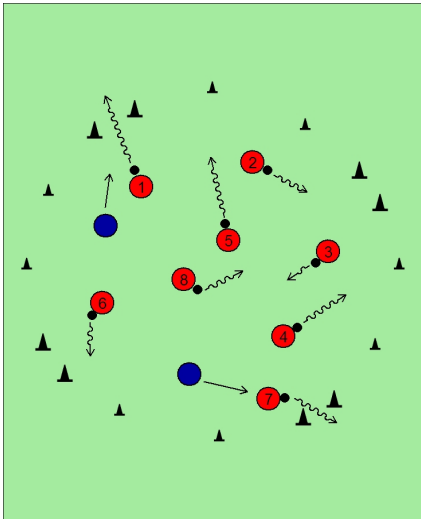




Close the gate



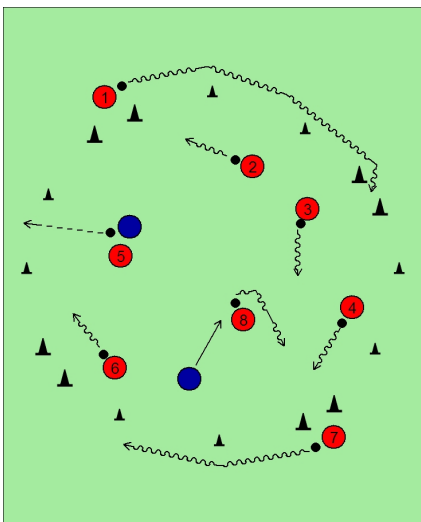
How it works

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

Blue 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.

Blue players cannot leave the playing area.



In this diagram Red players 1 and 7 have escaped out of cone gates 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 blue 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 blue players.

The next pair of blue players has 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 blue players.

Possible changes

Play 5 v 3 depending on the age or ability of the group.

If you play with a larger group make sure you have more cone gates than blue players.