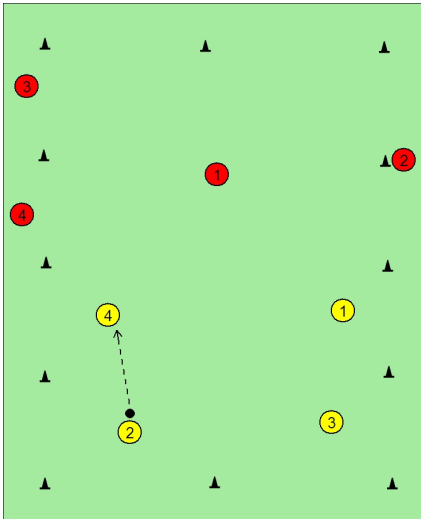




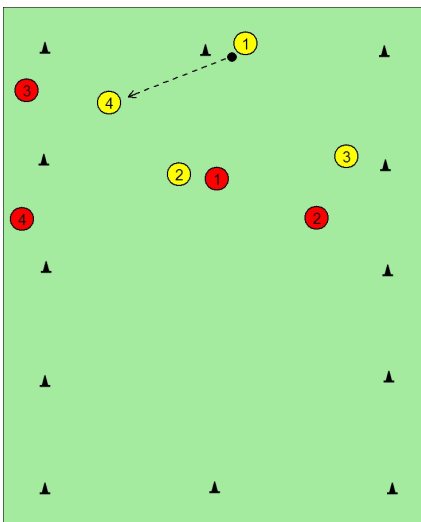
### End to end



#### How it works

Four yellow players start with the ball at one end of the channel. A single red player stands in the opposing half with three teammates outside the playing area.

The yellow players must try and keep possession of the ball whilst trying to beat the red defender and stop the ball at the opposite end in line with the cones.



When this happens another red player comes in to make the teams 4 v 2.

The yellow team now has to try and beat the two red defenders to get the ball back to the other end. If they do so then another red player comes in to make it 4 v 3 and so on.

When it gets to 4 v 4, the yellow team keep trying to get from end to end until they lose possession of the ball and a red defender kicks it out of the playing area.

The red team then start with four players against one opponent from the yellow team.

Teams compete against each other to try and get the ball from one end to the other as many times as possible.

#### Possible changes

If the red team manages to get from one end to the other when it is 4 v 4 then the yellow team goes back down to one player again.