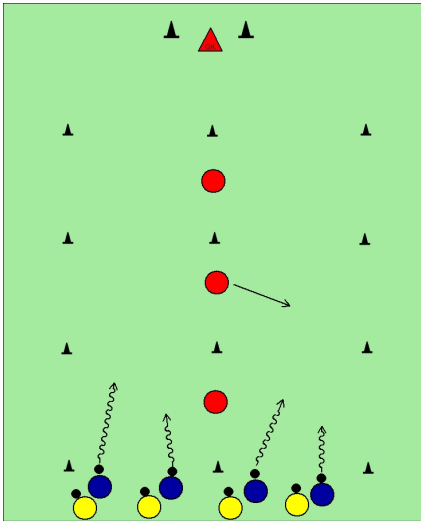




### Gladiators



#### How it works

Teams of four stand at the end of the channel with a ball each.

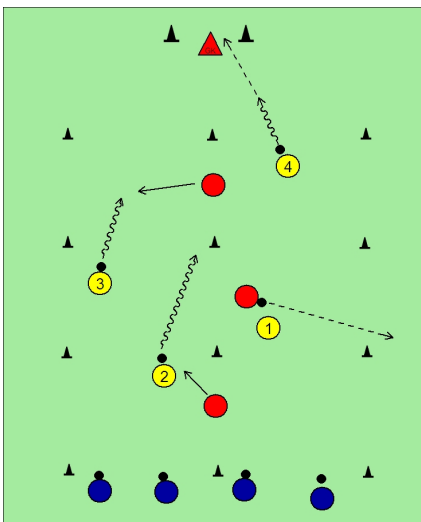
One red player (Gladiator) stands in each of the three zones within the channel and the fourth acts as a goalkeeper.

On a signal from the coach the blue team attempt to dribble through the zones in the channel.

If they get through the last zone they must try and score in the goal.

The red players try to pressure the blue team and win the ball to kick it out of the playing area. (The red players can only tackle within their own zone).

If this happens the player must return to the beginning and wait for the rest of their team to return.



In this diagram Yellow player 1 has lost possession of their ball and it has been kicked out of the playing area. They must retrieve the ball and go back to the start.

Yellow players 2 and 3 have dribbled through the first two zones and are trying to get through the third to take a shot on goal.

Yellow player 4 has dribbled safely through all the zones and is taking a shot on goal.

All the yellow players return to the start when their turn is over by going round the sides of the channel.

The blue team are then ready to go and try to do the same.

Swap another team into the channel zones after 2/3 rounds.

Keep running totals of each teams score eg. goals scored.

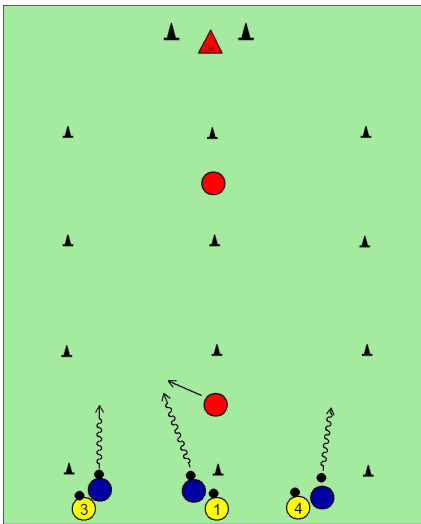
#### Possible changes

The coach could act as the GK and the teams could each have three players.

Red players could apply pressure but not tackle at first.



## Channel - dribbling



Play with teams of three with an empty safe zone in the middle of the channel.

This will make it easier for the players to get through to take a shot on goal.