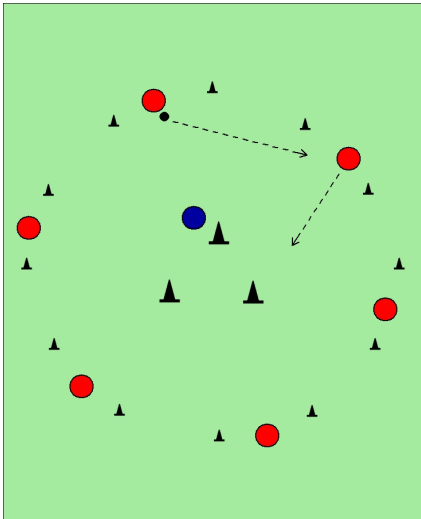


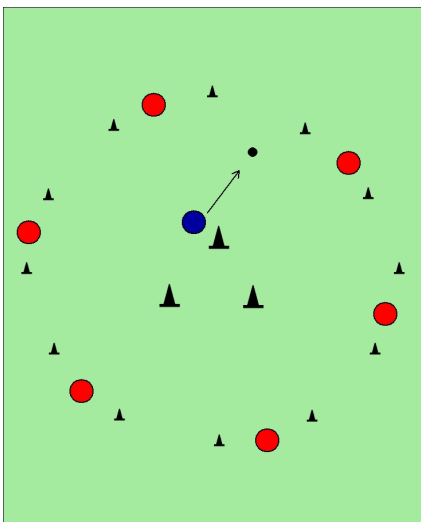


Knockdown



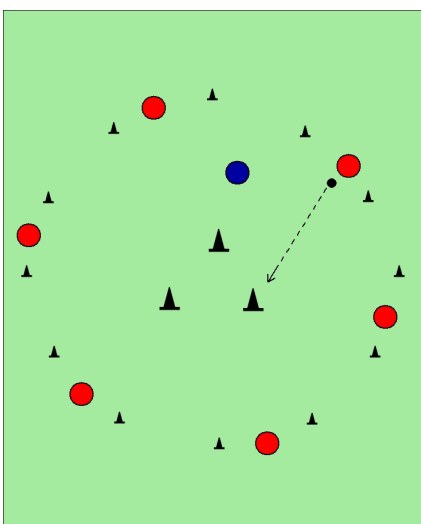
How it works

Red players try to knock down the cones in the centre of the circle. They can move around the edge of the playing area and pass anywhere across the circle in order to try and create an opportunity to pass/shoot at one of the cones.



The blue player can try to intercept passes across the circle but may risk leaving the cones undefended.

If the blue player intercepts a pass across the circle, then they swap with the red player who made the mistake.



If the red players knock down a cone then it is put back up and the red team continue to see how many they can knock down without any interceptions.

If the red players miss a cone but keep possession of the ball, then play continues.

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Possible changes

Enlarge the circle, widen the distance between the centre cones and have 2 blue players inside defending.

Put one of the red players into the middle as well to create a 2 v 1 situation.