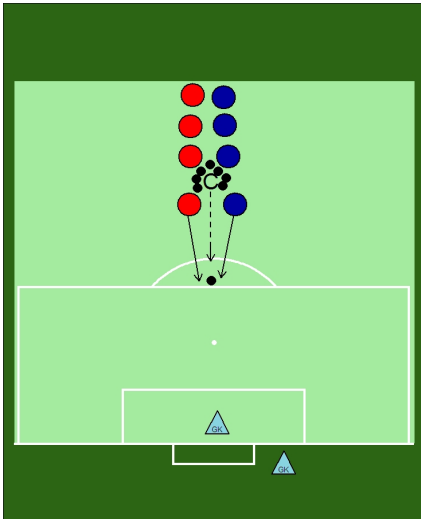




Compete to score 1



How it works

The coach stands behind Players 1 + 2 with a supply of balls with both players facing the goal.

The coach passes the ball between the two players.

As soon as Players 1 + 2 see the ball they react to run forward and compete for the ball.

If Player 1 wins the ball they try to score whilst Player 2 tries to tackle or apply pressure to Player 1.

If Player 2 wins the ball then they try to score.

Have 1 GK if you have an odd number or 2 GKs who can keep switching if you have an even number. They could swap with another pair after 1/2

rounds.

Players can compete several rounds against the same partner or switch partners and compete as 2 teams.

The coach can favour a player with the pass if they have not got to the ball first after 2/3 rounds.

Possible changes

Vary the feed eg. a bouncing ball or high throw in the air.

Players start in different positions eg. facing coach, sitting, kneeling on all fours, lying down etc. (the sillier, the better!)