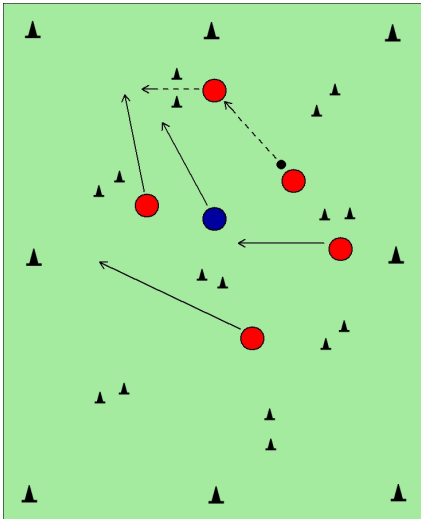




Cone gates possession



How it works

Five red players try and keep possession of the ball within the playing area.

The red team gets 1 point for every completed pass but receive 5 points if they can complete a pass through a cone gate.

The blue player tries to prevent passes through the cone gates and if possible win the ball and kick it out of the playing area.

Play for 1/2 minutes or until the blue player has won possession and kicked the ball out of the playing area 3 times, whichever comes first.

Change the blue player with one of the red players and try to beat previous best point scores.

Possible changes

Play 6 v 2, 5 v 3 or even 4 v 4 depending on the age and ability of the group.