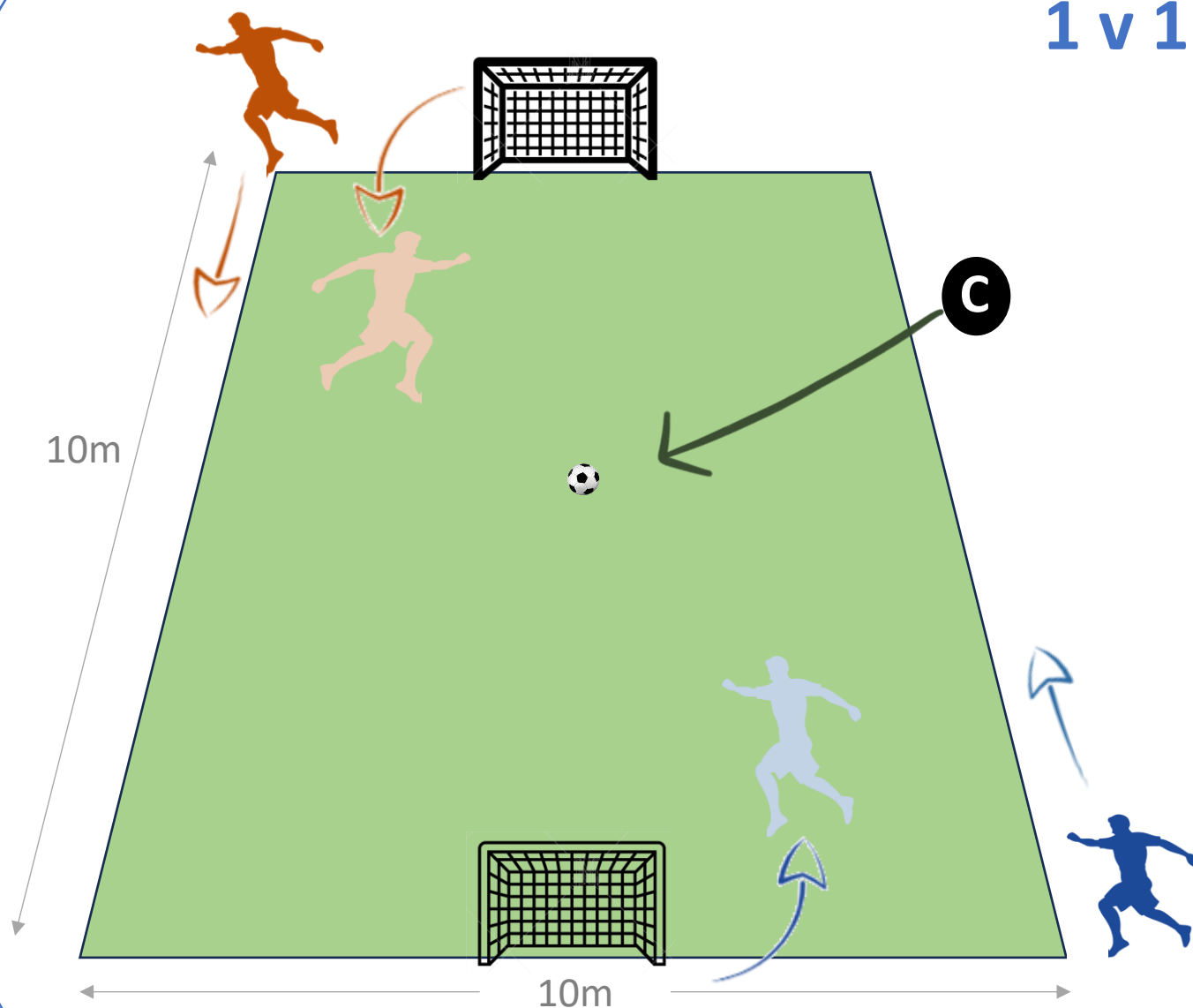




1 v 1 round & around.



SET UP:

An area of 10 by 10.

Goals set at both North & South.

Players start next to their goal to the right of the post.

PROCESS:

The Coach shouts go and both Red & Blue set off around the pitch perimeter and behind the goals. When back at their starting point they enter the pitch. The Coach plays a ball in to be won.

Blue is shooting North, Red is shooting South.

Progress / Regress:

After entering the pitch, Players must touch the opposition's goal before competing for the ball. Small hurdles / rope ladders to negotiate around the pitch perimeter.

Allow Players to come in from behind the opposition's goal – not a full lap of the pitch to run.