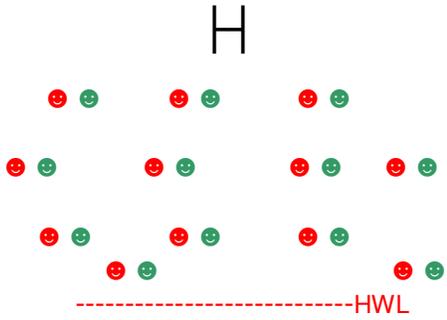
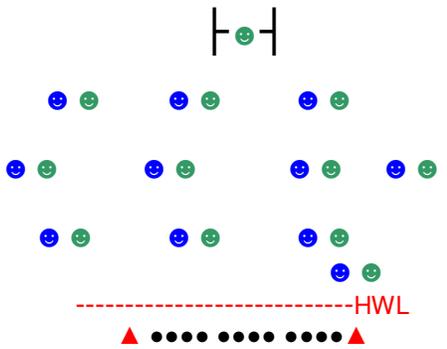
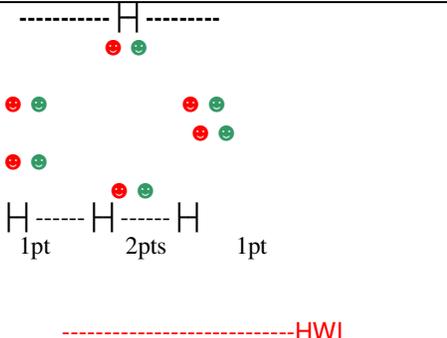
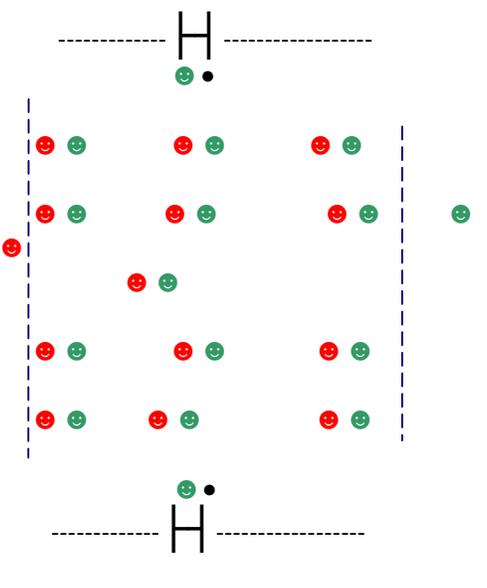
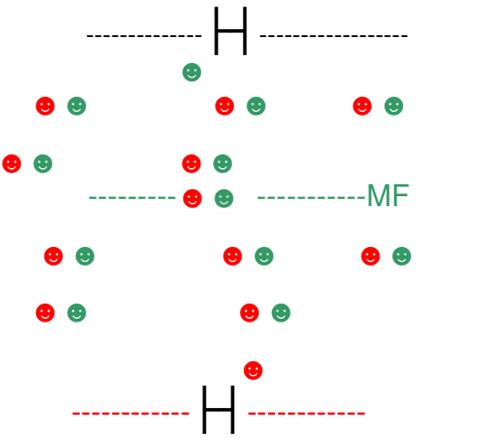
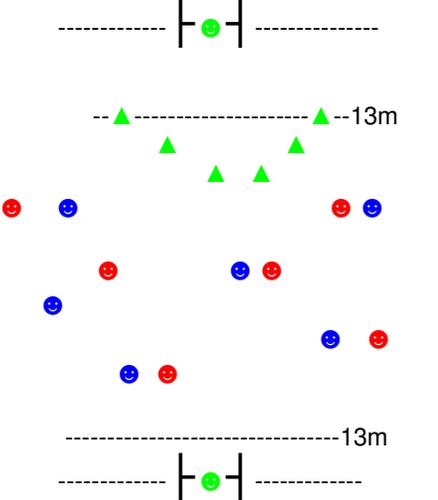


<p>Circle Score(1)</p>		<p>SET UP: 2 teams, one ball, portable goals in middle of pitch within circle of flexi markers – approx diameter of circle = 40m. Line of flexi markers across the pitch in line with goals</p> <p>Game: Normal rules, Teams must remain in their own half and can only score outside the circle. The ball can be passed from one zone to another</p>
<p>Circle Score (2)</p>		<p>SET UP: 2 teams, one ball, portable goals in middle of pitch within circle of flexi markers – approx diameter of circle = 40m. Line of flexi markers now removed</p> <p>Game: Normal rules, Players can now move freely from one zone to another but can still only score outside the circle.</p>
<p>Through the Gates Encourages long passing, diagonal movement and forwards to attack the ball</p>		<p>Set Up – 5 Gates set up between the two 21m lines. The centre gate measures approx 20m while the other four measure approx 25m</p> <p>Game – to score players must kick pass through the gate to a team member running onto the ball - Encourages long passing, diagonal movement and forwards to attack the ball</p>

<p>Whos Attacking/Defending</p>		<p>Set up--- 2 Teams + Goalkeeper Organisation = Area (according to numbers) Set a line of markers across the field(Boundary line)</p> <p>Game - Keeper kicks out a 50/50 Ball to start</p> <p>The Team that wins the ball has to work it out past the boundary line before the ball becomes live to score.</p> <p>When a Team scores then the Goalkeeper will try to find that Team on the kick-out. If the ball went wide then the Goalkeeper will try and find other Team on kick-out. If the ball had dropped short into the goalkeepers hands then he would pass it to other Team</p> <p>If the Team that is defending turns the ball over then they work the ball out past the line before they can set up to score</p> <p>In this Game everyone is experiencing Defending and Attacking which is very important in todays game</p>
<p>Total Football</p>		<p>Set up— Teams(7 or 8 a side) + Goalkeeper</p> <p>Forwards try to score as much as they can within 3 minutes</p> <p>Award 2 points for a point , 3 points for a goal</p> <p>All Footballs placed in line across the field to start</p> <p>After Ball goes dead or intercepted forwards run back for next ball</p> <p>Variation 3 Teams, Number them 1 2 &amp; 3 1 attacks v 2 defends, 3 attacks v 1 defends, 2 attacks v 3 defends Goalkeeper/s does goals for all Teams</p> <p>Coach/Manager keeps a record of each Teams score and also how many attacks each Team had. When playing this game for the 1<sup>st</sup> time its amazing how little is scored against so many attacks. Experts say that if you score one in every 3 times you cross the halfway line in any game your Team would be hard to beat</p>
<p><b>Gates Game</b></p> <p><b>Promotes forwards to tackle.</b></p>		<p>Game for 'Backs v Forwards'</p> <p>Forwards attack the main goals while defenders play towards Gates out the field (Distance from goals according to numbers taking part)</p> <p>Forwards score goals and points per normal.</p> <p>Defenders score by being in possession of ball going through any one of the 3 Gates</p> <p>Can award 2pts for middle gate and 1pt for side gates.</p> <p>Variation—2pts for side gates and 1pt for middle(Encourages players coming out with ball to play wide)</p>

<p><b>WIDE PLAYER</b>                  This game allows players to practise diagonal passing and support running. It also shows players the value of width and allows them to practise it without direct opposition.</p>		<p><b>Set Up</b> -two lines of markers along the length of the pitch, each line creating approx a 2 metre wide zone between it and the sideline.                  Pick your teams [Greens and Reds] and take one player from each to act as a 'LINK PLAYER' running inside these zones. The green player works in one zone, the red player works in the other(moving the full length of the field to follow the play)</p> <p><b>The rules</b> - Play a normal match, but insist on the following:                  If a team takes possession of the ball they must use its link player at least once before they can score. At no stage may the link player be tackled and at no stage may he/she move outside his/her zone.</p>
<p><b>KICK FOR POSITION</b>                  Coaches must insist that players do not simply work the ball close to the line and tap a five metre kick across the line. The game forces forwards to make lateral and diagonal runs. Also forces early ball into forward line.</p>		<p>Group – two teams</p> <p>Set Up – Divide the pitch into two halves, using a line of Flexi-markers.</p> <p>Conditions:                  Cannot solo or fist/hand Pass over line. Ball has to be kicked.</p>
<p>Bonus Tackling</p>	<p>Conditioned Game – Award a point every time a tackle results in a turn over in own half / 2 pts for every time turned over in oppositions half</p>	
<p>Diagonal Bonus</p>	<p>Conditioned Game – Award a point every time a quality diagonal pass is made</p>	
<p>Ball into Keepers Hands</p>	<p>Conditioned Game – Penalise every time that a ball is kicked into the keepers hands by taking a point off</p>	

<p>Double or Quits</p> <p>Conditioned to simulate the pressure of a real game for free takers</p>		<p>Set Up – Game using full pitch 5 / 6 multi markers scattered between 13m and 45m at both ends of the pitch</p> <p>Rules – Game played with normal rules until one team scores point/goal. If its a point let their free taker choose a marker and take a free from that spot. If the player scores remove the marker and the Team gets 2pts but if the free is missed take away the original point and let the marker sit. If a Team scores a goal then the nominated player takes a penalty and if successful the team gets 6pts but if unsuccessful then the original goal does not count</p> <p>When kicking frees from markers, Goalkeeper can be setting up next ball for kickout to keep the game flowing.</p>
<p>1 Solo</p>	<p>Game – normal rules -15 v 15 Players only allowed 1 Solo</p>	
<p>No Spills</p>	<p>Game – normal rules -15 v 15 Player must catch the ball cleanly – award a free against them if they double catch or spill the ball</p>	