



HOW TO PLAY

- 1 Roll the ball to one of the attackers, who will pick it up.
- 2 The attackers then move the ball towards the goals by handballing to each other, while the defender in the bib applies pressure and tries to intercept the ball.
- 3 When the attackers are close enough, they can have a kick for goal.
- 4 The attackers then retrieve the ball and line up behind the other groups whilst the next team of four have a go.
- 5 Make sure that players take it in turns to be the defender within their group.

EQUIPMENT

3 cones, a few bibs and footballs, goal posts and an adult per group.



SET-UP

Set up posts on one side of the playing area and three cones in a triangle a couple of metres apart at the other end.

Divide players into groups of four. Three are attackers, and one will be a defender. Attackers start on the cones and the defender in the centre. The other groups wait their turn outside the playing area.

CHANGE IT UP

- Try getting teams to complete a number of passes before kicking.
- Try groups of five with two defenders and three attackers.