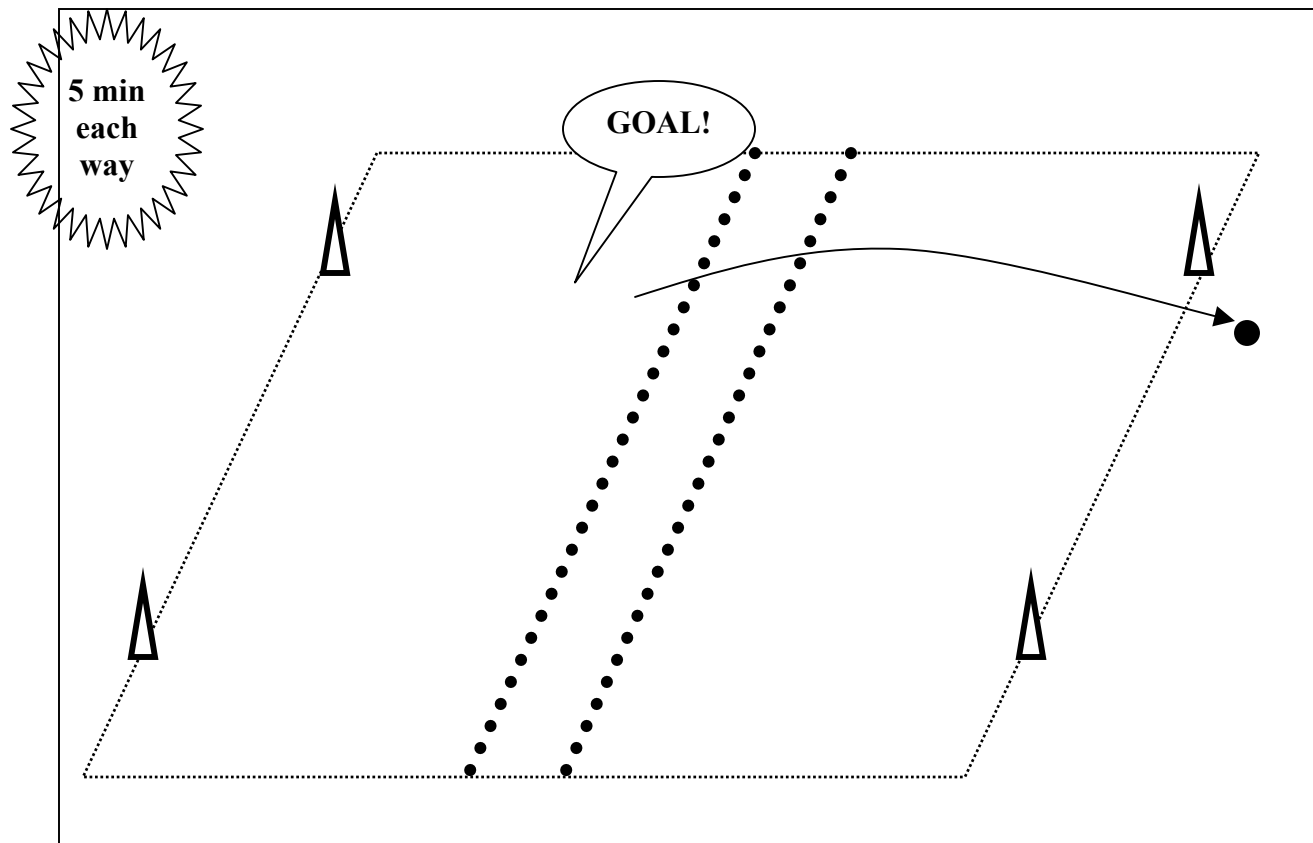


How To Play

- 20m x 30m pitch
- 4 players per team
- 4 footballs in the game and all 4 always in play
- 3m wide 'river' of markers divides teams
- No player may step into or cross the river
- Players kick balls from hands across the river to try and score into opposition goal [10m wide]
- Players not in possession should defend opposition shots

TIP:
Step up to the edge of the river before kicking [use a bounce and catch to make ground]



Did you keep the score?
Did you encourage players to step up to the edge of the river before kicking?
Did you applaud good catching and defending as well as kicking?

Over The River

SAFETY POINTS

- Watch for footballs in flight
- Use a softer/lighter football for younger players

EQUIPMENT

- 4 footballs [appropriate size for group]
- 4 tall cones/rounders posts for goals
- Markers to set out the 'river'

CHECKLIST – Is each player....

- Taking a step before kicking?
- Kicking 'off the laces' and using a 'hard foot'? [see coaching glossary]
- Dropping the ball from right hand to right foot / left hand to left foot
- Bouncing and catching the ball when moving to the edge of the river
- Defending their goals quickly after they kick?

CHANGES TO THE GAME

MAKE IT EASIER

MAKE IT HARDER

SPACE	<ul style="list-style-type: none"> • Shorten the pitch / Narrow the river 	<ul style="list-style-type: none"> • Make the pitch bigger / Widen the river
TASK	<ul style="list-style-type: none"> • Let players kick the ball off the ground from the edge of the river • Carry the ball to the river's edge, without bounce and catch action 	<ul style="list-style-type: none"> • Fist pass to a team-mate and let him/her kick • Kick using the weaker foot • Kick from where you catch/collect the ball
EQUIPMENT	<ul style="list-style-type: none"> • Make goals wider / bring goals closer to river • Use lighter/softer footballs 	<ul style="list-style-type: none"> • Reduce the number of footballs to 3 for the 'fist pass' option [see above] • Narrow the goals
PEOPLE	<ul style="list-style-type: none"> • Add a goalkeeper to each team 	<ul style="list-style-type: none"> • Play 5v3 instead of 4v4 to make one team work harder

What Next? – Use 'Over The River' as a forerunner to the game called 'Behind The Enemy Lines'

Wise Words? – off the laces / hard foot / same hand, same foot / take a step / watch the ball [see glossary for meanings]