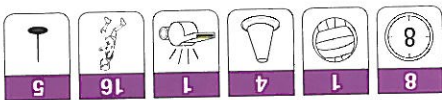
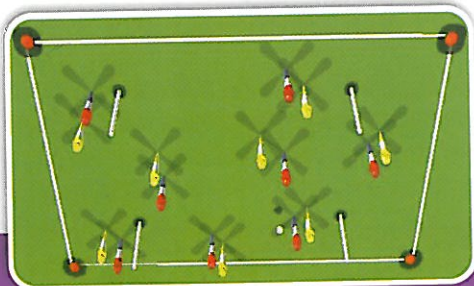


Top of the Pole

HOW TO PLAY • Split the players into two teams • Position 4 poles inside the playing area • To score players must touch the pole when in possession • They cannot score at the same pole twice in a row

PROGRESSION Assign each team to two poles. They can only score at those two poles.

WHAT IT DEVELOPS Carrying the ball under pressure, vision, passing & tackling

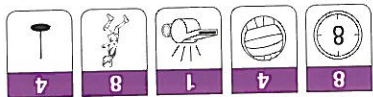
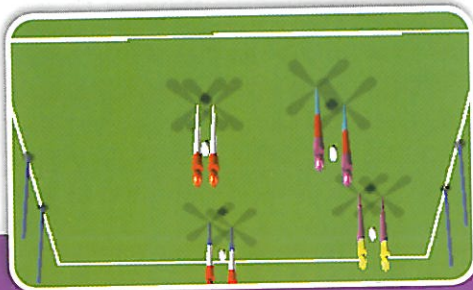


Traffic

HOW TO PLAY • 4 sets of pairs • Each pair has a ball • Pairs work together passing score in any goals but you must score in the opposite goals next time • Kick to • No Goalies • Aim-avoid traffic, move and pass and work together

PROGRESSION Introduce some goals.

WHAT IT DEVELOPS Accurate passing & vision



Traffic Jam

HOW TO PLAY • Step off a grid approximately 30x30m • Randomly place tall cones and training poles (flags will work as well) in the middle of the grid • Split the group into 4 even teams who start on the corners of the grid with 1 ball per group • On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in an attempt to not hit a stick, cone, or another player • Once the player makes it through the traffic jam instruct them to hop and solo with speed to the line they are facing and pass the ball to the first player in line • That player should immediately head towards the traffic jam at speed in an attempt to get through the traffic jam first • At first don't keep score, simply let the players enjoy the close calls before playing the game

PROGRESSION After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race.

The team that has all players sitting down first wins the game.

WHAT IT DEVELOPS Carrying the ball at pace, vision & evasion hand passing

