



This challenge can be played with or without goalkeepers.

- 1> Divide the group into teams of four or five
- 2> Set up a 23m x 55m pitch for each game including the three zones. Teams can score from anywhere within their attacking zone
- 3> Using normal rules teams aim to score in the goal that they are attacking
- 4> Teams must have at least one player in each zone at all times
- 5> Play for five minutes. The team with the most goals at the end of the game is the winner
- 6> Play three-five games as time allows



TEACHING SKILLS

EVASION SKILLS

- > Encourage attackers to make a lead run by accelerating away from a defender quickly
- > The lead may mean that they can receive a pass from a teammate or they might create space for someone else to play in
- > A post up is an effective lead. When posting up the attacker leads back towards their teammate who has the ball to give them an easy passing option. If they do not get the ball then they should lead to space elsewhere on the pitch

ATTACKING SKILLS

- > By getting an attacker to the far post when they have possession in the circle they will 'widen the goal' and will be able to pass the ball to that player for an excellent scoring chance

DEFENSIVE SKILLS

- > Work together to reduce the space that the attacking team have to play in
- > Use the sideline as an extra defender by using your channeling skills to force the attackers to play towards them rather than down the middle



Remember

- > Teams should be fluid and players should be encouraged to **change zones** with the flow of the game



ADAPTIONS



EASIER

- S** Make the area larger
- T** One player in the attacking zone at all times only
- E** Use a Quicksticks ball
- P** Increase the size of the teams

HARDER

- S** Make the area smaller
- T** Deflection goals are worth 2 points
- E** Reduce the size of the attacking circle
- P** Add a 'joker' (harder for the defensive team)