

# **Fun Football games 2**

**40 More games**

**For younger players.**



**Lee Fielden**

Please note that some of these games are not my own creations and are games that I've observed being used by other coaches or what I've seen from on the internet.

I do not claim credit for any of the games in this booklet but I have adapted them so they work for my players.

The games in this booklet are aimed at younger players but can be adapted for most age groups.

Please adapt the games to suit you and your players.

I hope they help as many coaches as possible and that everyone finds them useful.

Cheers Lee.

# Get out of ere game



Set up a 20/30x20/30 yrd playing area with triangle safety zones placed randomly around the area.

Choose 3 players to be defenders(blue) the rest of the group are attackers(red) and put bibs down shorts to make tails.

At random put an attacker in each of the triangle safety zones.

The remaining attackers spread out around the playing area.

On coaches call the defenders try and take a bib from an attacker not in a safety zone.

Attackers in safety zones must leave and find another safety zone when another attacker enters their safety zone and shouts "Get out of ere!".

If a defender manages to get a bib they swap places with the attacker.

Play in 2-3 min bursts.

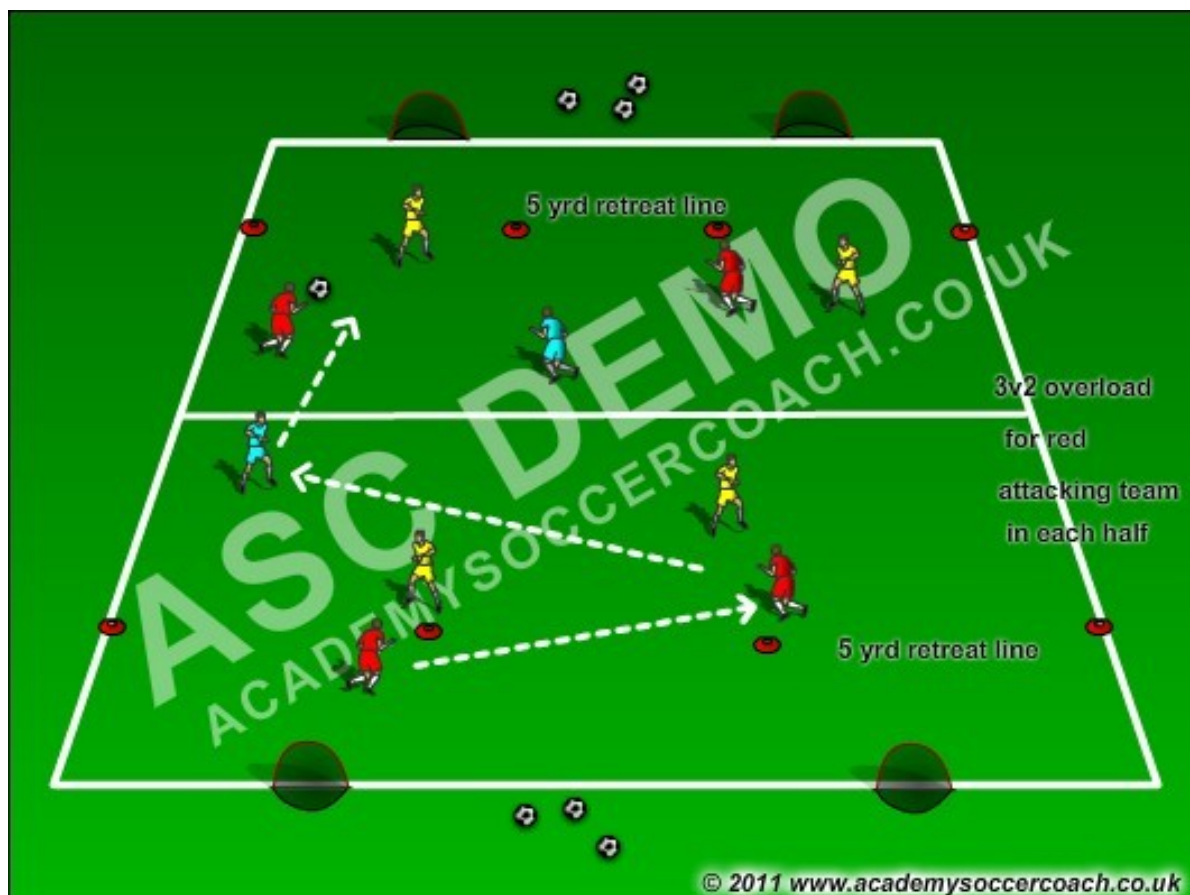
Progress to attackers have a ball each.

Progress to only defenders have bibs(in hand) and attackers have a ball each. Now defenders need to take the ball from attackers.

Once a defender takes a ball they drop their bib and the attacker who just lost their ball need to pick up the bib before chasing for another ball.

Encourage communication, ball protection, skills and tricks, turns, dribbling at speed etc.

# 3v2 overload each half game



Set up a 40-50yrdx30yrd playing area with 2 small goals at each end, a well defined half way line and a 5yrd retreat line at each end.

Split players into 2 teams of 4 and 2 neutral players.

Each team chooses 2 attackers and 2 defenders who go in the appropriate half of the playing area + 1 neutral player.

Each team attacks and defends a set of goals (red attacking goals at top, defending goals at bottom).

The team with the ball uses the neutral player to create 3v2 over loads, playing out from defence and in attack.

Players must stay in their half of the playing area inc neutral players.

If a ball goes out over the end line the defenders restart the game and the attackers must retreat past the 5 yrd retreat line.

If ball goes over side line ball is played in off the floor.

Play for a limited time or to a set number of goals.

Swap direction of play every few mins so all players attack and defend and also to add a bit of chaos.

Coaching points.

Defenders working in tandems, 1 def to press 1 to cover.

Make sure defenders don't stand 1 behind the other or get 2 far apart.

Be patient and don't dive in.

Communication between the 2 defs.

Progressions.

Remove small goals add normal size goals + GK.

Attacking players limited to 2 touch rule.

Neutral players can move anywhere and create 4v2 but must play off 1 touch.

Attackers 1 touch finish rule.



# 1 v 1 multi pass game



Set up a 20x20yrd playing area with a age appropriate size goal at one end and 4 mini goals around the other 3 sides(2 opposite big goal and 1 either side facing each other).

Split players into 2 teams.

1 team attacks first and 1 team defends.

1 attacker and 2 defenders(i defender plays as gk in the big goal) enter the playing area.

The rest of the defenders wait by the side of the big goal.

The attackers spread out around the rest of the playing area with a ball each(as shown above)

On coaches call the attacker moves to recieve a pass from one of their team mates and try s to score in the big goal.

If they achieve this they get a point for their team they then turn to recieve another ball from a team mate.

They repeat this for all 5 balls.

Swap the gk for a resting player after each ball.

If the defender can stop the attacker scoring they get a point for their team.

If the defender wins the ball and manages to score in 1 of the 4 mini goals they get 2 points for their team.

Each team member has 1 turn(5 balls) attacking and 1 turn defending.

The team with the most points at the end wins.

Progress to 2v2.

# 1v1 team battle game



Set up playing area as shown above.(1 lane per pair)  
Split players into 2 teams and number players 1-7. Pair players up (blue1 v yellow1, blue2 v yellow2 etc) 1 ball per pair.  
Each pair stands in the middle of the playing area, facing each other with the inside of their right foot resting on the ball.  
On coaches call each pair battle to win the ball and dribble over their opponents end line.  
Players can still win the ball back if their opponent hasnt crossed the end line.  
Players who cross the end line win a point for their team.  
Play several rounds, team with most points at end wins.  
Try calling random numbers and them pairs battle it out.  
Encourage skills and once the ball is won dribbling away at pace attacking the space.

## 3v2v1 team attack game



Set up a playing area split into 3 zones with a goal at one end.

Split your players into 2 groups. 1 group defenders, 1 group attackers.

Place 1 def in zone 1, 2 defs in zone 2 and 3 defs in zone 3.

Split the attacking group into teams of 3-4.

The attackers must try to dribble/pass their way through the 3 zones to score in the far goal.

Defenders must stay in their own zone.

If the defs win the ball and clear it, the next attacking group can go.

Play for either a set time limit or a set number of attacks before switching player roles.

Team with most goals at end wins.



# Moving goal posts game



**Set up a 20x20yrd playing area.**

**Split players into 2 teams + 2 players who are going to be 'goal posts'.**

**The 'goal posts' hold a bib tightly between them and move randomly around the playing area.**

**The 2 teams compete to score a goal by passing between the 2 'goal posts' and under the bib.**

**Play in shorts bursts changing the 'goal posts'.**

**Progs.**

- 1. Players score by passing to a teammate through the goal posts.**
- 2. Add a second set of 'goal posts'.**
- 3. Add a second ball.**



# Passers v Dribblers game



Set up a 20/30x20/30yrd playing area.

Choose 2-4 players and put them in pairs, 1 ball between 2. These are passing players.

Rest of players have a ball each. These are dribbling players

Players with a ball each dribble around playing area freely causing interference to the passing players.(Dribbling players cannot tackle passing players).

Passing players attempt to keep possession of the ball by passing through/around dribbling players.

Coaching points.

1. Head up to assess the situation and find clear passing opportunities.

2.Ball protection.

3.Different types of passes.(weight, curl, etc).

4.Movement of support player to give options.

Progs.

1.Add more dribblers.

2.Add more passing pairs.

3.Make playing area smaller.

4.Increase number of combining players from 2 - 3 or 4.

# Shadow dribble game



**Set up a 20x20yrd playing area.**

**Split players into pairs.**

**1 ball per pair.**

**Player 1(red) starts with the ball and dribbles around the playing area.**

**Player 2(blue) must chase player 1 and stay in tagging distance as much as possible.**

**When coach calls freeze all players stop and if player 2 can tag player 1 they swap roles.**

**If not they continue as before.**

**Play in 20 secs bursts.**

**Progress to allowing players to tackle each other so now when coach calls freeze player with the ball wins a point.**

**Try playing as before but now player 2 starts with the ball and chases player 1 staying as close to them as possible.**

**Now when coach calls freeze, players stop, player 1 opens legs to create goals and if player 2 is close enough they should be able to score through their legs. If they do they continue as before if not player 1 gets the ball and chases player 2.**

**When coach calls freeze pl**

# Team tag game



**Set up a 20x20yrd playing area.**

**Split players into pairs and choose 2 players to be 'it'.**

**1 ball per pair except 'it' players.**

**The 'it players' hold a bib between them and try to tag a player with a ball.**

**Players can avoid being tagged by passing to their partner.**

**If a player is tagged they and their partner become 'it'.**



# Long distance shooting game



Set up playing area as shown above with a no mans land in the middle.

Split players into 2 teams.

Each team has a zone each with their goal to defend and attempt to score from their own zone.

Players must stay in their own zone.

Each team chooses 1 player to go in opposition zone to add pressure to the opposition and try to score from rebounds.

Play with multiple balls and play either 1st team to a set number of goals wins or play for a set time limit.

Progs

Decrease number of balls in play.

Allow teams to choose 2 players to go in opposition zones.

Make no mans land wider.

Every player must touch ball before a shot can be made.



# Target end zone game



Set up a 20/30x20/30 yrd playing area with targets at each end.

Split players into 2 teams.

Each team competes to knock over the other teams targets.

1st team to do so wins.

Progs.

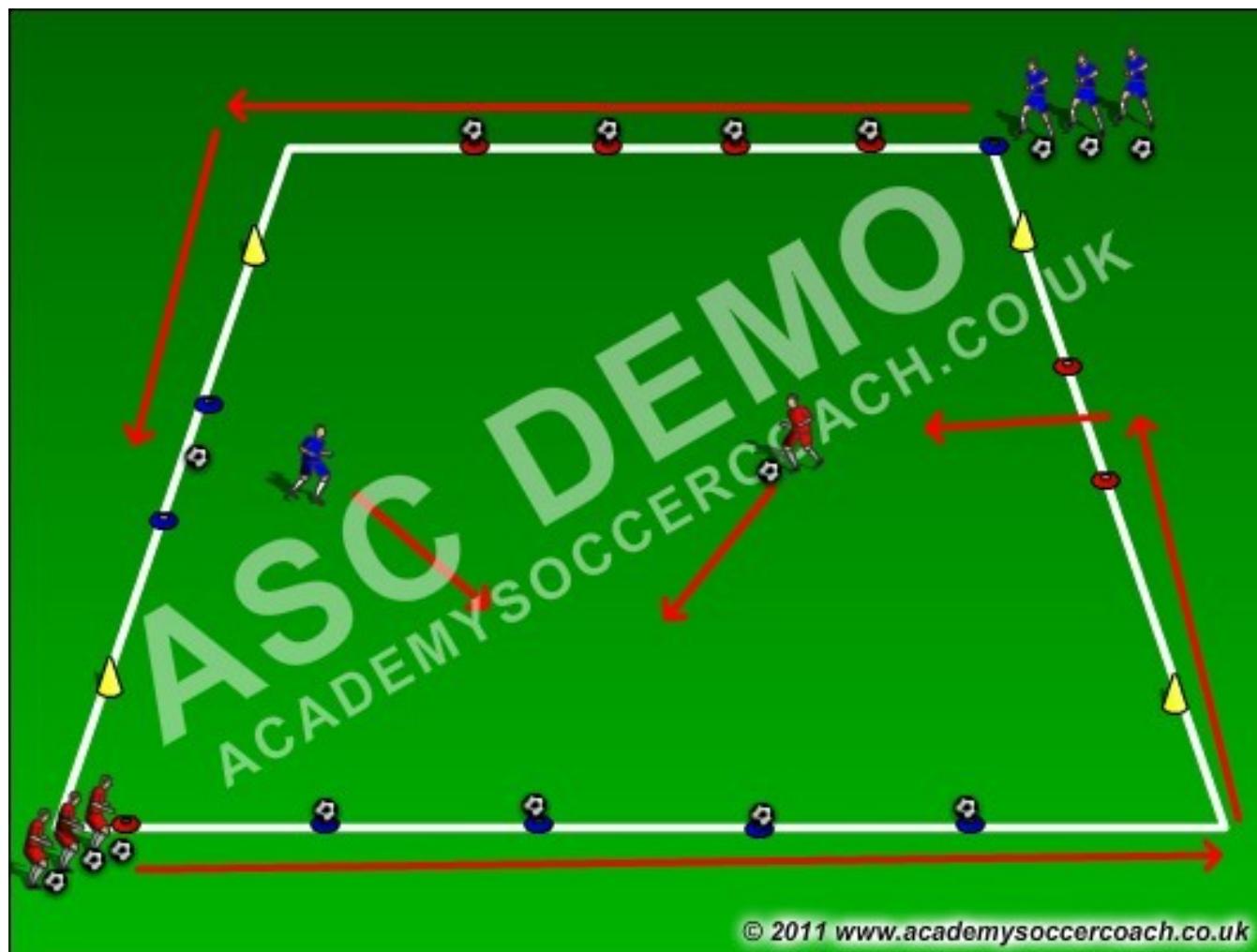
1. Once a player knocks a target over they run, pick up the target and place it in their team's end zone. Now play either 1st team to take all targets wins or play for a set time limit.

2. Add a blocker in end zones to protect targets.

3. Add more/less targets.

4. Make end zones wider/shorter

# 1v1 dribble battle game



Set up a 20x20yrd playing area as above.

Split players into 2 teams and place them in opposite sides of the playing area with a ball each.

Number the players 1-7.

Coach calls out a number, that number player from each team dribbles around the area(as above) and enters the area through the side gate.

The 1st ball through the gate is used, while the other ball is discarded.

The 2 players compete to score by either knocking down an opponent target or scoring in a mini goal.

**Progressions**

Coach serves a ball in.

Coach calls more than 1 number.

**Coaching points.**

Move to ball but slow down as you approach the attacker.

Assume a sideways position 2-3 yrds before establishing position.

Try to force attacker to wider areas away from goal/targets.

# Table football game



**Set up a 40x20 yrd playing area with a goal at each end and split into 4 10yrd zones.**

**Split players into 2 teams.**

**Each team chooses a GK.**

**Set up players in groups of 3 attackers and 2 defenders as shown above.**

**The players must stay in their zones.**

**The aim of the game is for the defenders to pass to the attackers who shoot on goal.**

**Play for a set time limit or so many goals to win.**

**Swap players positions every few mins (inc Gks).**

**Progressions.**

**Allow 1 player from defending zone to apply pressure to attackers and 1 player from attacking zone to apply pressure to defenders.**

**Play limited touches on all players.**

**Allow 1 attacker to make a run into defending zone but can only score off 1 touch.**



# Multi ball 1v1 game



Set up a 20x20yrd playing area with a gate at each end.

Split players into 2 teams.

1 team starts in the playing area and has a ball each.

The other team starts on the outside of the playing area.

The team with a ball each dribble around the area using different parts of their feet, do twists and turns etc.

On coaches call the outside team enter the playing area and have 2 mins to kick all the balls out of the playing area.

If a dribbling player loses their ball they can help their other team mates by finding space and being available to receive a pass(borrow their ball).

If the dribbling team has more balls left in the playing area than kicked out they win.

If the outside team kick more balls out than are left in the playing area they win.

Swap roles.

Progressions.

Outside players must win a ball and dribble it through an end gate.

If a dribbling player does a panna(nut meg) on a chasing play the chasing team freezes for 10 secs.

Play if outside players win a ball they attempt to keep it by passing to a team mate or dribbling ball into space. Play team with most balls after 2-3 mins wins.

Play 4 outside players and 8 dribblers with only 4 balls.

Coaching points.

Shielding the ball (Body between ball and defender).

Turn away from defender into space away from danger.

Win ball without kicking it away.



# Multi team target game



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Set up a 20x20 yrd playing area with 8x8yrd middle sqr 'no go' area with targets in it. Choose 2 players to be blockers and they go and play in the 'no go' area.(You can use team Gks)

Split the rest of the players into 2-3 teams.

Teams compete to knock the targets over.

Add extra balls.

Add/take away blockers.

Change size of 'no go' area.

Change amount of targets for blockers to protect, teams to shoot at.

# The goal up game



Set up an appropriate size playing area with a goal at each end.

Split players into 2 teams.

Games last 5 mins and teams can only win by 1 goal.

Once a team has scored(in this case reds) they simply keep possession for the rest of the game to win.

If Blue team equalises within the 5 mins both teams can now try and score a winner.

Coaching notes.

1.Does the losing team realise they dont need their keeper ?

2.Can they use the overload effectively ?

3.Does winning team keep possession by playing the ball backwards aswel as forewards.

Many young players try to attack even when they dont need to.

# Middle goal game



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Set up a 30x20 yrd playing area with a gate on each side and with a 5 yrd no go zone in the middle with 2 back to back goals in it.

Split players into 2 teams. Attackers v defenders. Attackers always have the overload and defenders always have a gk.

In this case its 7 v 4+1 gk.

Attackers attempt to score in to one of the middle goals.

The defenders attempt to win the ball and dribble or pass to a team mate through one of the outside gates.

Play for a set time limit eg 2-3 mins or to a set score then change player roles.

Progs.

Add set number of passes before a team can score.

Attackers have a touch limit.

Attackers must score 1 touch finish.



# Corner goal game



**Set up an appropriate size playing area with a goal in each corner.**

**Split players into 4 teams.**

**Each team has a goal to defend and 3 goals to attack.**

**Start by having 2 games playing at once, in this case red v blue and yellow v green.**

**Randomly call colours of the teams to change the games and directions of attack eg blue v yellow.**

**Teams keep a record of goals scored, play first to a set number of goals wins or a set time limit.**



# Target player game



Set up a 30x20yrd palying area with 2 goals at each end and split into 3 zones.  
Split players into 2 teams and play 4v4 in the middle zone and 1v1 in the outer zones.  
Teams can attack either end.  
Players must react to which team play the ball out of the middle sqr.  
If defending player wins the ball in the end zone they must play the ball back into the middle zone before their team can attack.  
Middle zone teams must make 5 passes before passing to their target player.  
Play in short bursts swapping target players each time.  
Increase/decrease number of passes middle zone teams make.  
Allow passing player to enter end zone to create overload.  
Have teams can only score from a layoff back into middle zone by target player.

# Bank the points game



Set up a 40x20yrd playing area with a centre line.

Split players into 2 teams.

Each team starts in one half of the playing area.

Coach serves a ball into one of the teams halves of the playing area.

The opposing team reacts and sends one player to try and win the ball.

The team in possession try to complete 5 passes in a row.

If they achieve this they win 10 points, the defending player then heads back to their own half of the playing area and the passing team have a choice to make.

1. Play on and try for another 10 points.

2. Bank their points.

If they carry on passing and the defending team sends in another player to try to win/block the ball.

If they bank the points they pass the ball to the opposing team and send a player in to try to win/block the ball.

Play for a set time limit. Winning team is team with most points at end.

Progs.

1. Teams can send in 2 players.

2. Make playing area smaller.

3. Play to a limited touch rule.

4. If passing team plays 5 passes and carry on, defending team sends in 2 players.

If passing team achieve another 5 passes they get 20 points and defending team sends in 3 players etc.

# Dodge ball game



**Set up a 30x30 yrd dia circle.**

**Pair players up and choose 2 pairs to play on the out side of the circle with a ball per pair.**

**All other players have a ball each and play in side the circle.**

**Players with a ball each dribble around the circle using various parts of the feet and stop/starts, turns etc.**

**Players on the out side of the circle attempt to hit the dribbling players under knee height by passing across to their partner.**

**If they hit a dribbler they swap roles with that pair of players.**

**Progress to more passing players on the out side.**

**Progress to both dribbling players must be hit.**

**Start game with middle circle players not having a ball.**



# Multiple 1v1s game



Set up a 25x25 yrd playing area with a smaller 10x10 yrd sqr in the middle.

Choose to players to be defenders and they start on the middle sqr.

The rest of the players have a ball each and spread out evenly around each side of the outer sqr.

Outer players attempt to dribble through the middle sqr without being tackled by a defender or bumping into another dribbler.

If a defender wins a ball they take over from the dribbler and that player takes the defenders place in the middle sqr.

Dribblers get 1 point for every time they make it through the middle sqr or 5 points for a panna(nut meg).

Play for a set time limit or first player to a set amount of points.

Progs.

Make middle sqr bigger/smaller.

More defs in middle sqr.

Encourage tricks and skills.

Remember to make it FUN FUN FUN.



# Get out of here game



Set up an appropriate size playing area as shown above.  
Split players into 2 teams in lines either side of the coach.  
Coach calls go and the 1st player in each line runs around the corner cones and through the middle of the 2 goals.  
Once players are reach middle of the 2 goals coach serves a ball into playing area.  
Players then play 1v1 and attempt to score in each others goal.  
Once a goal is scored or ball goes out of play coach calls 'Get out of ere.'  
Both players must then sprint out of the playing area through the opposite gates.  
Coach then calls Go and the next to players go. etc  
Progs.  
Add scoring zones so players must get closer to goals to score.  
Call Go more than once to create 2v2s, 3v3s etc.

# One way game



Set up a 30x30 yrd playing area with a goal in the middle with a no go zone around it.

Split playing area into 2 zones.(In this case Red zone and blue zone)

Split players into 2 teams and give them appropriate colour bibs.

Put a neutral Gk in the goal.

Teams are only allowed to score from their side of the playing area or one direction while at the same time defend the other side.

Hopefully this will force teams to switch play from one side of the playing area.

Allow players to learn the best strategy to win this game.

Play for a set time or 1st team to a set time limit

# Passers n support game



Set up a 20x20yrd playing area split into 4 10x10 yrd zones.

Split players into 3 teams of 3.

Choose 1 team to start as defenders and they begin the game in the middle of the playing area.

Remaining players spread out around the playing area.

Coach plays a ball into one of the players and that players team mates join them in that zone and become the passing team.

The other team players in that zone must leave quickly and become they become the support team.

Once a player has received a pass from coach a defender enters that zone and attempts to win the ball.

The passing attempts to make 3 or more passes before passing into another zone to a waiting support player.

That players teams mates must rush to join them in their zone and become the passing team.

The old passing team now become the support team and move into the remaining empty zones.

Once the new passing team touches the ball a new defender from the middle attempts to win the ball.

The last defender goes back to the middle and rests.

If a defender manages to win the ball and pass to a waiting support player the defenders swap roles with the passers and the passers become the new defenders.

Play as before.

Play in 3-5 min bursts.

To make game easier/harder make playing area/bigger smaller.

Progress to a set touch limit.



# 1v1v1v1 battle game



Set up a 20/30x20/30 yrd playing as shown above.

Split players into 4 teams and number the players 1-?

Let teams choose a football team to be eg Man utd, Chelsea, Barcelona etc

Place each team on a corner of the playing area.

Coach plays a ball into the playing area and call a number.

That number player from each team races from their corner and tries to win the ball and score a goal.

Have all players bounce on their toes while they wait for coach to call a number.

Play for a set time limit or 1st team to a set number of goals wins.

Progress to calling more than 1 number to create 2v2v2v2s etc

# Diamond pitch game



Set up a diamond shape playing area as shown above.

Split players into 3 teams of 4 players.

Play 4v4 in the middle with 4 magic players spread out around the 4 sides of the playing area who help the team with the ball.

Magic players must stay on the outside of the playing area and can't be tackled.

Play a normal game with a winner stays on rule.

Play either for a set time limit or a set number of goals wins.

**Progs**

1. Magic players play off 1-2 touches

2. If teams score direct from a pass from a magic player they score 3 points.

3. Allow receiving magic player to dribble ball back into playing area and stay in for 5-10 seconds before returning to the outside. (Magic players can't score)

# Dribblers v Passers game



Set up a 20/30x20/30 yrd playing area.

Split players into 2 groups. 1 group larger(Blue) than the other(Red).

The larger group are the passers and have 1 ball for every 3 players and a bib each in hand.

The smaller group are the dribblers and have a ball each.(No bibs).

Dribblers attempt to cause passing interference and force mistakes from the passing players.

If the dribbler achieves this they swap roles with the passing player and take their bib.

Progs.

Passing team on a 1-2 touch limit.

Even teams up and play with 1 ball for passing tea, and they gets 10 points for every 5 consecutive passes.

Play for a set time limit then swap team roles, team with most points at end wins.

Add goals at each end and play as above except instead of passers getting points after 5 passes they get to shoot at goal.



# End zone to End zone game



Set up a 30x30 playing area with a target zone at each side.

Split players into 2 teams.

Choose 1 team to play north-south(Blue) and one team to play east-west(Red).

Each team chooses 2 players to go in their teams target zones.

Teams score points by passing the ball from 1 target player to the other.

Play for a set time limit or 1st team to a set score wins.

Swap target players regularly.

Progs

Play on a set touch limit.

Ball must be passed to every player.

All players start in middle, now teams score points by passing to players running into endzones.

# Don't pass to a team mate game



**Set up a 20x20 yrd playing area.**

**Split players into 3 teams.**

**Spread players around playing area as shown above.**

**Players pass the ball around the playing area but they must NOT pass to a team mate.**

**Players then follow their pass to add pressure to the receiver.**

**Progs**

**Add more balls.**

**Have one team or any extra players play in middle of the playing area to try and block/intercept passes.**

# Situation game



**Set up a playing area as shown above.**

**Split players into 2 uneven teams in this case 6v5.**

**The smaller team defend the big goal and must have a Gk and attack the 2 small goals.**

**The larger team defend the 2 small goals and attack the big goal and don't have a Gk.**

**Create a situation where the smaller team must defend a lead for a set time limit eg 2 goal lead for 10 mins.**

**Encourage the smaller team to stay organised and counter attack quickly where they can.**

**Encourage quick/creative attacking play.**

**Can larger team create overloads.**

**Give a 2 min warning and watch as one or both teams start to panic.**



# Passes v Dribblers corner-corner game



Set up a 30x30yrd playing area with 4 corner zones.

Split players into 2 teams.

Each team has 2 corners each directly opposite each other to defend.

Choose one team to be passers and one team to be dribblers.

Passing team can only pass the ball and CANNOT dribble.

Dribbling team can only dribble the ball and CANNOT pass.

Passing team score points by passing to a team mate in the other teams corner zone.

Dribbling team score points by dribbling the ball into other teams corner zone.

Play for a set time limit or 1st team to score a set total of points wins.

Coach calls 'switch' at random which means teams swap roles.

Encourage off the ball movement by passing team.

Encourage dribbling team to find ways of getting the ball to each other without passing.

Encourage both teams to communicate.

Encourage lots of tricks, skills, different types of passes etc.

# Outer player game



Set up a 30x30 yrd playing area with 3 goals at each end.

Split players into 2 teams.

Each team chooses 1 outside player to play behind the goals.

The remaining players play inside the playing area and compete to try and score in anyone of the 3 goals.

However behind the goals the outside player will run behind the 3 goals. If they are standing behind a specific goal the attacking team cannot score in it.

Can the attacking team change the direction of their attack quickly to trick the outer player?

Can the outer player anticipate which goal the attacking team will go for?

Play for a set time limit or 1st team to a set score wins.

Change outer player often.

# Put em under pressure game



Set up a 40x30 yrd playing area with a 'defenders only' zone in the middle and 2 goals at each end.

Split players into 3 teams.

2 teams will play as passing teams and 1 team will play as defenders.

Each passing team starts in an end zone and the defenders start in the middle zone.

Coach passes a ball to one of the endzone teams who attempt to make 3 passes before playing the ball through the defenders middle zone to the other team.

Ball cannot be intercepted by the 2 waiting defenders.

As soon as coach passes the ball 2 defenders close down the passing team and attempt to win the ball and score in one of the 2 goals.

Once the waiting team receive the pass the next 2 defenders can apply pressure and attempt to win the ball and score in one of the 2 goals.

Passing teams get a point for every pass made to the other teams end zone and defs get a point for every goal scored.

Play for a set time limit eg 3 mins, swapping defenders every time.

**Progs**

Allow 2 waiting defs to intercept through passes. If they achieve this then defending team swaps roles with the team that passed the ball.

Play to a set touch limit.

Allow defs to choose how many players to they send to try and win the ball 1-3.



# Wide players game



Set up a 30x25yrd playing area with 2 goals at each end.

Split players into 2 teams. In this case 6v6.

Teams attack 2 goals and defend 2 goals.

Teams choose 2 players to play as wingers and play on the outside of the opposition teams flanks.

Remaining players play a normal game and attempt to score in either of the 2 opposition teams goals.

Wide players cannot enter the playing area or their own half.

Wide players cannot be tackled so if attacking teams play out to them they create an overload.

Wide players can receive a pass from anywhere in the playing area but can only pass to a team mate in the opposition half.

Inner players can score from anywhere and don't have to play to their wide players. It's THEIR decision.

Play for a set time or 1st team to score a set number of points wins.

Progs

Set wide players a touch limit.

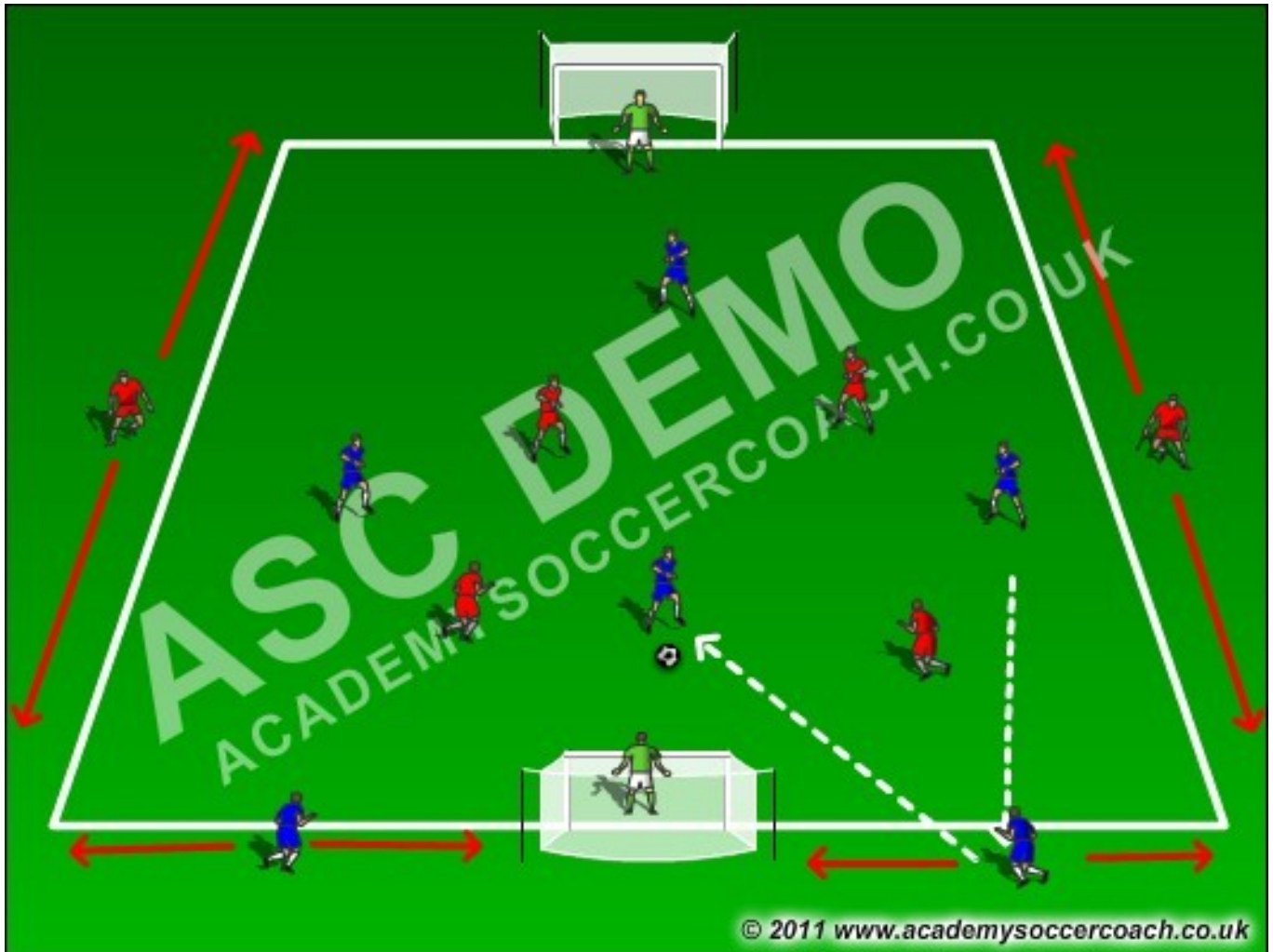
Set inner players touch limit.

Take away 4 small goals, add a normal size goal at each end with Gks.

Use a points scale for different types of goals.

Eg 2 points for a goal scored direct from a wide players pass, 1 point for a goal with out playing to wide player etc

# Wingers v targets



Set up a 40x25 yrd playing area with a goal at each side.

Split players into 2 teams.

1 team will choose 2 players to be wingers(Red) and the other team will choose 2 players to be target players.

Teams can only score a goal by passing to their designated players.

In this case reds must pass out to their wingers before being able to score and blues must use their target players.

Wingers/target players cannot score or be tackled.

Swap team/player roles every few mins.

Progs

Wingers/target players have a set touch limit.

One touch finish only.

# Multi Attack gate game



Set up 30x30 yrd playing area as shown above With 10+ balls in middle sqr.

Split players into 2 teams.

Each team takes it in turns to attack and defend the 6 gates.

In this case Blues are defending and reds attacking.

Each blue player has a gate to defend each.

Each attacking has a set number of balls to attack with eg 10.

After all the balls have been played the teams swap roles.

Attackers start with a ball each in the middle sqr and randomly attack a gate each.

Once the attack is over they turn to get another ball and attack another gate.

If they get back to the middle sqr and there are no balls left they can then go and help their team mate score points by creating overloads.

If a defending player sees an attacking overload they can react to help their team mate.

Winners are the team to score the most points after set number of attacks.



# Big Square, Little square



Set up a 40x40 yrd playing area with a 25x25yrd middle sqr.  
Split players into 2 uneven teams. In this case 8(Blue)v5(Red).  
The Red team start in the middle sqr with a ball between them.  
The Blue team spread out around the outer playing area waiting for coaches call.  
On coaches call the red team start to pass the ball between them and a point for every 3 passes made.  
Also on coaches call Blues send 3 players into the middle sqr to try and win the ball and play it out to their waiting outer players.  
If they achieve this they join their team mates in the outer sqr.  
Blues then use their over load to get a point for every 5 completed passes.  
As soon as the ball is played into the outer sqr the Red team must react to try and win the ball back and get back to the middle sqr where they have the overload.  
Reds can only score points in the middle sqr.  
Blues can only score points in the outer sqr.  
Every time Reds get the ball back into the middle sqr, blues should send 3 different players in to try and get the ball back.  
Play in short bursts. Team with most points at end wins.

# No go zone game



Set up a 50x40 yrd playing area with a goal at each end and a 25x10 yrd no go area in the middle.

Split players into 2 teams.

Teams play a normal game except the ball cannot enter/go through/over the 'no go area'.

The object of the game is for the teams to work the ball into wide areas and attack using the flanks.

The players can run through it though as long as they don't have the ball.

Play for a set time limit or 1st team to a set score wins.

Progs.

Make 'No go area bigger/smaller/wider/narrower.

Allow players to pass the ball into the 'No go area' as long as it's as part of a 1-2 combination.

# High pressing reward game



Set up a 60x40yrd playing area with a goal at each end and split into 3 zones.

Split players into 2 teams.

Each team attacks and defends a goal.

Place players into their respective defensive thirds of the playing area.

To start the game the coach passes the ball to one of the teams who attempt to score in the opposition goal.

The object of the game is for the teams to win the ball back as near to the opposition goal as possible.

If a team wins the ball in the attacking 3rd they get 3 points, middle 3rd 2 points and defending 3rd 1 point.

If teams score a goal they get 2 points.

Play 1st team to 20+ points wins.

Progs

Play with a touch limit.

If a team wins the ball in the attacking 3rd and then scores they get 3 points.



**So there you go 40 more games for you to try out and tweak with your teams.**

**The games are aimed at trying to make training as FUN as possible for the players.**

**I'd like to thank all the coaches who share their sessions and have allowed me to observe their games in practice which has allowed me to put this sharing booklet together.**

**Remember we are all part of the coaching family and here to help each other out where we can.**

**Please feel free to comment, thanks for downloading and enjoy.**

**Cheers Lee.**