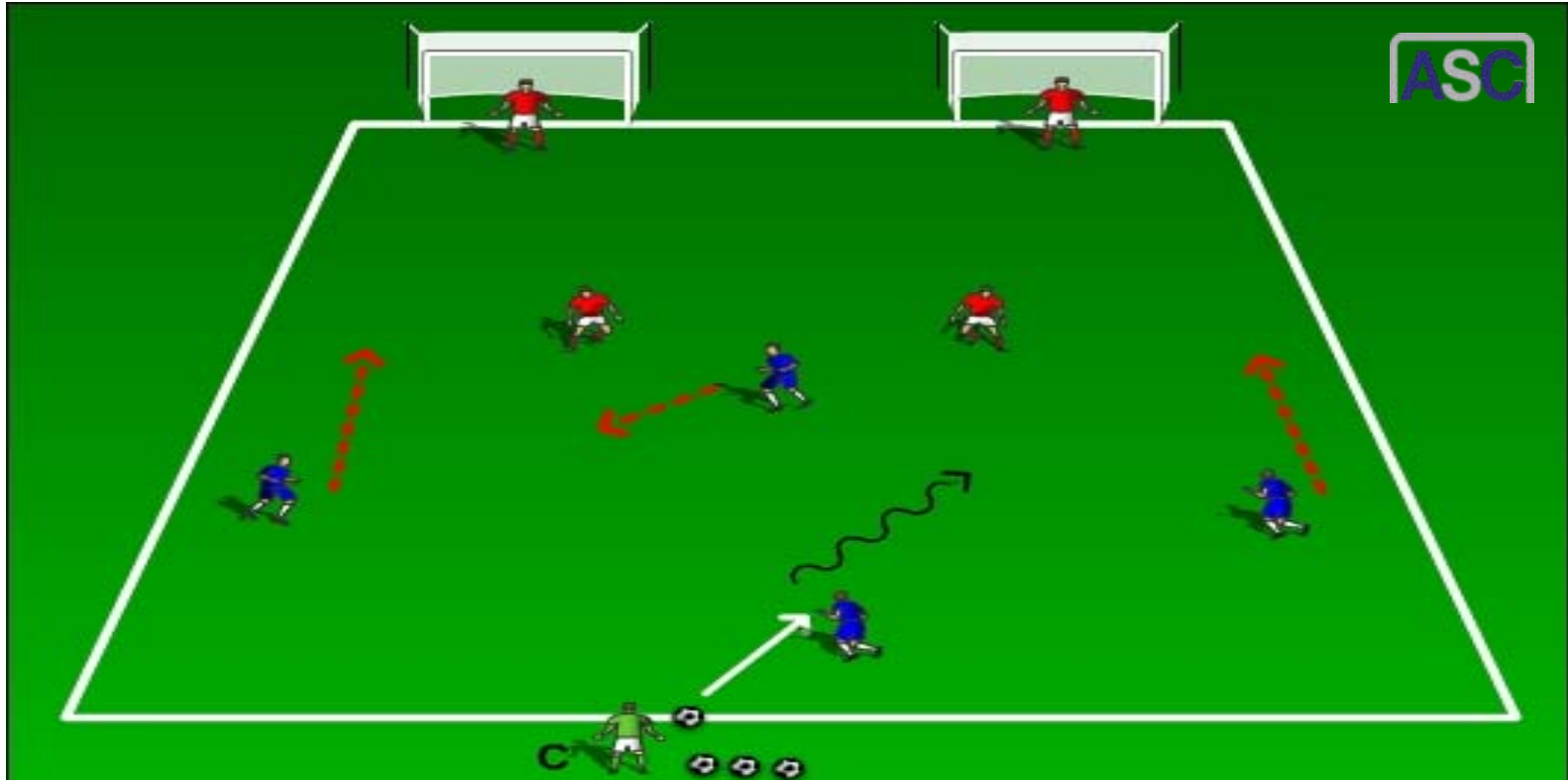


SWITCH PLAY – ROLE REVERSAL GAME



Set up/rules

Two teams of four players

Two full size goals

One team acts works as defenders and has two keepers and two defenders

One team works as the attackers and spread out to attack

To start, the coach passes into the four attackers who attempt to score in one of goals

If they are successful, they receive a new ball from the coach and attack again

If the defenders manage to win the ball or stop the attackers scoring then, the roles are reversed

The defenders now race out to receive a ball from the coach and the attackers drop back to defend

The game continues for a set time period