

SWITCH PITCH

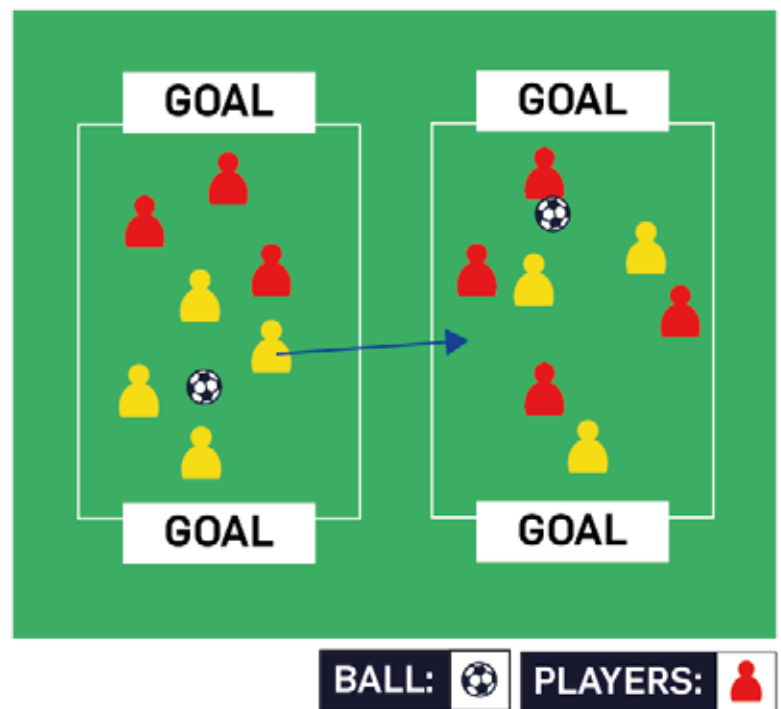
This session encourages players to work as part of a small team and a large team – at the same time.

SET IT UP

- Create two playing areas close together (a match will be played in each).
- Split your players into two teams.

GET PLAYING

The teams decide how many players to put in each area – and can move individuals between areas whenever they want. The aim is to win as many matches as possible.

**INCREASE THE CHALLENGE**

Using STEP is a great way to do this.

You could:

- add another pitch
- make one pitch longer or wider than the other
- introduce a rule around scoring – such as a one-touch finish
- increase or decrease the size of the goals
- lock players to a pitch after they have moved once.