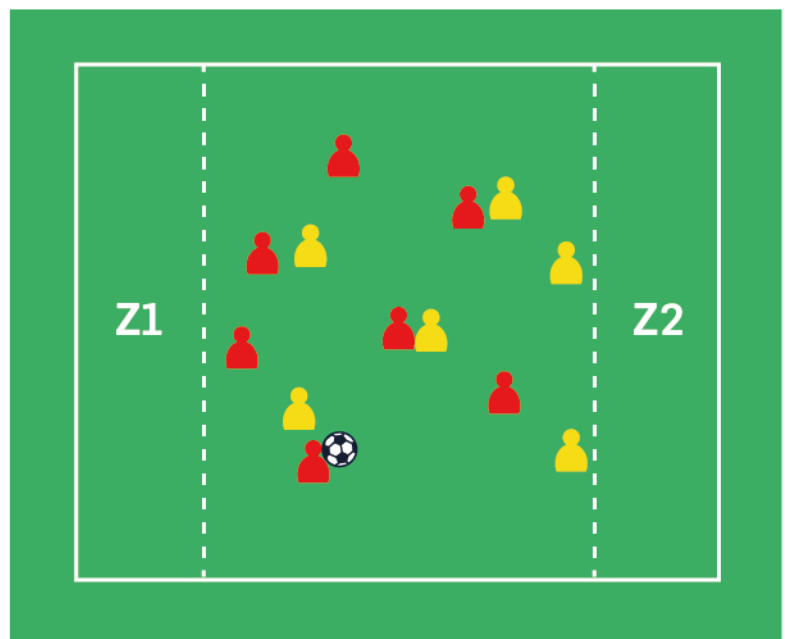




If your players struggle with passing between different areas of the pitch, this is a great activity to try. Instead of goals, the session uses large zones. This encourages your team to switch direction, which means they practise moving the ball from one area to another.

SET IT UP

- Split your players into two teams.
- Create a zone at either end of the pitch – one for each team.



BALL:



PLAYERS:



GET PLAYING

This is a normal game of football, with a key difference. To score, players must run with the ball (or pass it) into their opponent's zone.