

PLAY FORWARD

This session encourages players to play the ball forward – as creatively as possible.

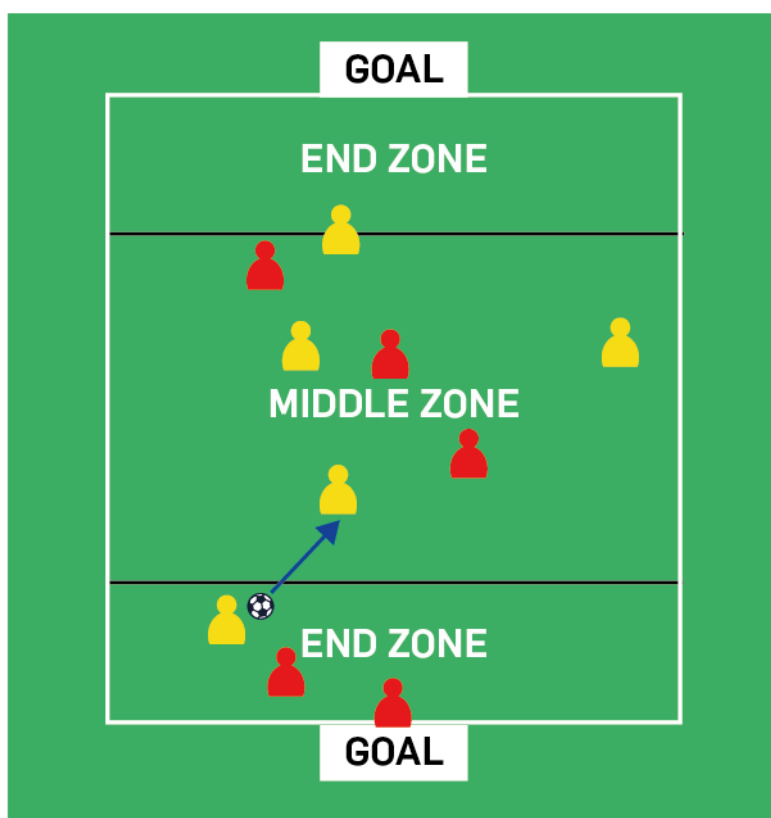
SET IT UP

- Create two end zones on your pitch (leaving a large area in the middle).
- Make sure each end zone contains a goal.

GET PLAYING

The game starts with an equal score, such as 10-10. If a team gets a goal, it's added to this tally. When individuals have the ball in the middle area, they must play forward.

If they pass the ball backwards, their team loses a goal. The aim is to have the highest goal tally after a defined time.



BALL:



PLAYERS:



INCREASE THE CHALLENGE

When a team reaches a certain target – such as 15 goals – they lose a player to their opponents. This resets the score and the game starts again.