



Warm up

End to end 3 team warm up game



Competition Rondos

Teams must work to keep ball away by moving it quickly rotate defenders



Competition 1v1s

Player 1 plays in, player 2 turns to try and score with player 1 chasing to defend

Player 1 then demands the ball from a wide player and plays 1v1 to small goals.

Use 2 fields.



4 goal mini games to finish, 2 fields pair up players to make completion if their opponent scores.