

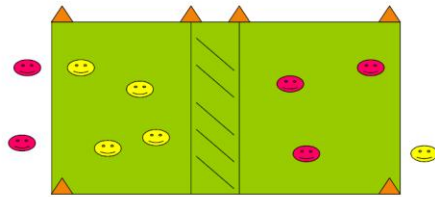
Warm Up-Rob the nest



Game starts with four corners. Each person at a corner is numbered 1-4. 6 Balls in middle of square around centre cone.

Aim of game is to get 3 balls at your corner at the same time but you are only allowed transfer one ball each time. Once all balls are taken from the centre circle then any nest/corner can be stolen from until one person has 3 at their nest at same time. Other players at corner can not hold ball from another player coming to rob the nest.

No mans land - prisoner

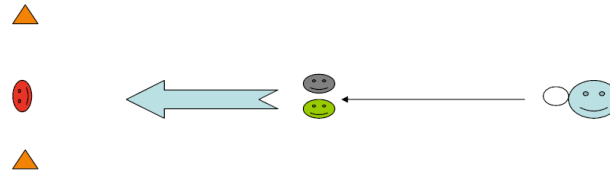


As normal no mans land only if a person drops ball or kicks out of area he/she must go to far end of grid.

Your own teammates can get you back in the game if they kick the ball over to you and you make clean catch. If you fail to catch the kicker joins you!

Winning team gets all of opposition out first.

1 v 1 Tussle



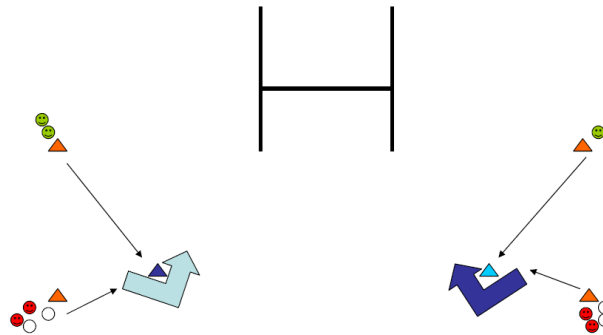
1 v 1

One goals with a child playing as goalie

Coach throws/kicks ball in between two children – whoever gains possession is on the attack and the other player is the defender.

If the defender dispossesses he/she can then attack.

Hook Kick



Pressure hook kick.

Aim – attacker to hook kick ball for score from blue cone. Defender to pressurise. On first whistle defender runs as quick as possible to blue cone to pressurise. On second whistle attacker runs to blue cone to hook kick score.

Finish with matches