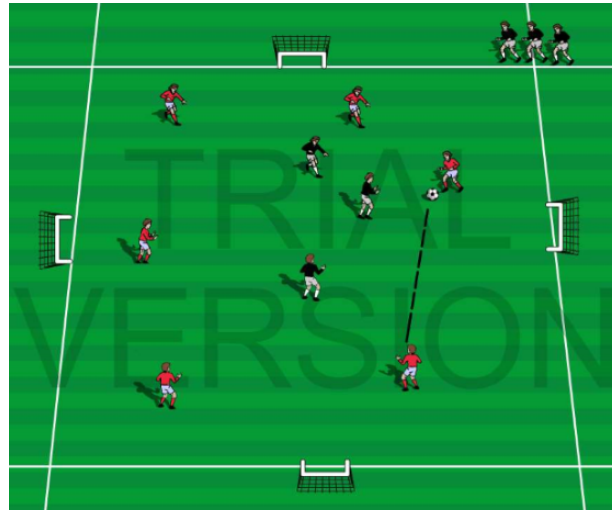
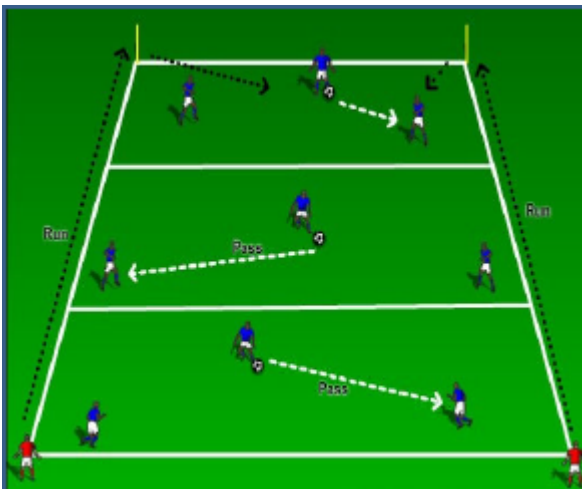


Pairs Tag Players pair up and hold hands. One pair holds vests and is 'it', they try to tag the other pairs. As pairs are tagged, they get vests and chase the free pairs also.

Variation: Add a ball to each group

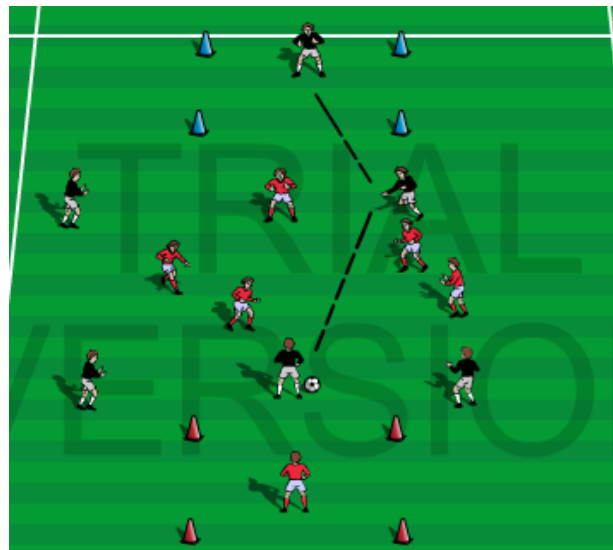


6v3 to four goals Goal of six is to possess and keep in play. The three defenders attempt to win ball and put in any of four goals. Three new defenders enter every minute. Play for a total of four minutes, then switch team roles. If defenders force offense to kick ball out, 1pt. If they score, 3pt. If they can score in all four goals on their shift, bonus 10pts. If offense splits defense, they lose point.



Increasing Overloads 3-4 attackers in each area. Two defenders must run length of area trying to steal and knockout ball from each group. Time how long it takes for pairs to get all balls knocked out and get back to the starting position.

Variation: Same game, but allow each succeeding offensive group that loses the ball to join the other attackers. So it would be 3v2, 6v2, 9v2.



Defensive Pressurization Game Each team has a goalkeeper in a box. Goal is to get the ball to your goalkeeper.

Scrimmage

Cooldown – Ball+Cones game