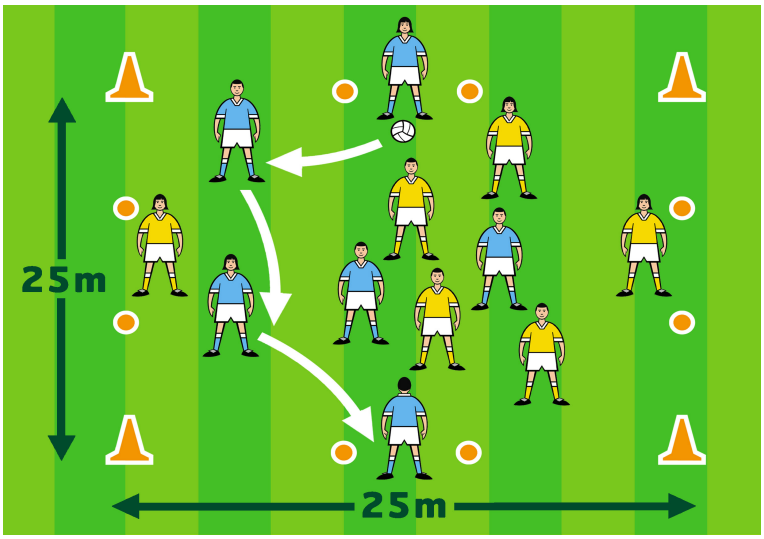
LEVEL 5

HAND PASS - CAPTAIN BALL

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This is a modified game to develop the handpass

Organisation

- Mark out a playing area approximately 25m by 25m
- Mark out a goal area at the centre of each line of the playing area
- Divide the players into even teams; two players from either team act as goalkeepers on opposite sides of the playing area
- The objective of the game is to score by handpassing the ball to one of the two goalkeepers on your team
- Award one point each time the ball is successfully passed to a goalkeeper
- After each score, the goalkeeper must pass the ball to the opposition to restart the game

STEP Variation

Equipment – Set up the game using only two goals, and two goalkeepers

Notes