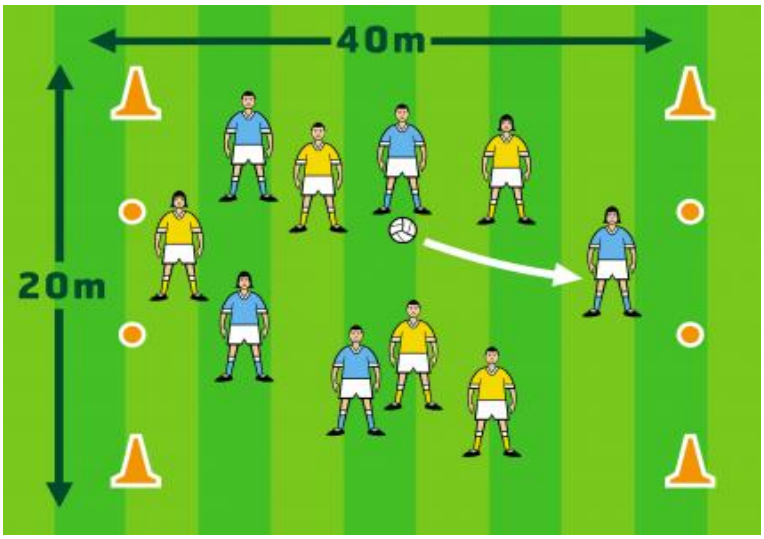
LEVEL 5

FIST PASS - GOALS GALORE

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This is a modified fun game to develop the Fist Pass technique

Organisation

- Mark out a playing area 20m by 40m
- Place two poles at either end to form goals
- Divide the players into equal teams; no goalkeepers
- The objective of the game is to score goals against the other team
- Only the fist pass can be used to pass the ball and score

STEP Variation

Players at the beginning – To increase the difficulty; introduce goalkeepers

Notes