



ACTION:

One player from each group sets up in the 'target zone'. Remaining players play in the central area. Normal football rules apply. To score the outfield players must pass into the 'target man' who must control the ball. The 'target man' then changes places with the player who made the last pass.

Game restarts with the opposing team playing out from the back line.

TIPS:

The 'target man' must move around in the 'target zone' to give teammates angles to pass to him.

Encourage players to pass and move within the area.

Change format to:

- Three touch
- Two touch
- One touch!!!

NOTES:



GROUP PLAY

SET UP:

30 x 40yd area with 10yd 'target zone' at each end.

Two groups of players of up to seven per group.

One ball

Coloured bibs