

BACK TO BACK

Best suited for ages 7-9

On 'Go!' players standing back to back run around a marker on their goal line then attempt to run the football over their opponent's goal line to score a point. Play in groups of 2 to 4.

SESSION 1

• MIDDLE / 15 MINUTES

EQUIPMENT

• 1 football per pair, a set of marker cones

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Pairs with a ball collect four marker cones to create their goal lines (Program Leader will need to help set this up for younger groups); • A ball is placed on a goal line at one end of the pitch; • Pairs start back to back in the middle of their pitch. <p>Playing</p> <ul style="list-style-type: none"> • When the player facing the ball calls out 'Go!' both players run to opposite ends of their pitch and around a marker cone; • The player who was facing the ball collects it and attempts to run with the ball over their opponent's goal line to score a point; • Players take turns facing the ball and calling 'Go!'
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Do attackers have control of the ball when they score? • Is it too hard for the attacker to pass the defender?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Defenders can only move laterally; • Attackers must stop the ball on the line to score; • After a few turns, have players change partners.

Objective:
Changing direction
with the ball, 1v1

