

MINIROOS FOOTBALL

Teams of 4v4 or 5v5 play a game of football on a small pitch. No goalkeepers, no offsides.

SESSION

• GAME / 10 MINUTES

EQUIPMENT

• 1 size 3 football or similar per game; 1 spare football per game; team bibs or sashes; 1 set of marker cones (30); 2 pop up goals or marker cones

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Create a pitch suitable for the area and ability of players (maximum of 30 metres by 20 metres); • Form two teams of four players, no goalkeepers; • All players must be in their own half for the start and re-start of the game (after a goal); • Opponents must be five metres away from the ball until it is in play. <p>Playing</p> <ul style="list-style-type: none"> • Play starts with a pass forward to a team-mate from the middle of the halfway line; • A goal (one point) is scored when the whole ball passes over the goal line between the goals.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Are all players involved? • Are players having fun?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Modify team numbers so players have more chance of touching the ball; • Modify rules so teams practice passing before scoring.

