

CROSS THE BRIDGE

Players with a football each attempt to 'cross the bridge' by running with their ball over the opposite goal line. The bridge is guarded by a troll who attempts to gain possession of a player's ball.

SESSION

• MIDDLE / 10 MINUTES

EQUIPMENT

• Marker cones to define playing area, 1 football per player

<p>WHAT TO DO</p>	<p>Setting Up</p> <ul style="list-style-type: none"> • Program Leader always starts as the troll; • All players start with a ball along the goal line. <p>Playing</p> <ul style="list-style-type: none"> • On the troll's signal, players attempt to cross the bridge by running with their ball; • The troll attempts to gain possession of a player's ball before they reach the opposite goal line; • Scoring: <ul style="list-style-type: none"> - one point = player runs with the ball successfully over the goal line.
<p>WHAT TO LOOK FOR</p>	<ul style="list-style-type: none"> • Are players finding it easy/hard to get past the troll? • Is everyone engaged?
<p>SUGGESTED CHANGES</p>	<ul style="list-style-type: none"> • Program Leader to act as Troll at first; • Add another troll; • Points only awarded if ball is stopped on the line.

