

PLAYGROUND SOCCER

PASS WIDE. DEFEND SAFE. KEEP IT MOVING.

SETUP Mark a small field and two cone goals. Play four- or five-a-side with no goalkeeper. Rotate after every goal or two minutes. Equipment: 1 soft soccer ball | 8 cones | 2 jersey colours

1

SMALL FAIR TEAMS. QUICK ROTATIONS.

Play four- or five-a-side; rotate often.

2

RPS FOR KICKOFF. PASS TO START.

Defenders begin behind halfway.

3

FEET PLAY THE BALL. HANDS STAY AWAY.

This version has no goalkeeper.

4

BALL OUT? STOP IT AND KICK IN.

Place it on the line and pass it back.

5

STAY ON YOUR FEET. DEFEND THE SPACE.

No slides, checks, pushes or kicking through feet.

6

NO HEADERS. LET HIGH BALLS DROP.

Move away, wait, then use feet.

7

A SAFE ROLLING BALL THROUGH THE CONES SCORES.

Whole ball, below knee height.

8

CLOSE CALL? RPS OR REPLAY.

Accept the quick repair and restart.