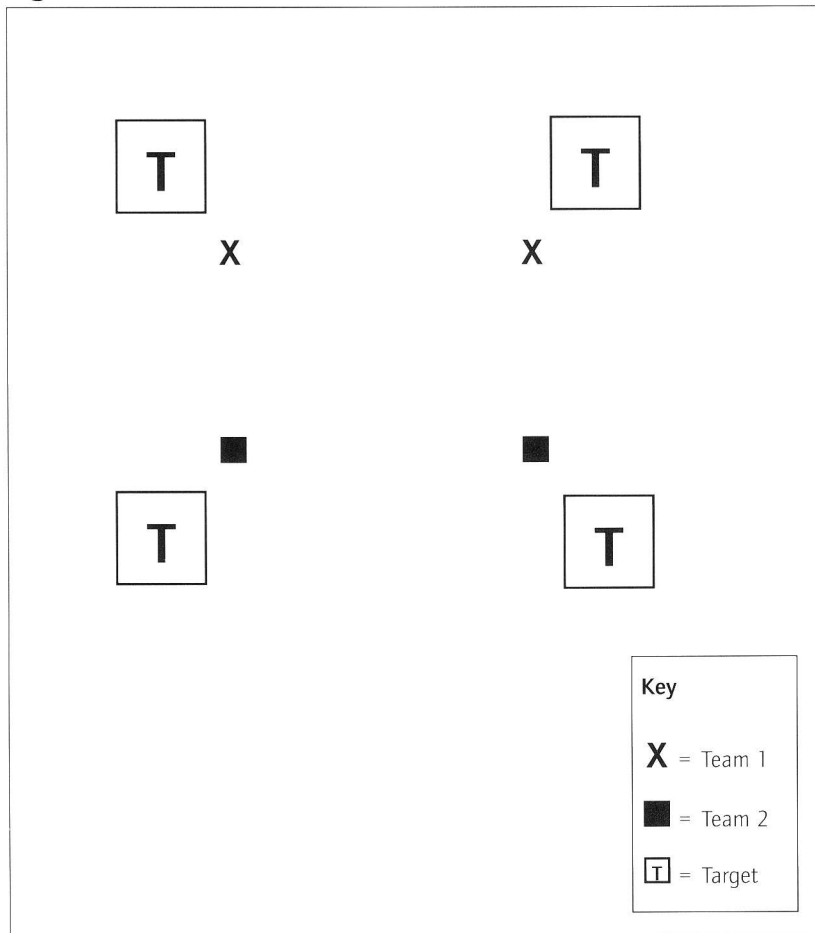


Find a Friend

Age 10+



Set-up

This is a two v two game in which the players pass to the others who play as targets to score. The targets then play to the opposition. Remember to keep swapping those who are the targets and those playing the game at regular intervals so that everyone gets a chance to be involved in the middle.

Progression

The progression is to introduce three v three and the game can also progress to four v four and even up to five v five. Another alternative would be to reduce the number of targets to one at either end.

Set-up

- Two v two
- Pass to targets to score
- Targets then play to opposition
- Move around after set number of plays (ie targets become team)

Progression

- Three v three
- Four v four
- Reduce number of targets

Technical Outcomes

- Passing and receiving
- Turning
- Dribbling
- Defending

Physical Outcomes

- Running
- Movement
- Balancing
- Coordination
- Kicking

Social Outcomes

- Communication
- Decision making
- Teamwork

Psychological Outcomes

- Challenging
- Focusing