

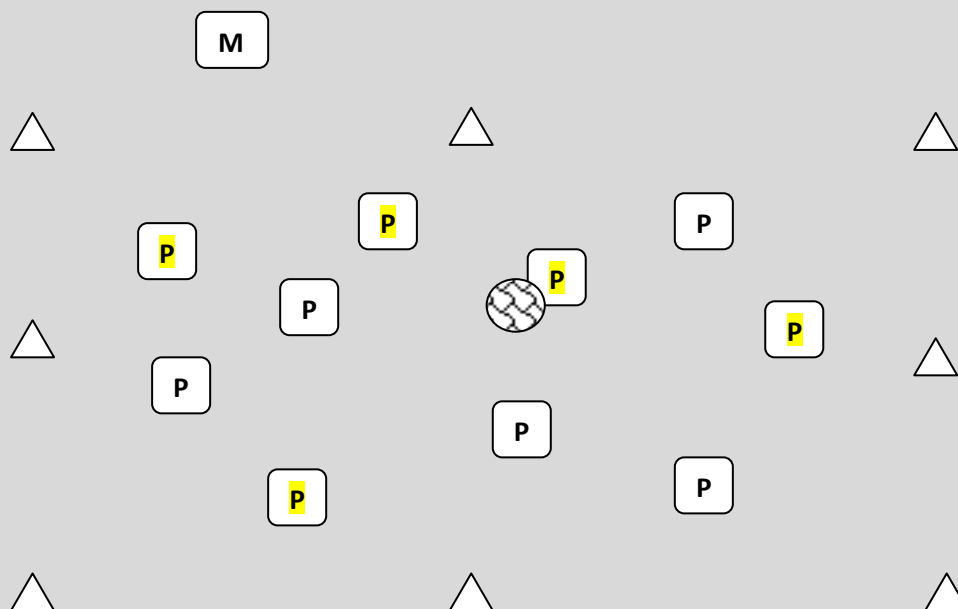
FOOTBALL SKILLS

BASE NO: 11

BASE NAME: 'Keep Ball'

OBJECTIVE: Passing / Positions / Teamwork

BASE SETUP:



BASE INSTRUCTIONS: Start the base by explaining how to play the game!

- Layout an area with cones as per the diagram above.
- Split your players into two teams – put bibs on one of them.
- One team is given a football – they must play 'keep ball' by passing the ball to each other (throwing or hand passing only – no kicking) while staying inside the area.
- The other team must try to get the ball from them by using one hand or by blocking a pass – NO PHYSICAL CONTACT ALLOWED – you cannot touch another player only the ball.
- Switch teams when the team playing 'keep ball' loses the ball to the other team.
- Switch teams if the ball goes out of the area.
- Switch teams if physical tackles are made.

VARIATIONS:

- Start with throwing the ball only – switch to hand-passes when the players are all proficient
- Set a time target
- Put cones as goals at either end and teams can try and score with 3 passes or more

LEGEND:

