

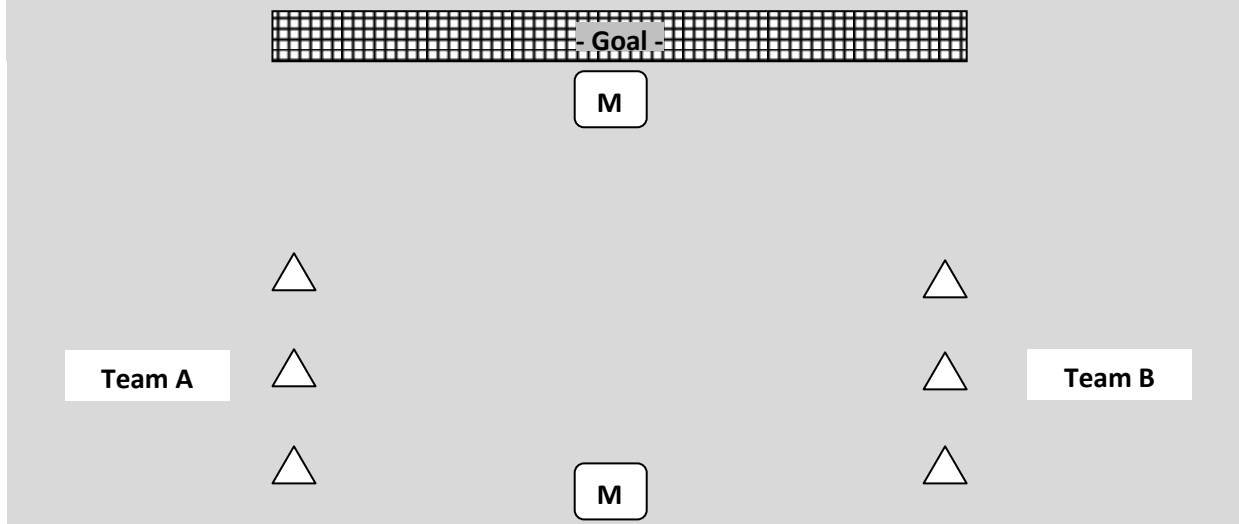
FOOTBALL SKILLS

BASE NO: 3

BASE NAME: 'Numbers'

OBJECTIVE: Practice winning possession and passing / scoring or clearing the ball.

BASE SETUP:



BASE INSTRUCTIONS: *Start the base by reminding the players not to pull, push or grab the other player. But also that they can bump or shoulder the other player. Not to tackle the other player if they are picking up the ball.*

- Split the players into two teams, A and B. Line the teams up opposite each other, with each player beside a cone and give each player a number. (e.g.: 1-4 team A and 1-4 team B)
- Start with team A as forwards and team B as backs
- A mentor throws in a ball into the middle and calls a number – the player of that number must run out from each team and try to win possession – backs try to clear the ball out to the outfield mentor / forwards try to score.
- Switch teams after a while.

VARIATIONS:

- Encourage players to work together by calling two numbers out at a time
- Remove the goal – players must win the ball and pass it to a team mate.

LEGEND:



Cone



Hoop



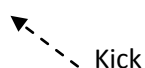
Square



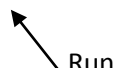
Mentor



Football



Kick



Run



Run around Cone