

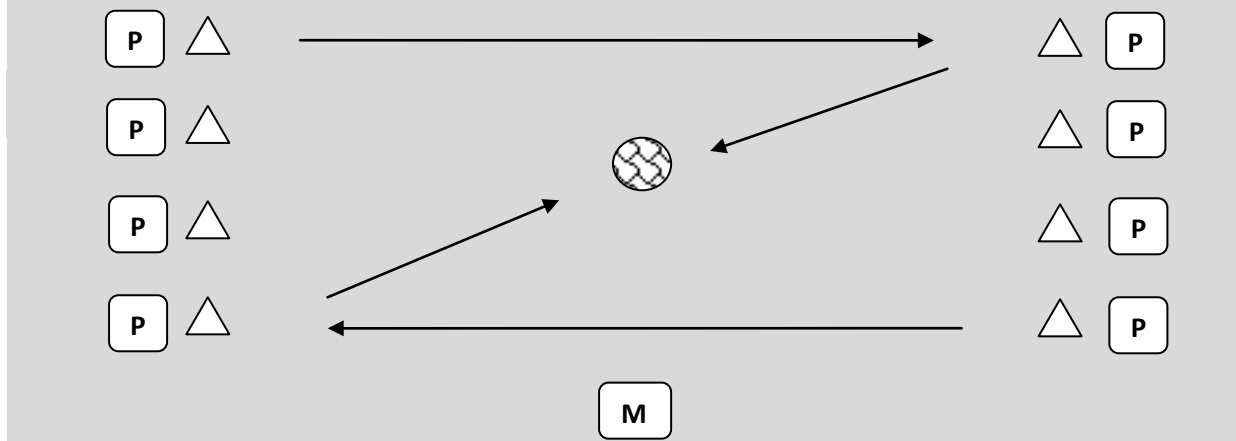
FOOTBALL SKILLS

BASE NO: 4

BASE NAME: 'Snatch the Bacon'

OBJECTIVE: To practice winning possession and picking the ball off the ground.

BASE SETUP:



BASE INSTRUCTIONS: *Try and ensure that the players face someone of a similar ability*

- Split the group into two teams (A and B)
- Team A stands beside cones at one end of a square and team B stands beside cones at the other end. Each player is given a number (e.g.: 1-4, team A / 1-4, team B)
- Call a number – the player with that number from each team must run to the opposite end of the square and then back to the middle to try and win the ball.
- If they win the ball they can bring, kick it or pass it back to their team.

VARIATIONS:

- Double up – two numbers and two balls in the middle
- Instead of placing the ball on the ground – the Mentor holds the ball; first player to the middle shouts 'Pass' and the Mentor hand-passes the ball to them. The other player can compete for the ball if they get there on time.

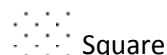
LEGEND:



Cone



Hoop



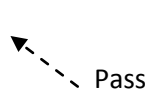
Square



Mentor



Football



Pass



Run



Run around Cone



Player