



2 v 2 Coloured Markers

Skill - Catching and Passing

TYPE
Open

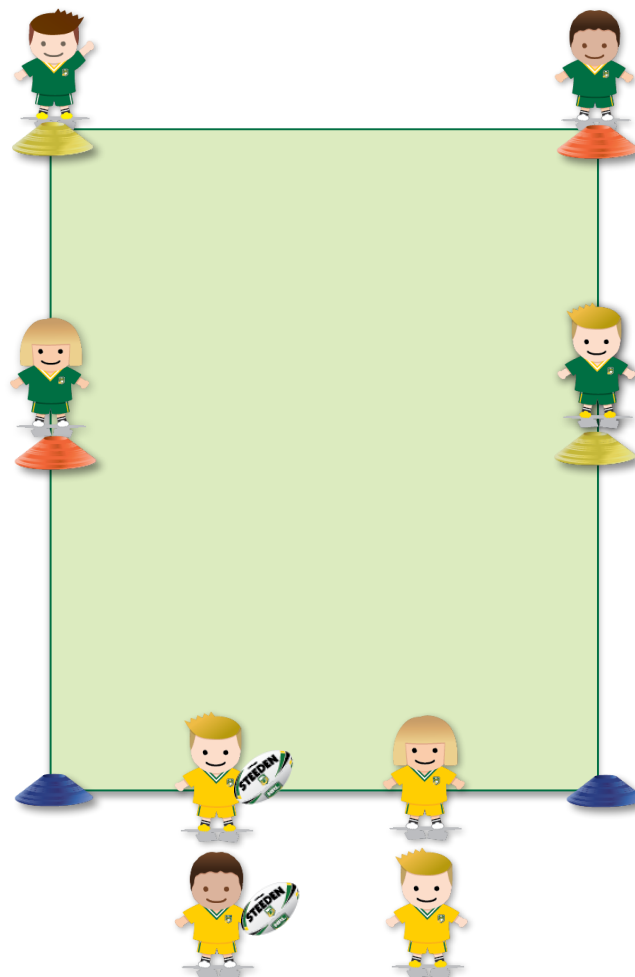
AGE
10+

Description

- » Start with 4 defenders (green) on the yellow markers.
- » Then set the rest of the players up in two line (yellow) at the end of the grid.
- » The coach says 'orange' or 'yellow' for each group e.g. if 'orange' is called, the two defenders on the orange markers are in play.
- » The yellow players are not in play.

Progression

- » Add an extra attacker.



Field Size

(20m)



(10m)

Players



x (4
minimum)



x (4
minimum)

Equipment



x (6) Markers



Whistle



x (1) Football Per Group



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