

Activity sheet

Pass Through the Gap



Equipment

- 1 football per team
- 3-4 cones

Teams

- 4-6 people in a team

Safety

- Keep the ball below knee height
- Stay in or by your own team's zone

How to play

- Use cones to mark out a large square (4 attackers) or triangle (3 attackers) zone.
- Each attacker takes one side of the zone. They may move along their line but cannot enter the zone or go around it.
- Defenders (2) must stay in the zone.
- Attackers pass the ball to each other. The ball must pass across the zone.
- Defenders try to intercept the passes.
- Swop attackers and defenders after each successful interception.
- How many consecutive passes can the attackers make before the ball is lost?
- Make the zone smaller each time you beat your number of passes.

Support

- Increase the size of the zone
- Have 2 attackers at one or each side
- Play for a set time before swapping roles

Challenge

- Increase the number of defenders
- Attackers must pass in a set order
- Attackers rotate around sides after each pass

Include everyone

- Change the ball, e.g., bell ball, contrasting colour to floor, large and light for pushing, no- or low-bounce
- Play at floor level with a bowled ball (e.g., like goalball)
- Roll the ball or use a chute instead of kicking the ball

Play anywhere

If you don't have a ball, play a tag game, like 'stuck in the mud' instead. Can your team avoid everyone being tagged?

Football skills

This activity helps you to...

- Find and use space
- Be aware of other players' movements
- Change direction when moving

Life skills

This activity helps you to show **teamwork**.

To show teamwork, you need to:

- Support and respect other people
- Do what is best for the team, not just yourself