

Being Able To Tackle Could Save Your Life

By Michael Beale

This game makes the most of 1v1 situations, being able to make and to evade tackles. The players in this game need to have good all round skills so their team doesn't lose a life.

You can use the centre circle of an 11-a-side pitch or mark out a circle with cones around 30 yards in diameter.

You need four goals like the diagram, but you can again use cones to mark out goals. Split your squad into four and line them up next to the goals.

The game works with four players on the pitch, one from each team. You have to defend your goal but attack the other three. Any player letting a goal in has to go off the pitch and another of their team joins. Once you are off the pitch you have lost your life and cannot go back on. The team with the last player on the pitch wins.

KEY

BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT



1. Start off with 1v1v1v1.



2. If a player concedes, he's out, a new one comes in, but a life is lost.



3. The winner is the last man on the pitch.