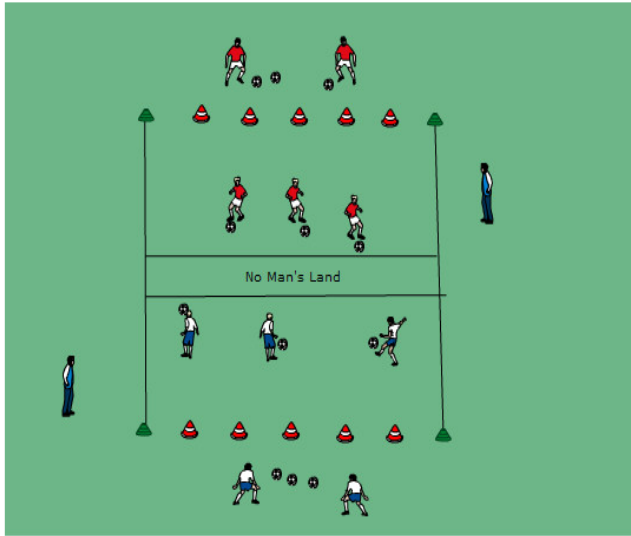


The Dutch Scoring Game



The Set-up: 4 marker cones are positioned at the corners of the field. Divide the designated area in half. Place several large cones along the end-line.

The Game: The players try to knock over the cones on the opposite side of the field, while preventing their own cones from being knocked over. The players must not cross into the “No Man’s Land” zone. The game is played with multiple balls. You might want to start with 3 or 4 balls and add more as the game gets underway.

Rules:

- The players must not cross into the “No Man’s Land” zone.
- The ball can only be played to the opposite side of the field.
- When 4 cones have been knocked over, the game is finished.
- The winners score 1 point.
- Rotate the resting players into the game and reset the cones.
- If a ball runs over the end line, the player takes a reserve ball and the ball boy retrieves the first ball.
- Play a game until one team has 3 points. (wins three rounds)

Variations:

- If you have 10 players play 3 on the field for each side and 2 players as ball retrievers.
- If you have 8 play 2 workers/2 retrievers for each team.
- If you have 12 players 3 workers/3 retrievers for each team

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Inside of the foot promotion/relegation
Passing in Pairs with Basic Movements

Progress to:

5v2 with 2 Counter Goals
3v3 with Handicap