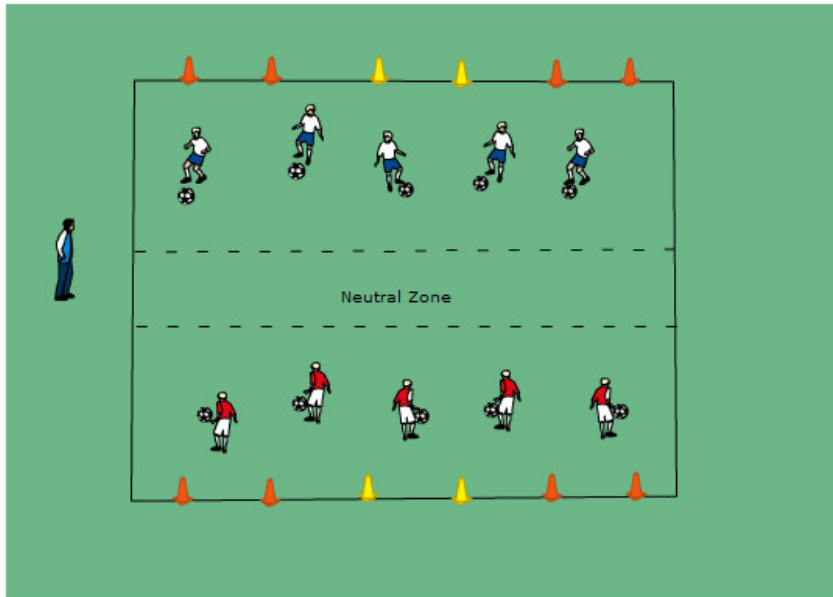


Clean Your' Backyard



The Game: Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Every ball on their side of the field is a piece of garbage and at the end of the game they have to have the cleanest backyard

Variation: Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot balls at other team's goals in an attempt to score through anyone of the small goals (below knee height). Players cannot enter the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense, though no hands allowed. Only shots with laces count as goals. (10 minutes)

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

The Dutch Scoring Game

4v2 Dual Field

Match Related Game:

Get Out of Here!

3v3 Competition Day