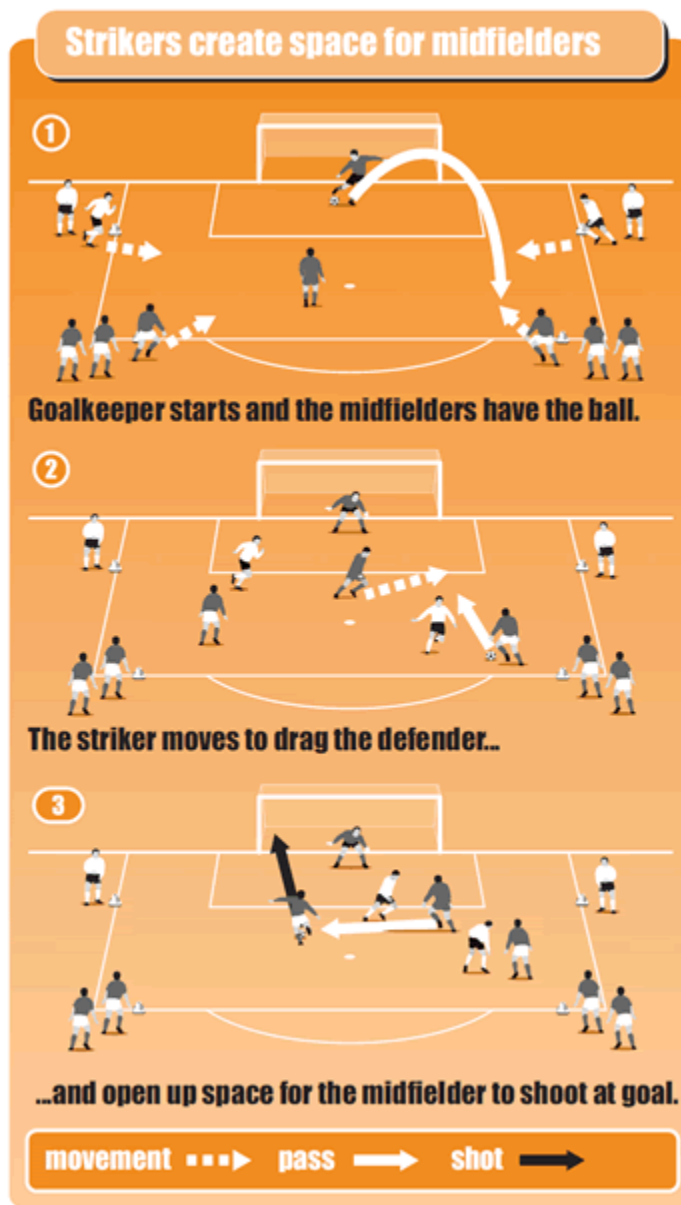


Strikers create space for midfielders



How to set it up

- Use the penalty area or set up an area 30 square. You need a goal, a striker and a goalkeeper.
- Split your players into midfielders and defenders.

How to play it

- Start with the goalkeeper kicking the ball to the midfielders.
- The two midfielders join with the striker to form a 3v2.
- When the game ends, midfielders and defenders swap to the opposite queues. After three moves, change the attacker.
- The game continues until the ball is cleared out of the area or a goal is scored.
- If the defenders win the ball, they should clear it past the line where the additional midfielders are standing.
- If the defenders are successful at clearing the ball, the attacking trio must collect the ball and do a forfeit from the following:
 1. Run once around the pitch.
 2. Do five push ups.