

Football - End zone

Football - This game develops the game skills of dribbling and passing and the general skills of spatial awareness and teamwork.

Age Range

Any Age

What you need

- Marker discs/cones
- Balls of different size and density
- Suitable indoor or outdoor space appropriate to the size of the group

How to play – game basics

- Create a central playing area with two end zones.
- Divide the group into two teams (for example, 6v6).
- The object of the game is for the team in possession of the ball to get the ball to the end zone they are attacking; they score a goal by dribbling the ball into the end zone.
- No defender is allowed in this area.
- No tackling (to start) only intercepting passes.



Something to think about

Reduce team sizes, according to ability, and run a number of games together; gives players more ball time.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- As an alternative, teams can also score by passing to a team-mate who has moved into the end zone (note: players cannot wait in the end zone –3 seconds maximum)
- A 'floating' player can always play for the team in possession providing an extra outlet.

hEzebe (People)

- Create tackle-free zones for some players; in these areas players can concentrate on controlling, passing or shooting the ball without being marked.

quSaquse (Equipment)

- Players can use different size and density balls; for example, some players may find a larger, slower-moving football easier to control and dribble
- Take a little air out of a regulation football to slow it down.

bOta (Space)

- The size of the playing area can be increased (easier to find a space free to receive a pass) or decreased (speeds up play).
- The end zones can be increased or decreased; for example, bigger end zones increase the opportunity to score.

Safety

- Make sure that players are aware of each other's movement capabilities; for example, vision or ability to stop and turn will vary.

How to improve

- Try to keep the ball moving forward; avoid too many backward passes.



Extension games

Target player

- In this version of End Zone each team has a player from each team positioned in the zone that they are attacking; they score by passing the ball to this target player. The target player can move anywhere in the end zone.

Any direction end zone

- Here both end zones are divided into two equal halves; in one half of each end zone.
- Teams can therefore score by passing the ball to their target player in either end zone; play can continually change direction, keeping players on their toes.