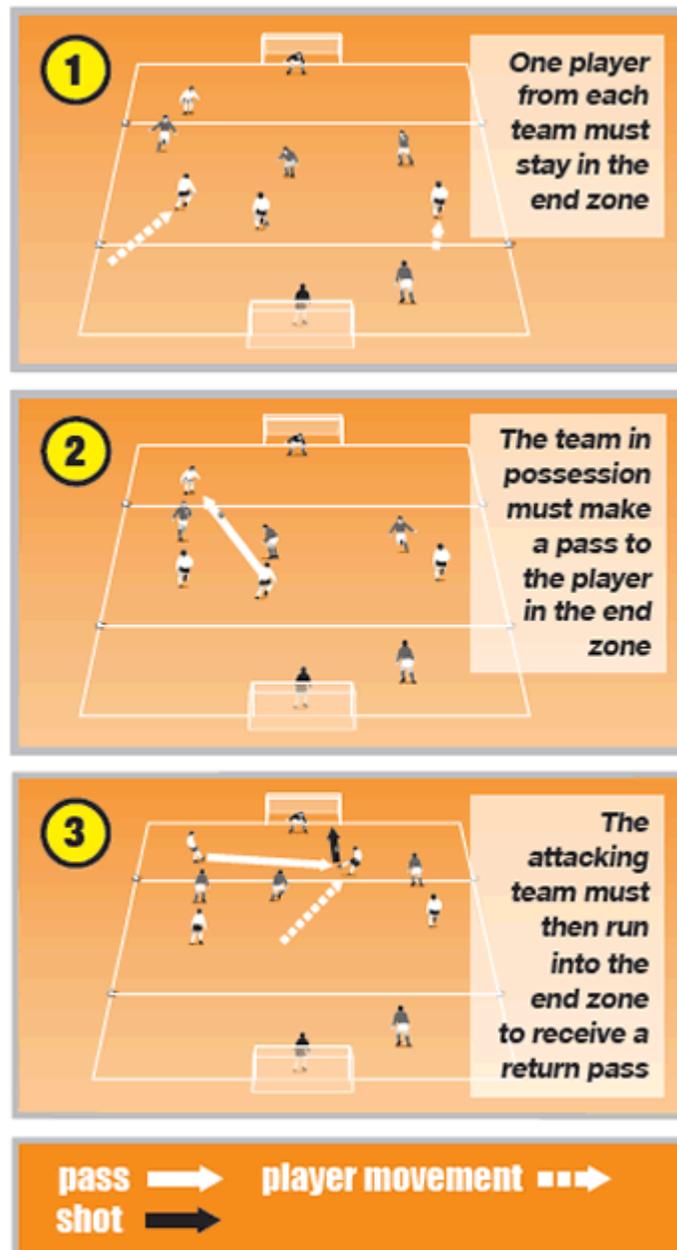


Hit the target man

By David Clarke

This is a great game to practise with all ages. It is all about using target men to set up attacks. Neither team can score without utilising the target man, so this is a great game to teach link-up play in the final third and reminds players not to be greedy.

It also rehearses the art of playing through opponents, and only positive and well-organised supporting runs will be rewarded with goalscoring opportunities.



How to set it up:

- Create a playing area measuring 35x25 yards.
- Within that, create two end zones, each 10 yards in from the goal lines.

- There are two goals - one at each end - and keepers in place.
- This game is best played with two teams of four outfield players.

Getting started:

- This game has no offsides, and if the ball leaves play, you have a few different restart options:
 1. You pass a new ball onto the pitch.
 2. Players take a roll-in.
 3. Players take a throw-in.
 4. Players make a pass-in.
 5. Players dribble the ball in.
 - Each team selects one player to be the "target man". This player stands in the attacking end zone.
 - The aim of the game is to make a pass to the target man, and then for a supporting player to receive a lay-off pass to shoot at goal.
 - When the target man receives the ball, only one defender can come back to attempt to break up play.
 - After a shot is made, the shooting player swaps position with the target man.
 - If a tackle is made before the ball goes through to the target man, the other team can attack in the opposite direction.
 - Restart after a goal or if the ball goes out of play.
 - The game is played for a set time period of 15 minutes.