

## HIT THE TARGET (SMALL SIDED GAMES)

### SETUP

1. Area of up to 25x20m. Modify area depending on the number of players
2. Divide the players into teams with bibs
3. Have football around the area to restart match
4. Place four target cones at each end of the pitch, with a football



### HOW TO PLAY

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones scoring 1 point each time
2. There are no throw ins, instead the ball is kicked in
3. Once a ball is knocked off the target cone it is replaced and match starts again

### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch
- Once ball is knocked off it is not replaced. First team to knock all four of oppositions footballs off target cone wins
- Place target cones inside the playing area

### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot