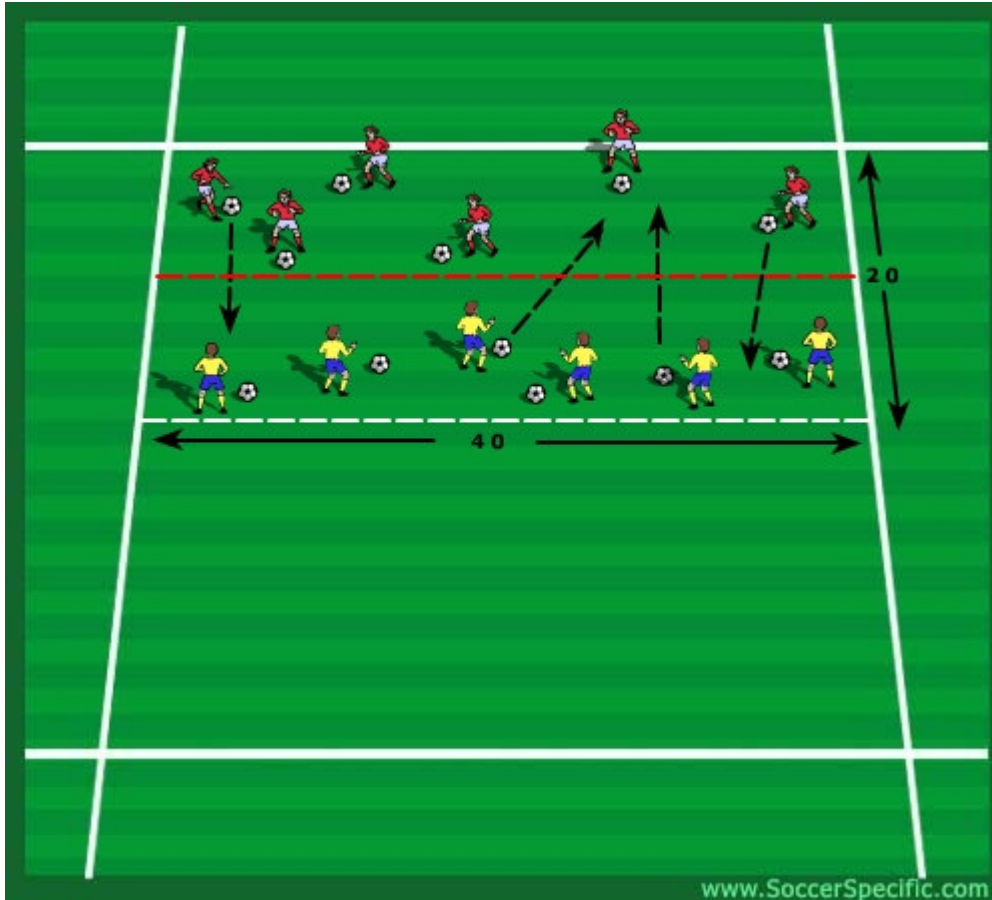


Clean Sheet

Emphasis: Passing and receiving



Set-up:

Divide your players into two teams and each player has a ball. Place the players in a 20x40 yard grid with a cone line separating the grid into two equal halves.

Objective:

Each team must stay in their own half of the grid. The objective is to keep your grid clean by constantly kicking the balls across the cone line and into the opponents half. The coach must keep the balls in play to keep the game going. The game lasts for two minutes and the team with the least amount of balls in their half, wins the game.

Progression:

1. Award an extra point for balls that pass over the opponent's end line.
2. Increase the size of the grid.

Coaching Points:

- Spread the players out.
- Concentrate on accuracy, not power