

2022 GAME CARDS



# HOW TO USE THE McDONALD'S JUNIOR FOOTBALL GAME CARDS

Our goal is to enthuse young players so they fall in love with our sport and stay in it for life. To help achieve this, the McDonald's Junior Football Game Cards offers volunteer coaches fun games for 4-12 year olds, each focusing on a particular technical outcome.

**WEEK 1** | DRIBBLING

**WEEK 2** | 1V1s

**WEEK 3** | PASSING

**WEEK 4** | SHOOTING

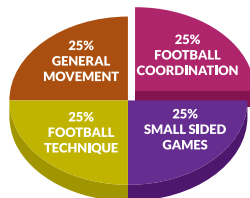
**WEEK 5** | BALL CONTROL

Every activity is an opportunity for young children to take part in fun, enjoyable football games which develop them as players and as people. Each game can be used for Football or Futsal and are perfect for playing in or outdoors. To do this check that SMILES are evident in your sessions:

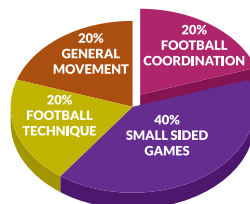
- S Safe.** Check that the playing area, playing and coaching equipment is safe and know your emergency procedures
- M Maximum Participation.** Try to ensure that all players are engaged in the activities provided
- I Inclusive.** Think of ways to adapt the games and activities to allow any child to join in
- L Learning.** Try to help the players to learn through playing and don't give them all of the answers straight away
- E Enjoyment.** Create a positive, fun environment which will help children fall in love with the game
- S Success.** Observe the activity and try to make the challenge point for players not too easy and not too hard



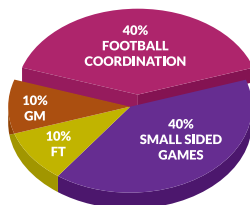
4-6 YEARS



7-8 YEARS



9-12 YEARS





## 11+ KIDS

### A PROGRAMME TO IMPROVE FUNDAMENTAL MOVEMENT SKILLS FOR FOOTBALL PERFORMANCE

11+ Kids provides fun activities that can be used as part of a warm up for a session. Various levels of each activity are available so that it is appropriate for the child's age and stage of development.

#### THE 11+ KIDS PROGRAMME HELPS A CHILD'S DEVELOPMENT BY:

- Improving Coordination and balance
- Strengthening the leg and core muscles
- Learning appropriate fall techniques

A FUN WAY TO  
ENHANCE  
PERFORMANCE  
AND REDUCE  
INJURIES FOR  
KIDS

VISIT [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ)  
TO FIND MORE ABOUT THE  
11+ KIDS PROGRAMME



ACC  
**SportSmart**

# 11+ KIDS WARM UP EXAMPLES

## PLANK

### TUNNEL BALL



2x GAMES  
8x ROLLS

A strong core is important for body stability, strength, generating power and injury prevention.

- Players perform the plank positions with strong, tightened core muscles throughout all variations
- Players create a tunnel, supported on their hands and toes
- Player at the start of the tunnel rolls the ball and then joins the tunnel
- Player at the end of the tunnel runs the ball back to start and rolls it through

### COACHING TIPS

- Head, shoulders, back and pelvis are all aligned
- Players tighten the core abdominal muscles and buttocks

## SINGLE LEG STANCE

### THREAD THE NEEDLE



5x THROWS PER LEG

Develop and improve balance, strength and stability on one leg with the added difficulty of ball variables and force.

- Players partner up and face each other while balancing on one leg and maintaining stability
- Players throw the ball back and forth while remaining stable on one leg
- Encourage a variation of passes, high and low to challenge players balance

### COACHING TIPS

- Toes and foot of supporting leg point forward
- Hips and pelvic line are level
- Hips and the knee of supporting leg are always slightly bent
- Front on, the hip, knee and foot of the supporting leg are in a straight line

## SPIDERMAN

### CRAWLING



5-10 METRE CRAWLS  
3x GAMES

Develops body stability and mobility, grows a range of athletic motor skills and improves strength.

- Players assume the Spiderman position by lifting their hips off the ground while facing upwards, supporting themselves on their hands and feet
- Players stay in the Spiderman position for the duration of the exercise
- Players crawl forwards by moving their feet and hands

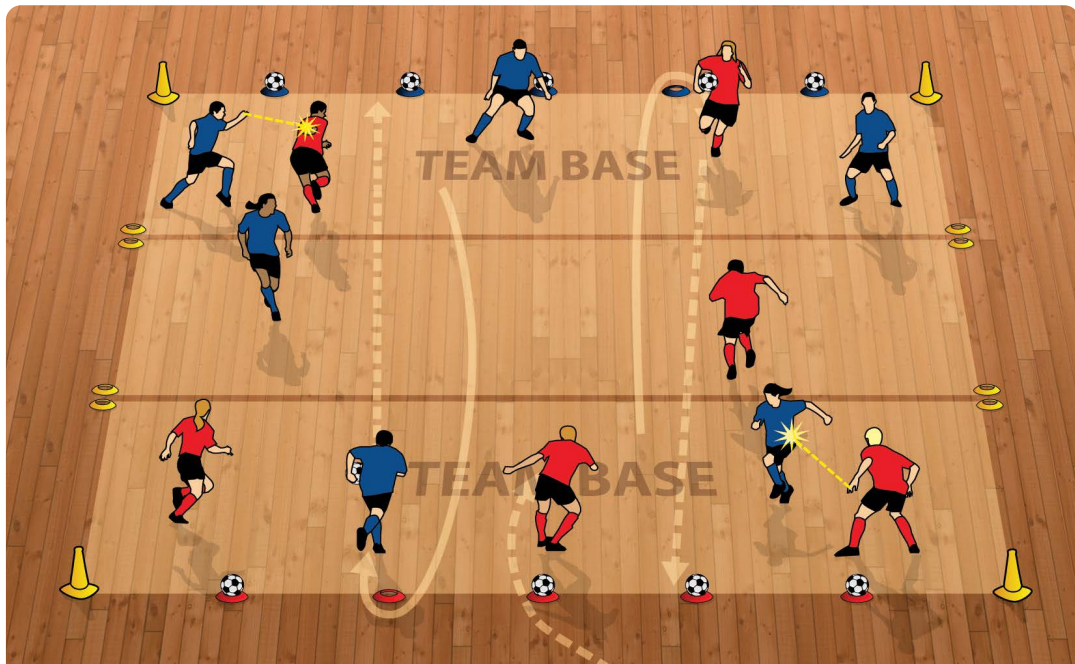
### COACHING TIPS

- Players to keep hips and buttocks elevated
- Body should be in as straight line as possible
- Feet always under or in front of knees (knee angle 90° or more)

VISIT [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ)  
TO FIND MORE ABOUT THE  
11+ KIDS PROGRAMME



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## CAPTURE THE FLAG | WEEK 1: DRIBBLING | GENERAL MOVEMENT

### SETUP

1. Area of up to 30x20m, split into thirds. Modify area depending on the age and number of players.
2. Teams start at their end of the area, in the "Team Base".
3. Footballs (Flags) on cones at each end of area.

### HOW TO PLAY

1. Each team must enter the other teams base and then try to capture a flag. Once player has the flag they are safe to return to home base.

2. Opposition players can stop the other team by tagging them in their base. The attacking player must then return to their own base before they can attack again.
3. 3 minute games, who can steal the most opposition flags?

### ↑ STEP UP

- Players must dribble ball back to home base

### ↓ STEP DOWN

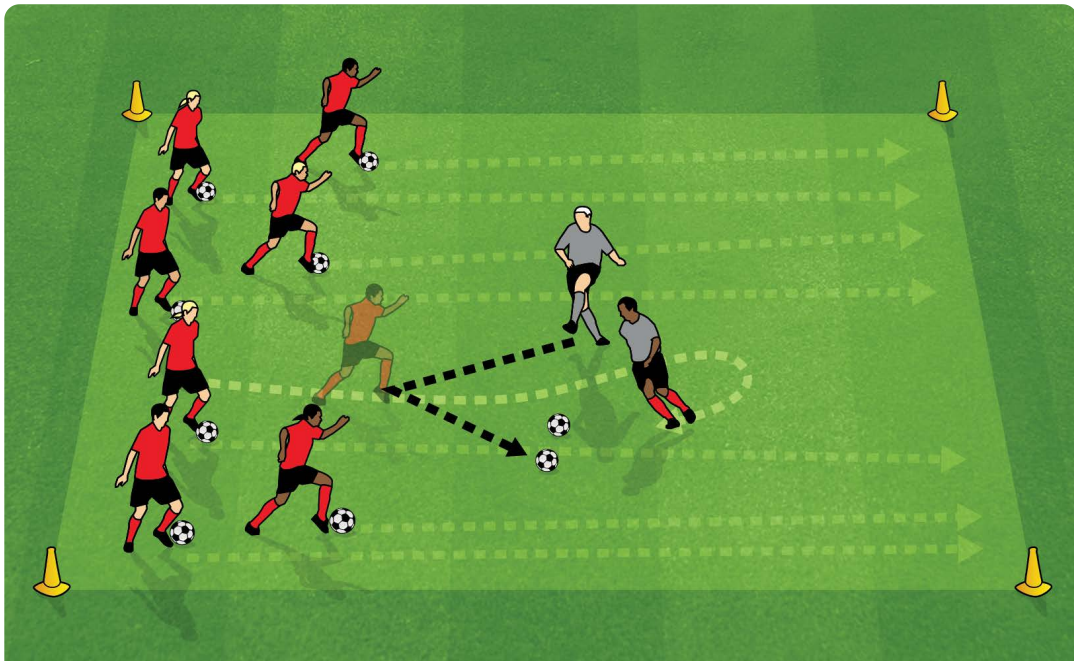
- Players can carry ball back to home base in hands

### OUTCOMES

- Dodging, weaving, acceleration
- Dribbling speed and direction
- Awareness of roles and responsibilities (defence/attack)

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





# FISHY, FISHY, FISHY

WEEK 1: DRIBBLING | FOOTBALL TECHNIQUE

## SETUP

1. Area of up to 25x15m. This is the sea. Modify area depending on the age and number of players.
2. Players are the fish & start at one end of the sea.
3. Coach is the shark and begins in middle of sea with a football.

## HOW TO PLAY

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea".

2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim (run) to the opposite shallow end of the sea.
3. Sharks try to "eat" the fish by passing their ball and hitting player's below the knee or the player's football.
4. If fish is "eaten", they become a shark. The last fish swimming is the winner.

## ↑ STEP UP

- Players must dribble a ball as they swim through the sea

## ↓ STEP DOWN

- Sharks must link arms in pairs

## OUTCOMES

- Dribbling with different parts of the foot
- Changing speed with the ball
- Using different fakes / turns to disguise





# FROZEN

## WEEK 1: DRIBBLING | FOOTBALL COORDINATION

### SETUP

1. Set up area 20x20m. Modify area depending on the age and number of players.
2. Place a circle of cones in the middle of the area. This is the Palace.
3. One player begins inside the Palace. This player is Elsa.
4. 3-4 players begin inside the area guarding the Palace. These are the Snow Monsters.
5. Remaining players begin outside of the area. These are all Olafs.
6. One player on the outside is nominated as Anna.

### HOW TO PLAY

1. Olafs attempt to free Elsa by running into the Palace, linking arms with Elsa and running out of the area. If they achieve this then the game is won.
2. They must achieve this without being tagged by a Snowmonster.
3. If they are tagged, Olaf stays frozen in the area and Elsa returns back to the Palace.
4. Anna can come into the area and unfreeze Olaf, allowing them to join back in the game.
5. If Anna is tagged whilst inside the area, the game is won by the Snowmonsters.

### ↑ STEP UP

- All players to dribble a ball whilst playing

### ↓ STEP DOWN

- Decrease the amount of snow monsters

### OUTCOMES

- Dodging & turning
- Awareness of space
- Passing
- Dribbling
- Team work





## MONEY IN THE BANK | WEEK 1: DRIBBLING | SMALL SIDED GAMES

### SETUP

1. Area of up to 50x35m. Modify area depending on the age and number of players.
2. 1 Goal at each end.
3. Add 2m wide gates with small cones around the area.
4. 2 teams, the Bankers and the Robbers.

### HOW TO PLAY

1. Teams play a small game of football.
2. For every gate a player from "The Bankers" is able to dribble through, they get \$1. To bank this money, the Bankers need to score a goal, and

they receive a \$2 Cash Reward for scoring. E.g. The bankers dribble through 4 gates, and score they will receive \$6.

3. If the Robbers win the ball, and score. They "steal" half of the money the bankers have. If the bankers have \$0, the robbers steal \$2.
4. Play 2 halves, and swap the robbers and bankers over.

### ↑ STEP UP

- If the bankers are in possession and the ball goes out of play they lose all the money they accumulated by dribbling through the gates for that phase of play

### ↓ STEP DOWN

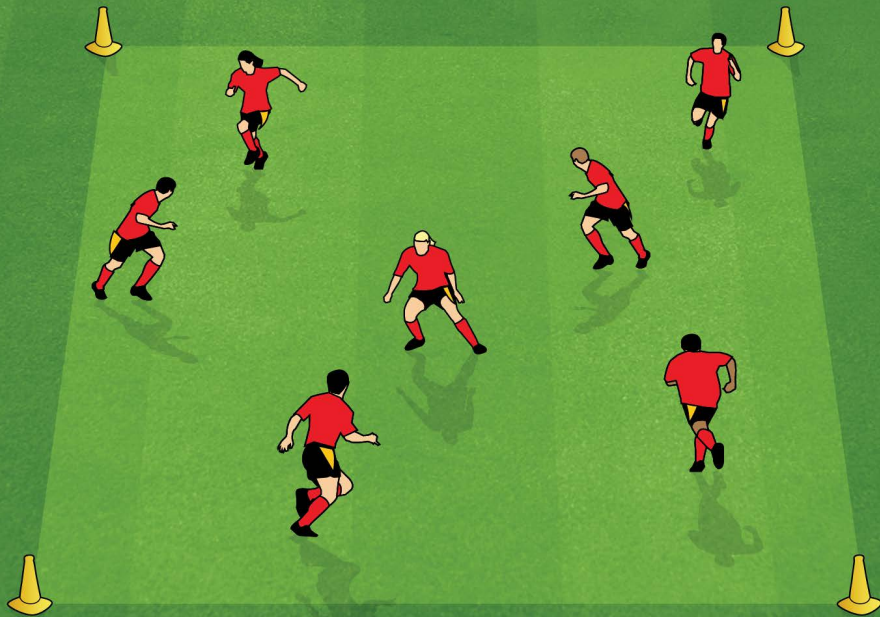
- Make the gates wider
- Add a neutral player to play for which ever team is in possession

### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and deceleration with the ball
- Decision making – when to pass / shoot / dribble







## FLAG TAG WEEK 2: SHOOTING | GENERAL MOVEMENT

### SETUP

1. Area of up to 20x20m. Modify area depending on the age and number of players.
2. All players have a bib tucked into their shorts.

### HOW TO PLAY

1. Players chase each other around the area, attempting to snatch the flag off other players.
2. If a player snatches a flag, they keep hold of it.
3. If a player loses their flag, they play on, trying to snatch other flags.

4. The game ends when the last player has their own flag snatched.
5. The winner is the player who captures the most flags.

### ↑ STEP UP

- Give every player a ball to dribble while the play

### ↓ STEP DOWN

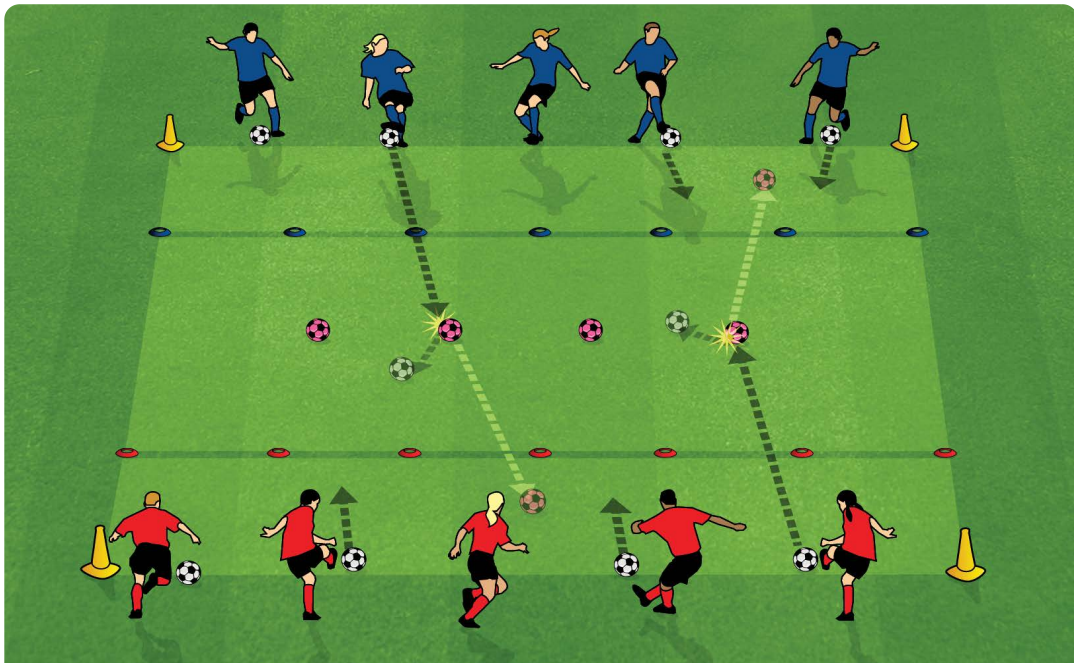
- Create two teams – the winning team captures all the opposition flags first

### OUTCOMES

- Dodging & weaving
- Acceleration and deceleration
- Changing direction quickly

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## PINBALL WEEK 2: SHOOTING | FOOTBALL TECHNIQUE

### SETUP

1. Area of up to 25x12m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly.
3. Where possible have 4 balls of different colour to other balls as pinballs. Pinballs are placed in the middle of the playing area.
4. Each player has a ball each.

### HOW TO PLAY

1. Each team has to kick their footballs from their line to hit the pinballs so they travel over the opposition line.
2. Teams receive a point for every pin ball that they get over the oppositions line.
3. Players are not allowed to stop the pin balls with their feet.
4. Players can only enter the central area to retrieve footballs to dribble back to their line.
5. Reset to the middle, if the pin balls go out of the grid.
6. Play for 2 minutes and see who got the most points.

### ↑ STEP UP

- Reduce the number of pinballs

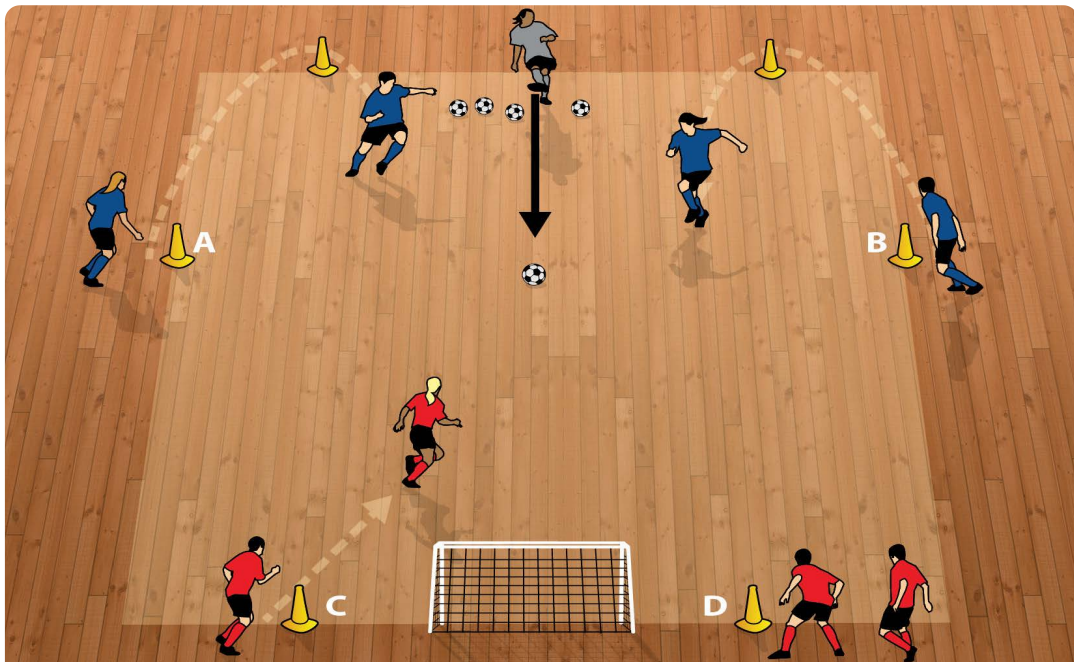
### ↓ STEP DOWN

- Bring the teams closer together

### OUTCOMES

- Passing accuracy
- Receiving and control
- Teamwork
- Verbal communication





## 2 v 1 WEEK 2: SHOOTING | FOOTBALL COORDINATION

### SETUP

1. Area of up to 30x20m. Modify area depending on the age and number of players.
2. Set up 6 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B. Red team line up at cones C & D.

### HOW TO PLAY

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B (as shown in diagram). Coach then passes a ball to the two attackers.

2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they attempt to pass it back to the coach.
5. Change over defending and attacking teams.

### ↑ STEP UP

- Introduce a second defender

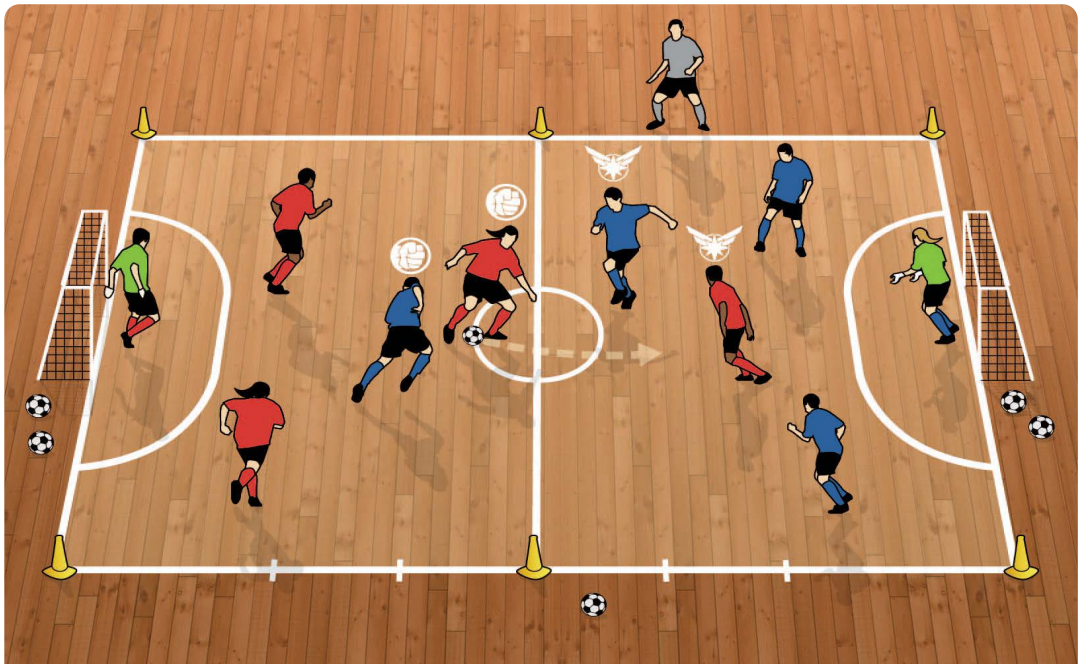
### ↓ STEP DOWN

- Coach passes two balls and the attackers try to score first

### OUTCOMES

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making – when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot





## CAPTAIN MARVEL WEEK 2: SHOOTING | SMALL SIDED GAMES

### SETUP

1. Set up area 60x40m. Modify area depending on the age & number of players.
2. Divide group into two teams and bib accordingly.
3. Each team has two Avengers - nominating one player to be the "Hulk" and another to be "Captain Marvel".
4. Place balls in the goals and around the pitch to restart the game quickly.

### HOW TO PLAY

1. A normal game is played, with teams attempting to score in the oppositions goal.
2. Coach let's each team know who the opponent's Avengers are.
3. If the "Hulk" scores for a team, that goal is worth 3 goals.
4. If "Captain Marvel" scores for a team, that goal is worth 5 goals.
5. Rotate Avengers on a regular basis.

### ↑ STEP UP

- Teams are allowed to keep their "Hulk" and "Captain Marvel" a secret from the opposition

### ↓ STEP DOWN

- Teams can play a "Super Powerplay" at any minute. For that minute, goals scored are doubled for each Avenger

### OUTCOMES

- Passing
- Dribbling
- Shooting
- Teamwork





## ZOO ESCAPE WEEK 3: BALL CONTROL | GENERAL MOVEMENT

### SETUP

1. Area of up to 20x20m. This is the "Zoo". Modify area depending on the age and number of players.
2. Set up 8 "Zoo Gates", 2 on every side of the "Zoo".
3. 4 players bibbed and stood in front of "Zoo Gates". These are the "Zookeepers".
4. Rest of players inside the "Zoo". These are the "Animals".

### HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after a pair of gates.

2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates.
3. Zookeepers stop animals escaping by tagging them.
4. If animals escape they score 1 point and then re-enter to start again.

### ↑ STEP UP

- "Animals" have to dribble a football

### ↓ STEP DOWN

- "Zookeepers" must dribble a football

### OUTCOMES

- Dodging & weaving
- Acceleration and deceleration
- Dribbling at a defender

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## ROB THE NEST

WEEK 3: BALL CONTROL | FOOTBALL TECHNIQUE

### SETUP

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Each area border to have 5 cones in a line. These are the team nests.
3. 4 teams named: Kākā, Kea, Takahe, Kiwi, with each team nominating a "Nest Defender".
4. Lots of footballs in the middle of the area. These are the "Eggs".

### HOW TO PLAY

1. On the coaches call, all the birds must collect as many Eggs as

possible from the centre (1 egg at a time per bird) and place them on a cone at their "Nest."

2. Once "Eggs" are gone from the centre, Birds are allowed to steal from other "Nests", without being tagged by a Nest Defender.
3. If Birds are tagged, they must return to their Nest before trying again.
4. Play for 1 minute and see who has the most Eggs in their nest.

### ↑ STEP UP

- Birds must dribble their Eggs back to the Nest

### ↓ STEP DOWN

- Remove the Nest Defenders

### OUTCOMES

- Dodging, weaving, stepping
- Dodging and weaving
- Acceleration and deceleration
- Dribbling





## SWAMP MONSTERS

WEEK 3: BALL CONTROL | FOOTBALL COORDINATION

### SETUP

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Select 2 defenders (Swamp Monsters) in bibs.
3. All other players (Explorers) have a ball each.

### HOW TO PLAY

1. The game begins when the coach yells "Look out for the Swamp Monsters".
2. The Explorers dribble around the area and try to escape from the Swamp Monsters who try to tag the Explorers.

3. If the Swamp Monsters tag a Explorer, the Explorer stands with their legs wide apart, and hold the ball above their head.
4. The stuck Explorers can be freed if another Explorer dribbles the ball through their open legs. Once freed the stuck Explorers continue to try escape from the Swamp Monsters.
5. Play for 1 minute or until the Swamp Monsters capture all the Explorers.
6. Swap Swamp Monsters for each new game.

### ↑ STEP UP

- All Swamp Monsters have a ball as well

- Increase the number of Swamp Monsters

### ↓ STEP DOWN

- Decrease the number of Swamp Monsters
- Increase the size of the playing area

### OUTCOMES

- Moving the body and ball to escape away from a defender
- Acceleration and deceleration with the ball
- Awareness of space





## SUPPORTERS

WEEK 3: BALL CONTROL | SMALL SIDED GAMES

### SETUP

1. Area of up to 50x35m. Modify area depending on the age and number of players.
2. 2 Goals at each end.
3. Add a 5m wide zone down the middle for 2 supporters, and place 1 supporter between both goals at each end.
4. Separate the players into 2 teams.

### HOW TO PLAY

1. Teams play a small game of football.
2. The can use the neutral players in the middle zone to help keep possession or the players at either end of the field.

3. No neutral players can be tackled.
4. If the team scores by receiving pass from the neutral player between the goals that they are attacking, the goal is worth 3 points. If they score normally from open play, they receive 1 point.
5. After 5 minutes, swap the neutral players over with another team.

### ↑ STEP UP

- Teams have to use one or more of the neutral players before scoring a goal
- Supporters can be tackled

### ↓ STEP DOWN

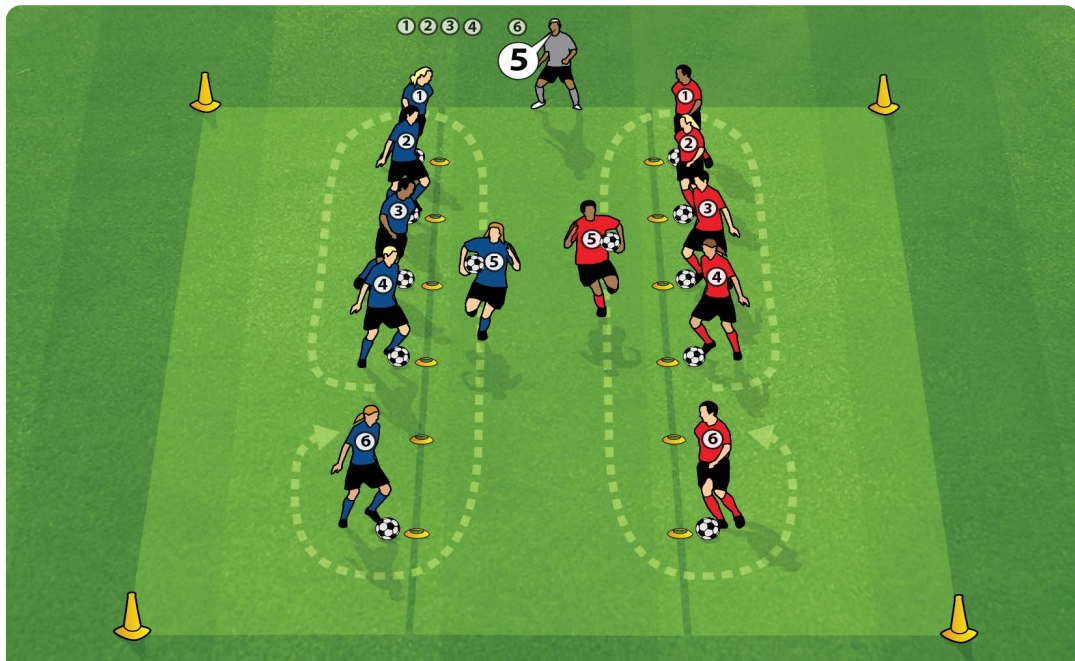
- Allow the neutral players in the middle to freely move through out the playing area

### OUTCOMES

- Passing accuracy
- Receiving and control
- Awareness and vision of the supporting players
- Decision making – when to pass / when to shoot







## DRAG RACING

WEEK 4: 1 v 1 | GENERAL MOVEMENT

### SETUP

1. Set up area 20x20m with two rows of cones down the centre. Modify area depending on the age and number of players.
2. Divide the group into two even teams, each player with the ball and standing on in their teams by a cone.
3. Number each paired players on each team.

### HOW TO PLAY

1. On the coaches call, that number must run up the outside of their team and then race down the drag strip around the last player and then back to their cone.
2. Players must go up the outside and then down the drag strip.
3. Players carry their footballs whilst running.

### ↑ STEP UP

- Players must dribble the ball

### ↓ STEP DOWN

- Coach calls two numbers at a time

### OUTCOMES

- Accelerating and turning
- Dribbling
- Ball manipulation

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SHARKS AND ISLANDS

WEEK 4: 1 v 1 | FOOTBALL TECHNIQUE

### SETUP

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Place islands 4 – 6 areas of different sizes around the area.
3. Select 2 defenders (Sharks) in bibs.
4. All other players (Pirates) have a ball (treasure) each.

### HOW TO PLAY

1. The game begins with the pirates dribbling around the area. When the coach yells "Shark Attack", the sharks enter the area and try to kick the treasure out of the playing area.
2. The Pirates can head to an island, where they are safe from the

Sharks. Only 1 pirate is allowed on the island.

3. If another Pirate approaches the island, the pirate on that island must leave the island and go back into the ocean.
4. If a Shark kicks the treasure out, or the Pirate dribbles out of the area the Pirate gets the treasure and dribble around an edge and returns back to the ocean.
5. Play for 1 minute and swap over the sharks.

### ↑ STEP UP

- All Sharks have a ball as well
- Increase the number of Sharks
- Decrease the number of islands

### ↓ STEP DOWN

- Add more islands
- Decrease the number of Sharks

### OUTCOMES

- Moving the body and ball to escape away from a defender
- Acceleration and deceleration with the ball
- Awareness of space
- Protecting the ball from a defender





## NUMBERS WEEK 4: 1 v 1 | FOOTBALL COORDINATION

### SETUP

1. Area of up to 40x20m. Modify area depending on the age and number of players.
2. 2 goals at each end of the area.
3. 2 teams, with each team player numbered (1-5 for example).
4. Teams begin beside the goal which they are defending.

### HOW TO PLAY

1. Coach passes a ball into the middle of the pitch and calls a number.

2. The player of that number from each team runs out to the middle and attempts to score in the opposition goal.
3. Play continues until a goal is scored or the ball goes out of play.
4. Coach then calls another number and passes another ball onto the pitch.

### ↑ STEP UP

- Coach calls out more than one number to create 2v2s or 3v3s

### ↓ STEP DOWN

- Coach kicks 2 balls on to the pitch when calling a number. Both players receive a ball and it is the first to score

### OUTCOMES

- Moving the body and ball to beat a defender
- Acceleration and deceleration
- Dribbling at a defender





## STREET FOOTBALL

WEEK 4: 1 v 1 | SMALL SIDED GAMES

### SETUP

1. Group players into pairs.
2. Each area to be 10 - 15m long x 6 - 8m wide. Modify area depending on the age and number of players.
3. Goals at the end of the each area – use smaller goals if possible.

### HOW TO PLAY

1. Teams play 2v2 competitive games against each other. Game duration of no more than 2 minutes.
2. The player closest to their team's goal can become the GK but can not use their hands.

3. Ball can be dribbled or passed in from the restart.
4. After a team scores, both players must retreat to halfway for game to restart.
5. At the end of each game one team from each pitch moves to the next pitch and plays against a different opposition.

### ↑ STEP UP

- Teams can only score in attacking third

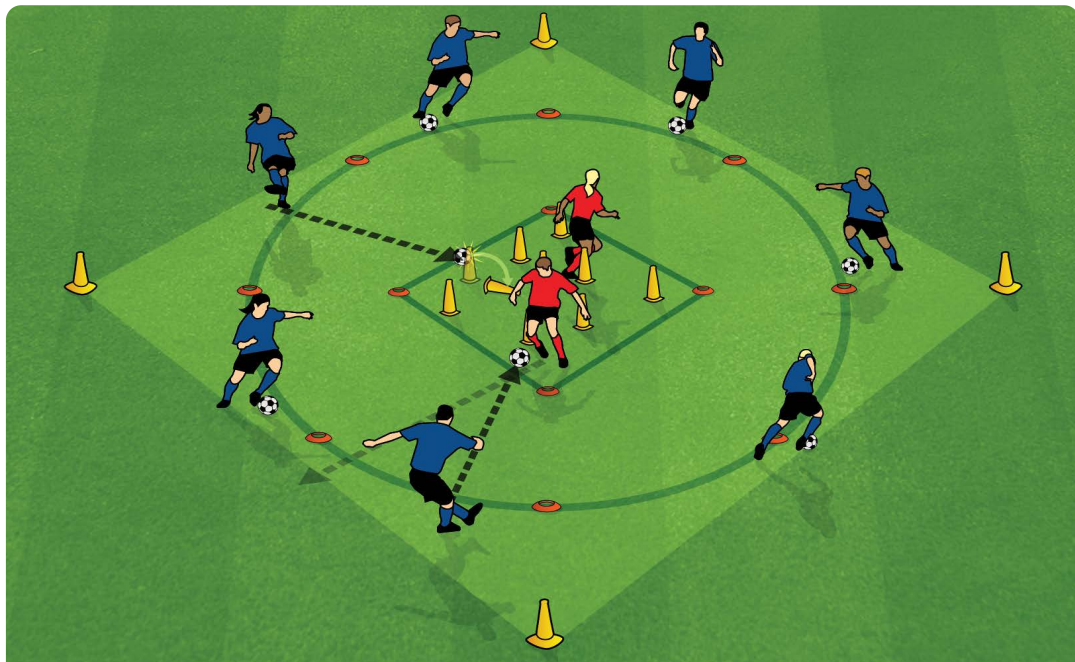
### ↓ STEP DOWN

- GK can use their hands

### OUTCOMES

- Dribbling 1v1s
- Decision making – when to pass / shoot / dribble
- Defending and tackling
- Communication





## BOWLING BALL

WEEK 5: PASSING | GENERAL MOVEMENT

### SETUP

1. Circular area of up to 25m, with a 5x5m square in the middle. Modify area depending on the age and number of players.
2. Blues on the outside with a football (bowling ball) each.
3. 2 reds in the middle square.
4. Tall cones (Pins) placed in the middle square.

### HOW TO PLAY

1. Blues attempt to knock the taller cones over by passing the ball into the middle area. Blues have 1 minute to knock over as many cones as possible.

2. Reds in the middle square protect the Pins by block passes. If they block a pass they pass it to the outside of the area.
3. Blues are allowed to dribble around the outside of the area before passing.
4. After one minute Blues count up how many Pins they have knocked over. Change over Red defenders.

### ↑ STEP UP

- Have the ball between two on the outside and they must pass to each other before knocking down pins

### ↓ STEP DOWN

- Remove defenders

### OUTCOMES

- Dribbling with close control
- Shooting – power and accuracy
- Vision and awareness of defenders

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## POKÉMON GO WEEK 5: PASSING | FOOTBALL TECHNIQUE

### SETUP

1. Area of up to 20x20m. Modify area depending on the age and number of players.
2. 2 players are bibbed and have a football each. These are the Trainers and their football is the "Poké Ball".
3. All other players begin inside the area without a football. These are the Pokémon.
4. Other Poké Balls placed around the outside of the area.

### HOW TO PLAY

1. Two "Trainers" try and catch "Pokémon" by hitting them below the knee with a "Poké Ball".
- Once hit below the knee the Pokémon is captured by the trainer. They then retrieve a Poké Ball from the outside the area and help the trainer capture the other Pokémon.
- Play 1 minutes rounds to see how many Pokémon can be caught.

### ↑ STEP UP

- Make the area size bigger to force longer passes

### ↓ STEP DOWN

- Increase the number of Trainers at the start of the game

### OUTCOMES

- Passing accuracy
- Passing speed
- Timing of pass
- Dribbling whilst keeping the ball close to you





## GATE KEEPERS

WEEK 5: PASSING | FOOTBALL COORDINATION

### SETUP

1. Area of up to 25x25m, with four goals placed around the outside of the area. Modify area depending on the age and number of players.
2. 2 bibbed players are the "Gate Keepers".
3. Other players find a partner and have a ball between them.
4. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.

### HOW TO PLAY

1. Players pass through the Gates to their partner and get a point each time they do.

2. Gate Keepers stop players from passing through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each pair wins.
4. Rotate Gate Keepers and players attempt to beat their score.

### ↑ STEP UP

- Gate Keepers are allowed to tackle and pass footballs into goal. If this happens, the player's score goes back to zero

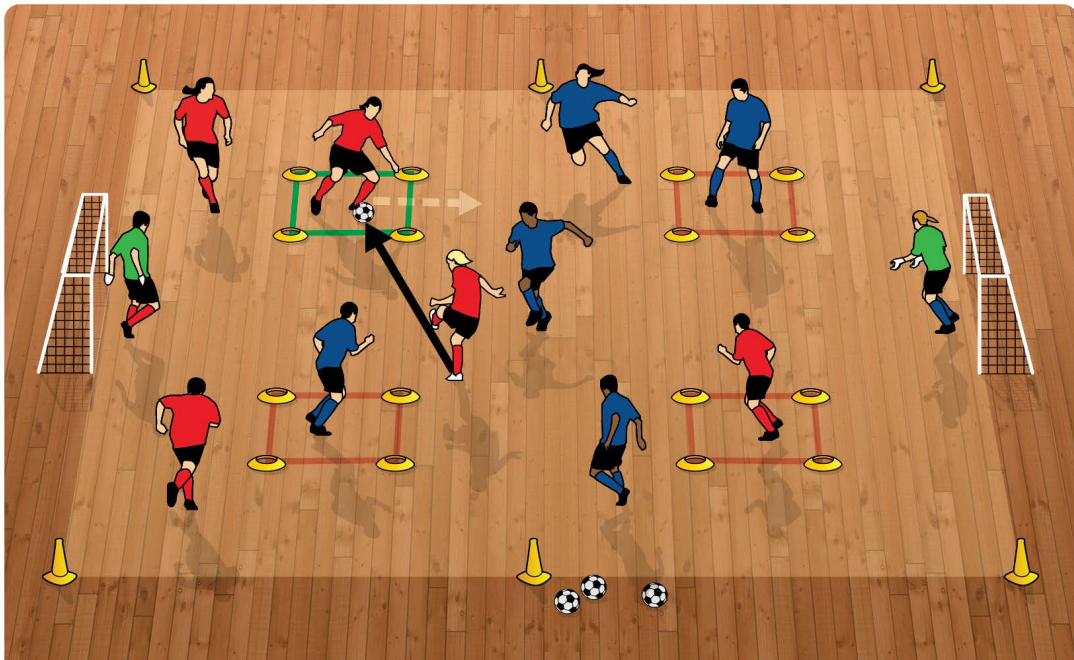
### ↓ STEP DOWN

- Reduce the number of Gate Keepers

### OUTCOMES

- Passing accuracy
- Passing speed
- Timing of pass
- Passing in front of your team mate or to their feet





## PAW PATROL WEEK 5: PASSING | SMALL SIDED GAMES

### SETUP

1. Area of up to 40x25m. Modify area depending on the age and number of players.
2. 1 Goal at each end.
3. Add 4 boxes, 2mx2m.
4. Separate the players into 2 teams: Paw Patrol and Kitten Catastrophe Crew.
5. Select two players from Paw Patrol to be Ryder and Marshall, and two players from Kitten Catastrophe Crew to be Mayor Humdinger and Cat Marshall.
6. Ryder, Marshall, Mayor Humdinger and Cat Marshall each stand in one of the four boxes and are trapped unless freed by their team.

### HOW TO PLAY

1. Teams play a small game of football.
2. To free one of the trapped players, the team must pass them the ball to them. No other players are allowed in the square.
3. If the player is released the team gets 2 points, and the freed member of their team is plays as a normal player. If the team releases both members in their team, they get 4 points, and if they score with both players free they get 5 points. If they score with one free player, they get 3 points, and 1 point with no free players.
4. If the ball goes out, any of Ryder, Marshall, Mayor Humdinger or Cat Marshall return back to a square.

### ↑ STEP UP

- Make the squares smaller

### ↓ STEP DOWN

- Make the squares larger
- Add a neutral player

### OUTCOMES

- Passing accuracy
- Receiving and control
- Awareness and vision of the supporting players
- Decision making
  - when to pass /
  - when to shoot

