

# Dragon Sport Football

# 4 Goal

Activity Card





### Let's play

- 5v5 in a large garden (pitch) divided by a halfway line, with 2 goals on each goal line.
- Play 4v4 with a game leader from each side.
- Each playing team is made up of two attackers and two defenders.
- The two teams toss a coin to see which team starts with a pass from the centre spot. The team in possession of the ball send and receive the ball between themselves, progressing towards their goals. A goal is scored if the ball crosses the end line into either goal.
- The team not in possession of the ball, try to intercept or tackle to get the ball, if they gain possession, they send and receive between themselves progressing towards their goals, passing to their attackers for them to attempt to score.
- After a goal is scored, the game is restarted from the centre spot by the team that did not score.
- Rotate roles after set time. Ensure all players have equal time in each role.
- Game leaders help organise the game and help their team mates improve.

