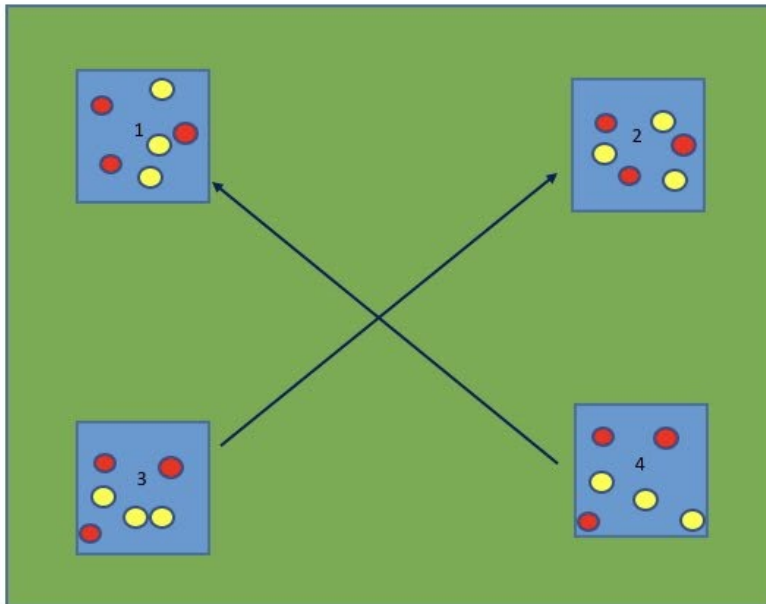


Long and short



- 4 v3 Small sided games happening simultaneously (25m x 25m square) red v yellow
- On the whistle the SSG starts in zone 1 and 2
- Once 2 passes are made team in possession must strike long to the opposite zone (1 strikes to 4 & 2 strikes to 3)
- Ball must be struck inside the zone
- If ball lands outside the zone the ball must be passed back into the zone and at least 1 more pass made before the long strike
- Works on speed, tackling, physical, endurance and decision making, short passing and long striking
- Challenges players physically and cognitively

