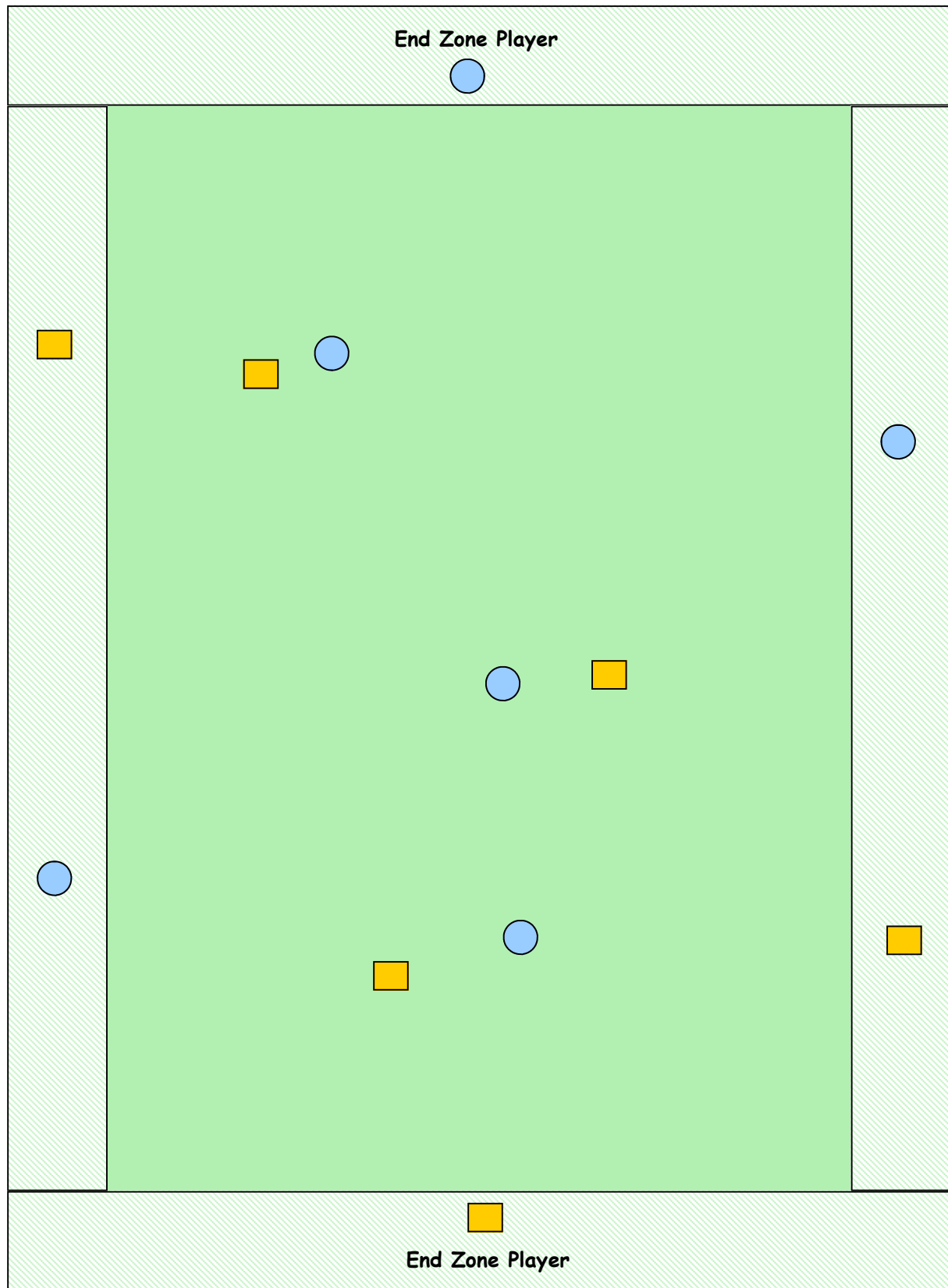


Target Game variations - Alan Ackrell

Here is an example of how you can adapt your sessions using a simple process. By changing either the Space, Task, Equipment or People you can come up with many variations.

These particular ideas were donated by **Alan Ackrell** who is the Football Development Officer at the Hertfordshire FA.



Potential Variations using the STEP process

Space:

- Smaller Internal Area 20 x 20
- Longer and Narrower area 15 x30 or Shallow and Wide
- Move targets onto end line, no receiving channel
- Safe zone in the middle of central area for player with less ability, players with a disability or for link up purposes i.e. just allow one player at any one time to have safe time, no opponent allowed into that area.
- Restrict the target player. They can only move in a 5 yard square

Task:

- Chip the ball into target player no bounce
- Ball below knee height - throw with hands
- Throw ball to get to target. Can only move three steps in possession
- Must use support players on outside before you play to target
- 1 Touch, 2 Touch, 3 Touch
- Left or Right foot only
- Must not get tackled
- Play to end zone where player is not. Cut end channel in half
- Pass forwards and backwards only
- No communication
- Pass and Support, follow pass, run into space
- Play in both directions
- Must achieve a number of passes , number will depend on ability of players
- Play in sequence, number players in each team 1-2-3-4 and play in that order

Equipment:

- Use different balls e.g. tennis ball, skill ball, size 3, size 4, Futsal ball
- Play without bibs
- Play through small coned goals before hitting target
- Play around mannequins

People:

- Make it 4 v 4 in the middle
- Put 2 neutral players in the middle who play for team in possession - 6 v 4
- Change places with target when you score
- Make it 2 v 2 in the middle with 1 neutral player
- 6 v 3 in the middle
- No outside support players