



GET ACTIVE



20 MINUTES



IN THE CUPBOARD

ZONE FOOTBALL



▶▶ GETTING INTO THE ACTIVITY

Adapt a game of football, to put a greater emphasis on accurate passing and sneaky interceptions.

Each person playing will need a small zone (roughly a 1-2m box or circle) marked on the floor for them to play within. This can be done using tape, chalk, hoops etc. The zones should be spread out with zones for both teams evenly distributed around the room. Gaps of at least 1 metre + should be left between zones.

Players should start by standing in their marked zone. Only one person can stand in each zone and they cannot leave that area.

Flip a coin to see which team starts with the ball. Play like normal football, just with players unable to leave their zone - creating greater emphasis on accurate passing and interceptions. The game is all about creating space and looking for opportunities to pass in.

After a few minutes, you can allow players to change the zone they are standing in, meaning playing positions (striker, defender, goalie) can be changed around. If playing in a smaller room then players could alternate between playing in a zone and sitting on the 'bench', with players swapping after each goal.

☑☑ WHAT YOU'LL NEED

- Masking Tape / Chalk / Hoops
- Football
- Cones (Goals)

! KEEPING EVERYONE SAFE

This game has been designed to work with social distancing. Please ensure children stay within their zones whilst playing and the gaps between zones is at least 1 metre +.