



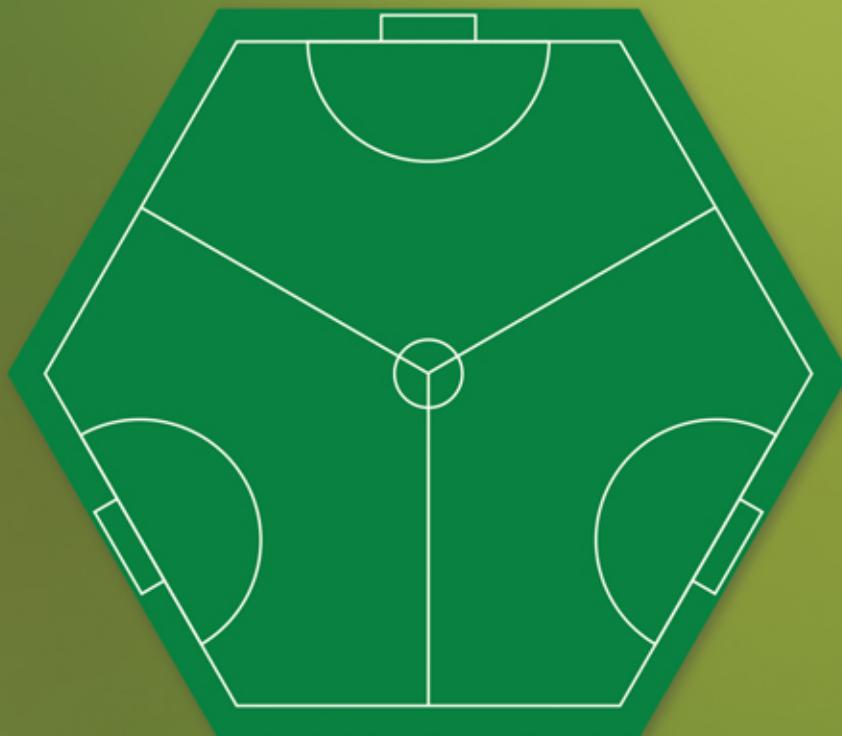
GET ACTIVE



30 MINUTES



PREPARATION
NEEDED



AIM

Take the classic game of football and mix it up, by adding a third team into the game. With two teams to battle against at the same time, can you keep the goals from going in your goal, whilst still scoring in the other two?

WHAT YOU'LL NEED

- Cones
- Football
- Goals
- Bibs

GET ACTIVE: THREE-SIDED FOOTBALL

THEME: PLAYING SPORT



LEADER PREPARATION

A leader will need to set up the playing area and gather the equipment.

GETTING INTO THE ACTIVITY

- 1** A three-team football match is normally played on a hexagonal pitch. If playing outdoors, consider setting up a hexagonal pitch using cones. Alternatively for ease, you could create a large circular football pitch, with three goals set up around the edge, evenly spaced. If playing indoors, use the walls as the pitch edge and place three goals around the room.
- 2** Split the young people into three teams. If playing with a larger group, split into more teams and run a tournament. Each team will need to wear coloured bibs. Play an appropriate number of players per team, depending on the space you are using.
- 3** The game is played as per normal football rules, with the following differences.
 - Each team has its own goal.
 - No points are awarded for scoring, instead a tally is kept of how many goals each team has conceded.
 - The team that concedes the fewest goals is the winner.
 - Game play is split into three even thirds. Teams should rotate around each goal after each third.
- 4** Normally three sided football is played in three even thirds (i.e. 10 minutes a third), however for a quicker game you could choose to play until a team concedes 5 goals.



DID YOU KNOW?

- Three-sided football, often referred to as 3SF, was devised in the early 1960s by a Danish man called Asger Jorn.
- 3SF was originally created as a theoretical game, to help with an academic concept.
- The first known game of 3SF wasn't played until 1993 in Glasgow.
- There is a small 3SF World Cup that takes place. This usually sees teams from France, Germany, Poland, England, Lithuania and Denmark take part.



IDEAS TO TAKE THIS FURTHER...

Consider inviting other local BB groups to your meeting space to play a tournament of three-sided football.



KEEPING EVERYONE SAFE

Please ensure the space and equipment being used is safe and appropriate. A leader should act as referee, to ensure the game is being played in a controlled and safe way.