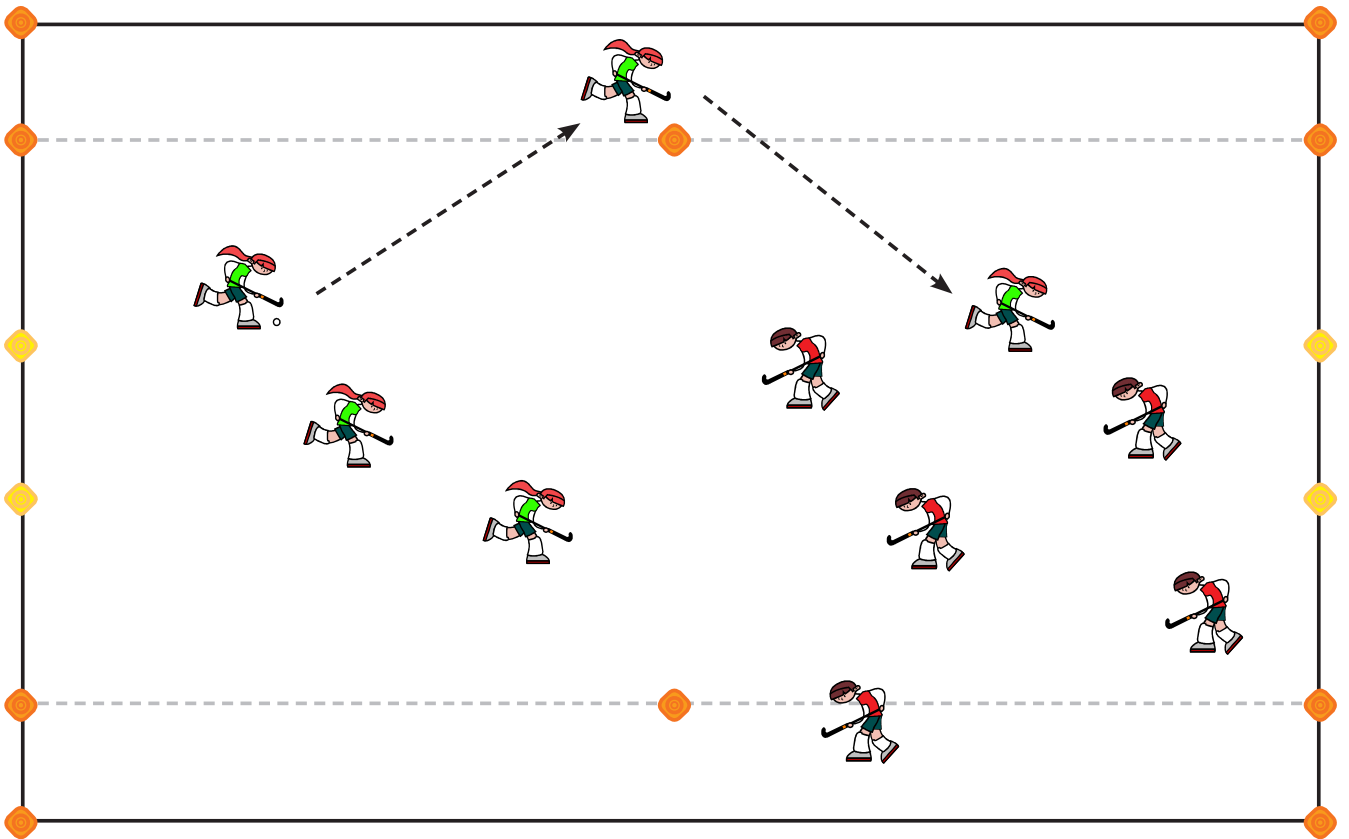


CHANNELS



Mark out two goals and two “channels.”

Split into two even teams.

Select a player from each team who has to stay in the channel. Players can not dribble the ball into the second half, they have to pass it to their team member in the channel. The channel team member can then dribble up the channel and pass it back to their team in the second half. Then they can attempt to score a goal.