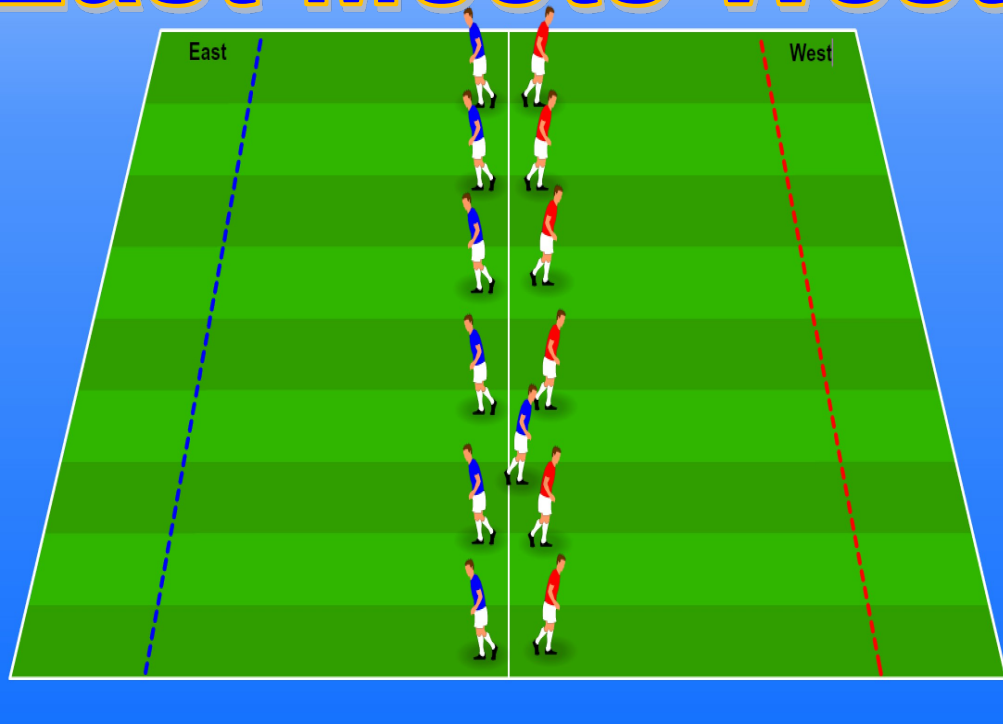


East Meets West



Set up

Total Duration = 10 minutes

- Total Grid Size = 24 yards length with a line marked at the halfway point and 2 yard endzones on either side
- Number of Players = 12 - 16 players, split into 2 teams
- Number of Soccer Balls = No Soccer Balls
- Number of Goals = No goals

Organization

- The group is divided equally into two groups. Using pylons or cones, designate two “Run-To” points, one for each group.
- Players are asked to sit in two lines, backs facing each other about one yard apart. A group of players is called “West” and the other group is called “East”.
- Call out a team name (i.e. WEST). This team jumps up and runs in the direction it is facing, away from the other team. The other team also jumps up and chases to try and tag the other team running away from them.
- Anyone who tags a player before reaching their safe zone gets a point. If players avoid being tagged, they get a point.

Progressions

- ⇒ Players will dribble a soccer ball and must be in control of their soccer ball when they reach the designated line or when they tag a player.