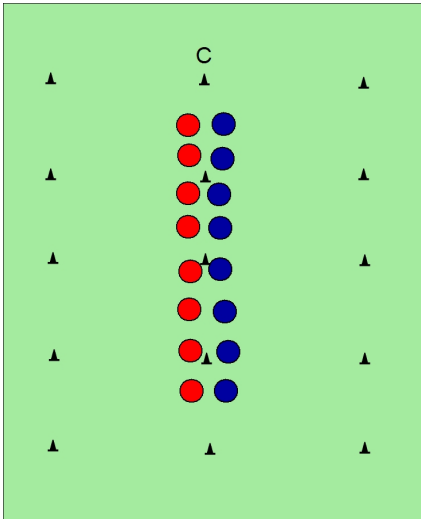




### Give me five



#### How it works

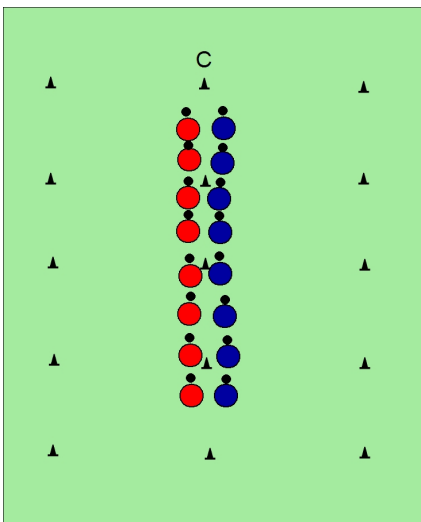
Two teams stand next to each other in pairs in the middle of a large playing area.

Coach gives the following instructions for players to follow:

- 1 - red team runs to the edge of the playing area and back to the middle.
- 2 - blue team runs to the edge of the playing area and back to the middle.
- 3 - both teams run to the edge of the playing area and back to the middle.
- 4 - all players fall to the ground as if fouled, scream in pain then get back up on their feet quickly
- 5 - players turn to each other and give partner a 'high five'.
- 6 - all players jump up and pretend to head a ball.

Coach to introduce instructions gradually depending on age and experience of players.

Warn players to be careful when returning to the middle to prevent collisions.



Players then get a ball each.

Coach gives the following instructions for players to follow:

- 1 - red team dribbles ball to the edge of the playing area and back to the middle.
- 2 - blue team dribbles ball to the edge of the playing area and back to the middle.
- 3 - both teams dribble ball to the edge of the playing area and back to the middle.
- 4 - all players fall to the ground as if fouled, scream in pain then get back up on their feet quickly
- 5 - players pick up the ball, turn to each other and give partner a 'high five' by hitting the balls against each other.
- 6 - all players throw ball in the air and jump up to catch it, bringing ball into chest like a goalkeeper.

Coach to introduce instructions gradually depending on age and experience of players.

Warn players to be careful when returning to the middle to prevent collisions.

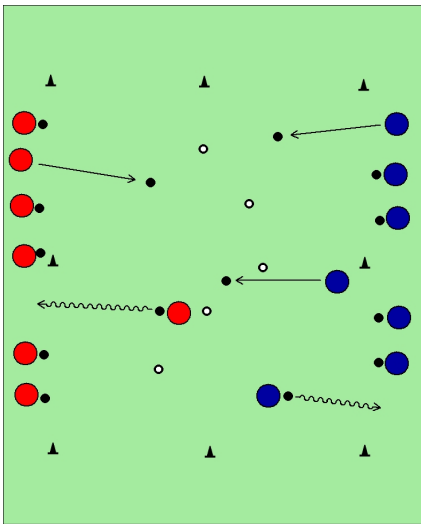
#### Possible changes

Make up some of your own instructions to follow or add more to really get them thinking.

Speed up calls to add extra challenge or call other numbers, eg. 4 whilst a team is dribbling.



## Large area - warm-up



Once the game has started many balls will switch from one side to the other as players try to hit the target balls.

Players may go into the playing area to get an unused ball but they must bring it back to the edge of the playing area before passing at a target ball.

If a ball is knocked out of the side or over a team's end of the playing area it is left out until the next game.

Play for 2 minutes maximum and then score as follows:

1 point for a target ball in the other team's half of the playing area  
5 points for a target ball that crosses the opposing team's side of the playing area.

Replace the target balls and play again.

Keep a running total to get a winning team after several rounds.