



THE WING GAME (RUNNING)

5 v 5 (up to 7 v 7)

Ball must be passed wide in to wing area before crossing half way line

Wide player runs down the wing (unopposed) and crosses the ball

No tackles are allowed in the wing area

Teaching points

- First touch out of feet
- Head up
- Play ball with laces
- Run straight

To make easier

- Widen wing channels
- Walk in channel
- Keep a player in channel

To make harder

- Must pass with weaker foot
- Only 1 or 2 touches in channel
- Tackling allowed in channel

