

# Touchdown



## THE GAME

A playing field is drawn, at the ends of which are determined two “end-zone” areas (similar to the touchdown zone in American football).

To score, the players of the two teams must pass the ball between them, with the aim of making it arrive inside the end-zone, by a teammate catching the ball while inside the specific area.

The similar “five-pass” rules apply: whoever has the ball in his hand cannot move and if the ball is intercepted or falls to the ground, it is overturned to the other team.

## DEVELOPED SKILLS

Skill combination	● ● ● ● ●
Kinesthetic differentiation	● ● ● ● ●
Rhythmic differentiation	● ● ● ● ●
Space-time orientation	● ● ● ● ●
Reaction anticipation	● ● ● ● ●
Transformation	● ● ● ● ●
Balance	● ● ● ● ●
Strength	● ● ● ● ●
Speed	● ● ● ● ●
Endurance / aerobic capacity	● ● ● ● ●
Interaction / collaboration between players	● ● ● ● ●

## SPECIFICATIONS

Catching and throwing,  
team-work

Level of skill required



Number of players:  
4 to 6 players per team



Material:  
rubber balls, empty area, cones

## VARIANTS

You can use sponge balls, volleyballs or such balls of various sizes. The game can be played in various progressive stages by narrowing the goal area.

## SUGGESTIONS

- To avoid that the players make a single and long pass to get the ball to the teammate in goal, it is possible to decide for a minimum number of passes (three, four, five) that each team must make before the final one; or having to cross half the pitch before being able to pass the ball into the end-zone.