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1v1 in 10x10 box. Game is 10 seconds, loser does 1 lap through ladder, through poles, over hurdles and 1 press up at each orange cone and straight back into box and games goes again, no goals = both players go. Play 10 sets. Progress into 2v2,3v3 & 4v4 with box to suit. Setup repeated for full squad of 20-22 over full area of pitch.