

Example

Constraints/Challenges

1. Remove 2 players from pitch (carded?)
2. 3 touch – Only 3 touches
3. 3D – Only enter circle with 3d or lifted pass
4. 4 to score – can only score with 4 in D
5. Alamo – Only 2 players in circle
6. 2up – if you keep a clean sheet then start next game with 2 goals
7. Double Points – Double score if you hit a threshold
8. Poor pass – passing possession counts as a goal
9. Early bird – score in 20 secs = 3 goals
10. Get Ahead – player must get ahead after pass
11. Super Saver – every save = 1 point
12. Network – goals that hit the net = 3 points
13. Kidnap – select a opposition player to leave the pitch on each goal
14. Last Gasp – goal in last minute = 2
15. Long shot – score from anywhere on pitch
16. Hitless – no hitting
17. 5 steps – no more than 5 steps with ball
18. No reverse – can only use open face
19. Push/Hit – no slapping or shots
20. Rugby – can ONLY pass backwards
21. Pairit – select 2 players who MUST pass to each other before then can pass to anyone else
22. Pyramid – each goal doubles in value (1=1, 2=2 etc)
23. Golden ticket – name a player that cannot be tackled unless in D
24. Tackler – only a chosen player is allowed to tackle
25. Shoot-out – each corner gives you a shoot out at end of game
26. Shot Clock – call a timeout and then attacking team has 10 secs to score a goal and if they do it then 5 points

27. Power play – select 2 players that can score (noone else)
28. Goal down – start one goal down
29. Goal Up – start one goal up
30. Green card – each player that loses the ball serves a suspension
31. Plus Fours – start with 4 player and get one more on an event or time
32. Turnover – if opposition touch the ball then turnover
33. Trapdoor – if mistrap then run to the fence and back
34. 2 minute – lose 2 players for the last 2 minutes