

Three Sided Football Sessions



Exercise for the Mind, Spirit and Body

Following several interesting experiments with three sided football, we want to see if there is enough interest to organise regular games in Brockwell Park on Sunday afternoons.

The game is based upon soccer with straight forward alterations to allow for corners etc. It is played upon a hexagonal pitch with a single ball.

In previous games players have found that despite its similarity to two-sided football

it operates with a completely different psychodynamic. The effects of trying to play a physical game whilst keeping a track of how your team mates are thinking, added to the possibility of persuading opposing players to go for a different goal all contribute towards a mental game.

Our first session will be on Sunday March 10th. We'll get together at 121Centre at 2pm before making our way up to the park.

All Welcome

**Each disjunction is followed with a conjunction,
which in turn gives way to another disjunction.**