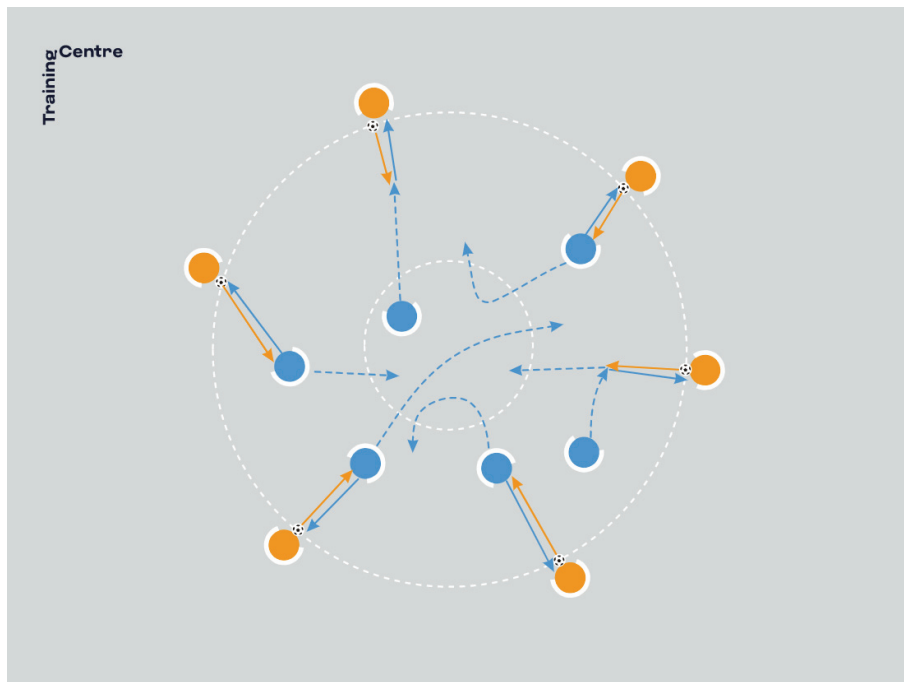


Step-by-step to a game-like environment

WARM-UP: PASS AND MOVE



Organisation

- Create an inner and outer circle, with players opposite a partner
- The circles can be big or small depending on ability and weather conditions
- Make sure players have a go in both the inner and outer circle
- Build up the difficulty of how they transfer the ball between them

Ways to make the exercise easier

- Keep the distances between players short

Ways to make the exercise harder

- Increase the distance
- Make the players pass the ball by foot rather than by hand
- Ask the players to find different ways to pass the ball
- Make it a race – the first player to complete ten passes is the winner

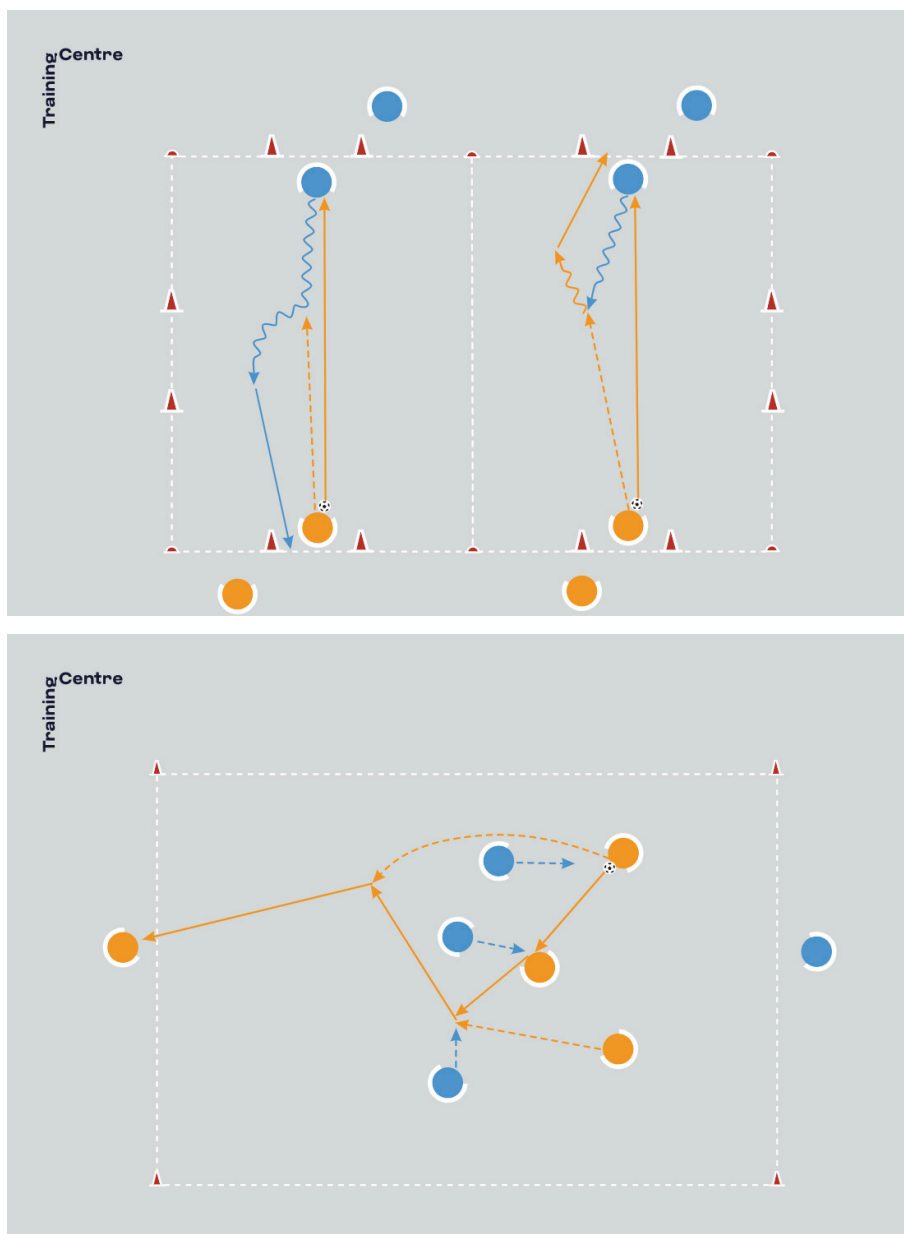
Great questions to ask the children

- Can you show me different ways to throw and catch the ball?
- Can you show your partner how to do it?
- Can you show me different ways to move between passes?

Safety tips

- Players should keep their heads up as much as possible to avoid collisions

SKILL DEVELOPMENT: 1V1 AND 2V2



Organisation

- Start with four players per pitch and vary 1v1 matches
- Increase to 2v2 and add more goals
- Rotate players so that they play against other teams

Ways to make the exercise easier

- Make the goals bigger

Ways to make the exercise harder

- Encourage each player to dribble past his/her opponent before scoring

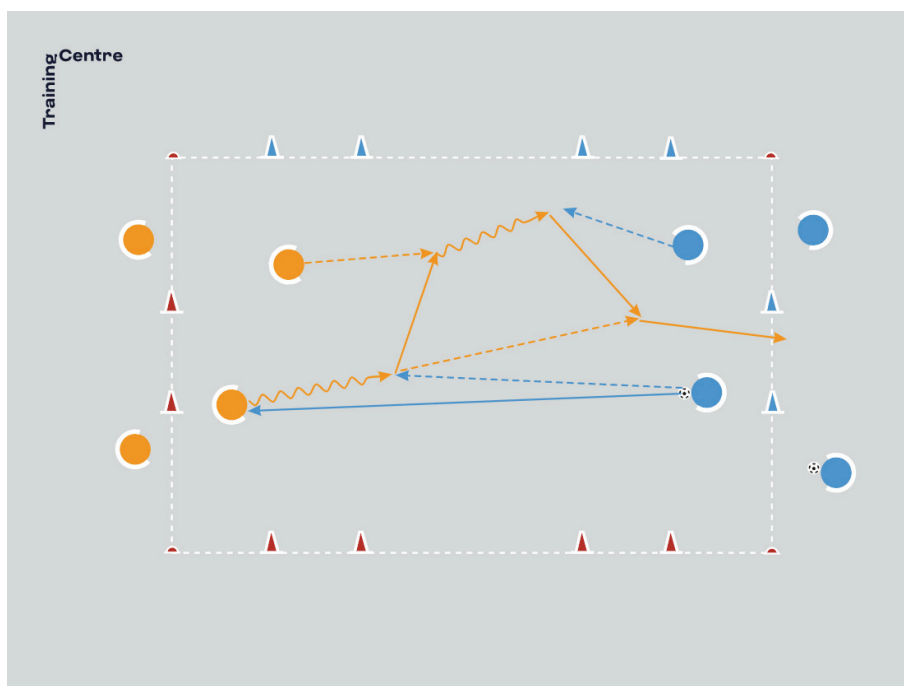
Great questions to ask the children

- How can you make it difficult for your opponent?
- Can you show me how you can dribble past your opponent at speed?
- Can you be patient when you try to win the ball as a defender?
- Are you aware of the empty goals or the space when we increase to a bigger pitch and more goals?

Safety tips

- Create a safe zone between each pitch
- Ensure children have a rest between each turn

GAME APPLICATION: 3V3, FIND THE TARGET PLAYER



Organisation

- Equal teams with an "outside target player" at one end
- Outside targets can move along the line at one end
- Make sure all players get the chance to be the target player
- Rotate teams to give varied challenges

Ways to make the exercise easier

- The target player can play inside the playing area
- Give one team extra players

Ways to make the exercise harder

- Limit the number of touches players can have on the ball
- Make a team play with fewer players
- Condition the type of pass into the target player – in the air, on the ground, etc.

Great questions to ask the children

- How can you find space to receive a pass? Show me as a team
- How can you be creative to pass to the target player? Show me
- What can the target player do to help his/her team mates?

Safety tips

- Create a safe zone between each pitch