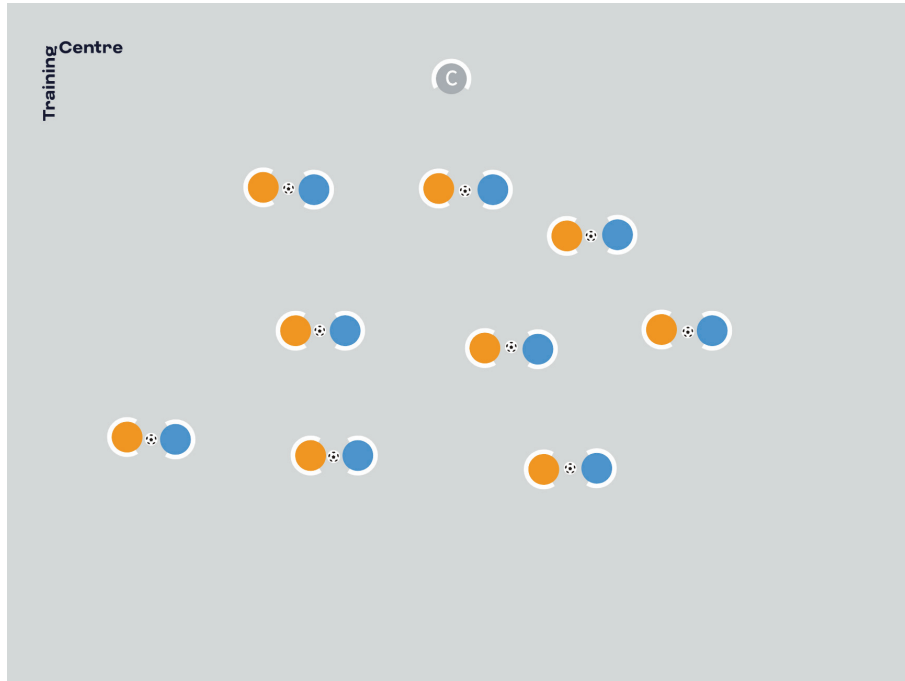


A tournament-orientated —●— *practice*

WARM-UP: BODY PARTS MENTAL WARM-UP



Organisation

- Ask players to organise themselves into pairs with a ball between two
- If you don't have enough balls, use cones or other objects
- Challenge the players to take one step away from the ball (or another object)
- Demonstrate the instructions as you give them to the players (e.g. put your hands on your head; stand on one leg)
- Challenge the players to be the first to pick up the ball when you shout “ball
- Play to three points, then ask the players to mix and find a new partner

Ways to make the exercise easier

- The players can play by themselves, so there is no direct competition

Ways to make the exercise harder

- Add more players around one ball or object (e.g. 3-4 players per ball)

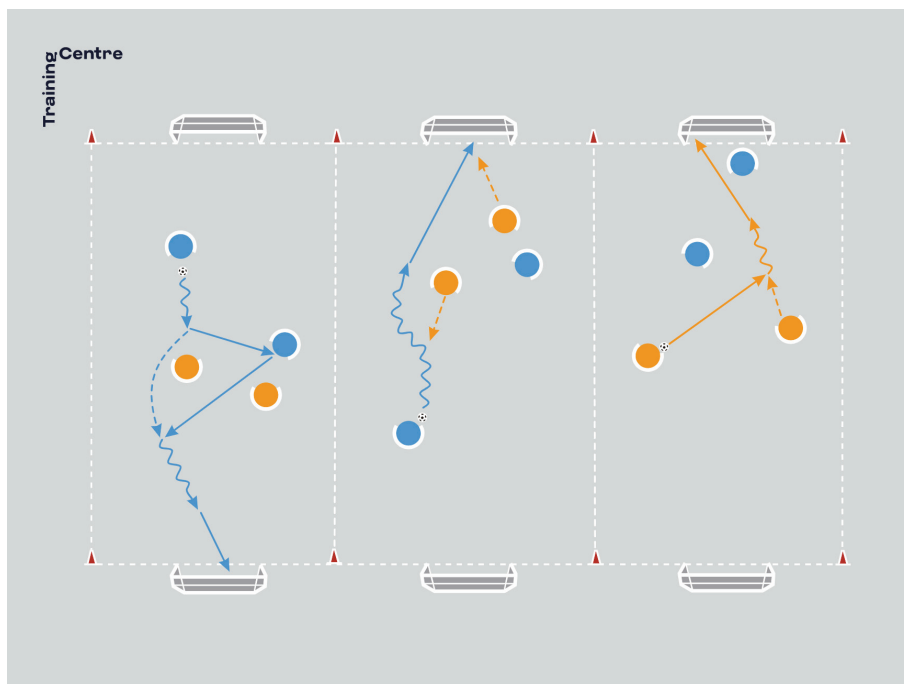
Great questions to ask the players

- What kind of communication am I using when I give instructions?
- What tricks can you use to beat your partner to the ball/object?

Safety tips

- When they collect the ball, the players should keep their heads back to avoid banging heads.

SKILL DEVELOPMENT: 2 VS 2 WITH GOALS, NO GOALKEEPERS, LEAGUE LADDERS



Organisation

- Organise mini-matches of 2v2 on multiple pitches
- Assign pairs randomly to encourage mixing
- Play short matches of 2v2 and create a league ladder
- Winners move up a pitch, losers move down – if it's a draw, have a penalty shoot-out to determine the winner
- Encourage the players to let each other know where they are by using different communication techniques (e.g. shouting or waving their arms)

Ways to make the exercise easier

Larger goals or targets to score in

Ways to make the exercise harder

- Smaller goals or targets to hit

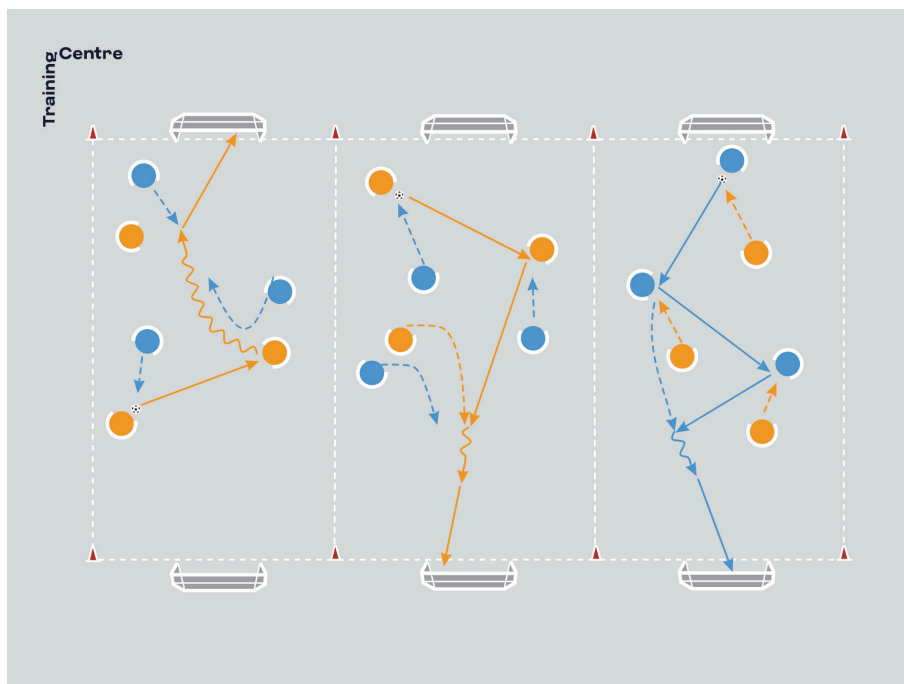
Great questions to ask the players

- What kinds of communication help you work well with your partner? How did you communicate with your voice? How did you communicate with your body?
- If you don't have the ball, how can you help a team-mate who has it?
- What should you do when you lose the ball?

Safety tips

- Create a safe zone between each pitch

GAME APPLICATION: 3 VS 3 WITH GOALS, "WORLD CUP WINNERS"



Organisation

- Organise mini-matches of 3v3 on multiple pitches
- Assign pairs randomly to encourage mixing
- Before you start the game, give pairs two minutes to discuss which communication skills they will use to work well together
- Play short matches of 3 v. 3 and create a competition where each team will play each other
- Encourage the players to use different communication techniques (e.g. shouting or waving their arms)

Ways to make the exercise easier

- Larger goals or targets to score in

Ways to make the exercise harder

- Smaller goals or targets to hit

Great questions to ask the players

- What would happen if teams did not communicate with each other during the game?
- What kinds of verbal communication (ways of talking) did you observe people using?
- What kinds of non-verbal communication (body language) did you observe?

Safety tips

- Create a safe zone between each pitch