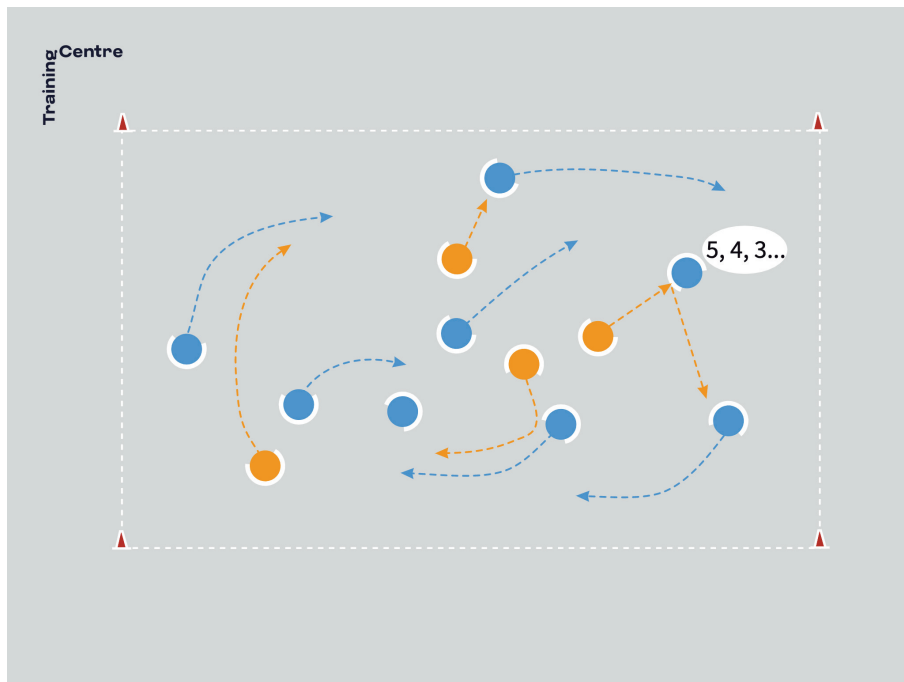


Movement —●— and anticipation

WARM-UP: TAG GAME



Organisation

- Simple-to-organise warm-up activity to raise the heart rate and promote working as a team
- Tag game between two teams, or you can select a small number of taggers
- If a player is tagged, he or she has to stand still for five or ten seconds and balance on one leg
- Introduce safe zones for players to rest for a maximum of five seconds only
- Encourage players to balance on both the right and left leg
- If all players are tagged and frozen, the taggers win the game

Ways to make the exercise easier:

- Require the taggers to move with a ball at their feet

Ways to make the exercise harder:

- Require the other players to dribble a ball while running

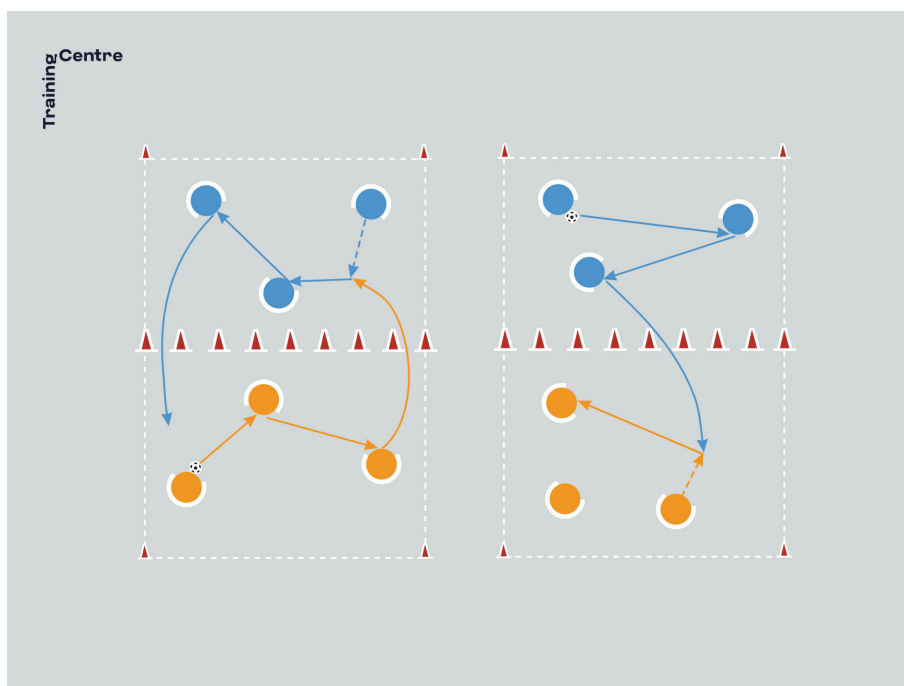
Great questions to ask the children

- Can you show me ways to change direction to avoid the tagger(s)?
- How do you know where the tagger(s) is/are?
- How can you be clever to avoid being tagged? Show me

Safety tips

- Make sure taggers tag the body, not the head

SKILL DEVELOPMENT: FOOTBALL TENNIS



Organisation

- Create mini-pitches for 3v3 with a net or middle zone
- Play the game like a tennis game
- Players need to land the ball on the ground in the opponents' half to score a point, after either one bounce or two
- Players can throw the ball, kick it, volley it, head it etc.
- When a team wins the point, it serves for the next point
- The first team to ten points wins

Ways to make the exercise easier:

- Allow underarm throwing to start with, as well as catching
- Make it one bounce to score a point

Ways to make the exercise harder:

- Require players to play the ball with their feet or body; no hands allowed
- Ask them to try to play without the ball touching the ground

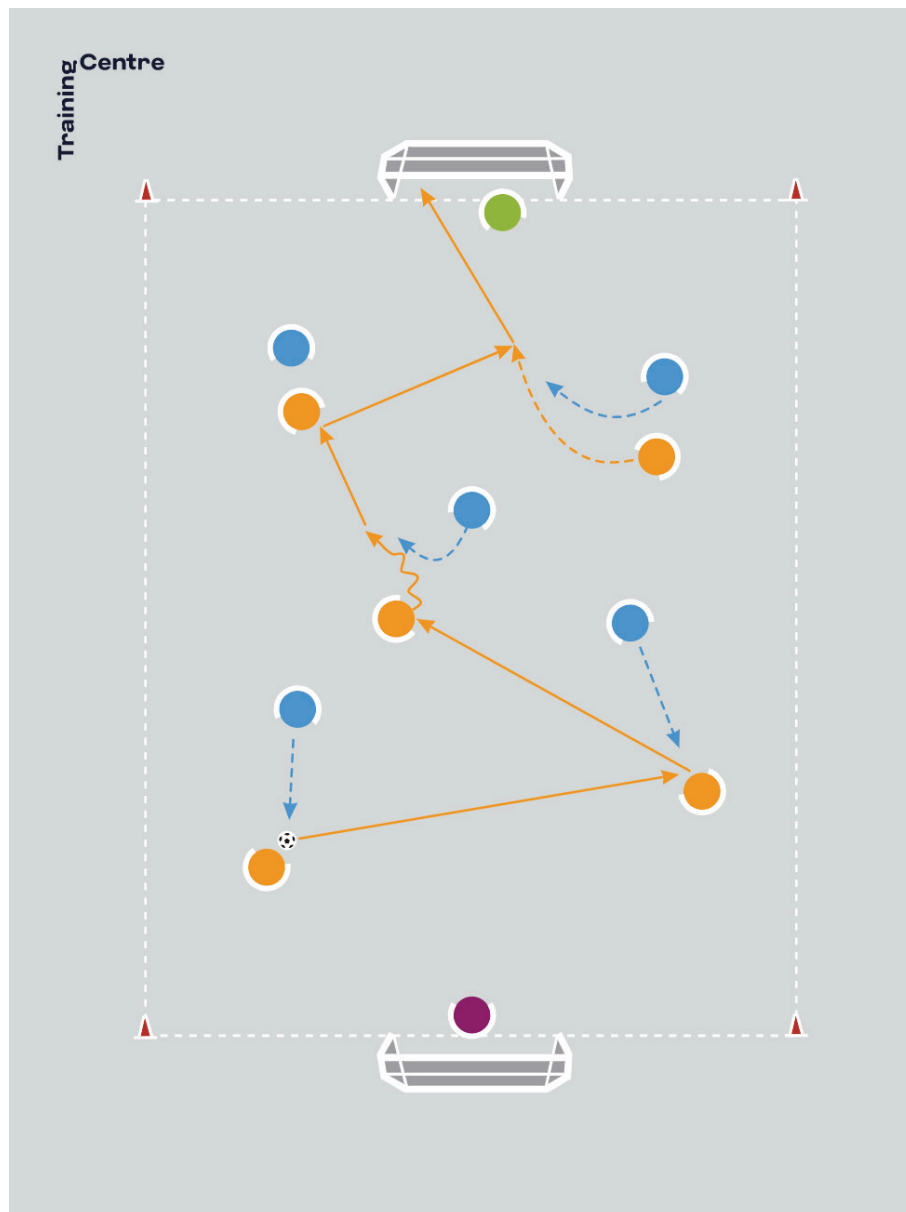
Great questions to ask the children:

- Can you spread out as a team to defend your half?
- Can you try to land the ball in the spaces in the other half?
- Can you show me your tricks and skills to juggle the ball and keep it off the ground?

Safety tips

- Players on each team should remain in their own half
- Create a safe zone between the mini-pitches

GAME APPLICATION: 6V6 GAME



Organisation

- Pick equal teams and make a pitch or pitches
- Create more pitches for more teams if needed
- Play a maximum of 6v6 including goalkeepers
- Let the players referee their own games, or a child who is injured or not taking part in the match can be the referee
- Create a mini-competition if you have several teams

Ways to make the exercise easier

- Give one team extra players to make it easier for them

Ways to make the exercise harder

- Make a team play with fewer players
- Limit the number of touches per player

Great questions to ask the children

- What is your game plan for each match? Discuss it as a team
- Can you try to spread out as a team?
- Can you choose a captain for each match – what is the role of a captain?

Safety tips

- Create a safe zone between each pitch
- Give players a short rest between each mini-match, and drinks breaks if needed