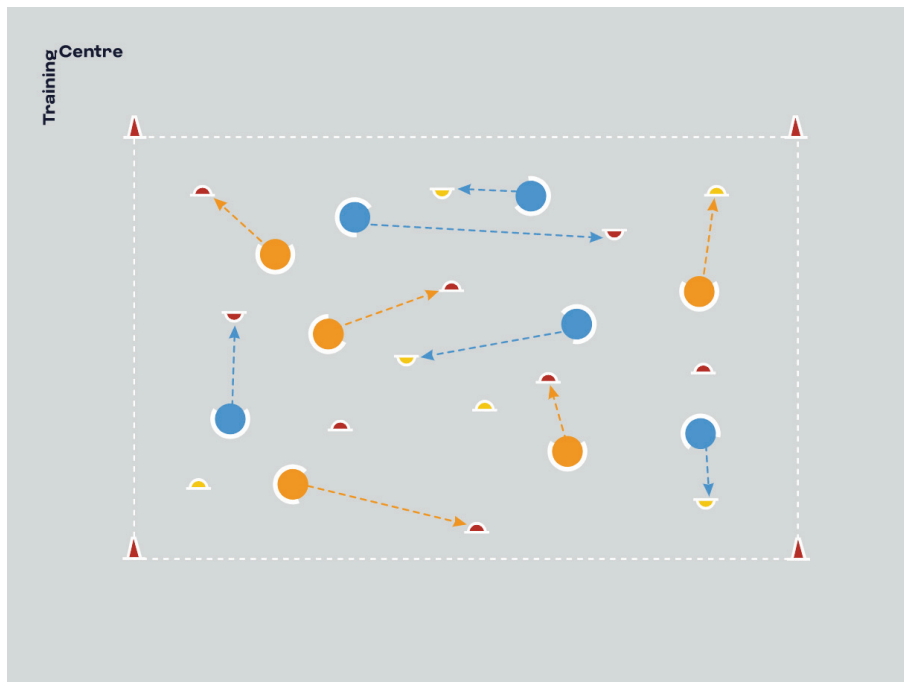


Learn and —●— *compete*

WARM-UP: ORIENTATION AND REACTION GAME



Organisation

- Let the players organise themselves into two teams
- Ask the players to move between the cones in different ways
- Make different cones/colours worth a different number of points
- Encourage the children to keep track of how many points their team wins

Ways to make the exercise easier

- Players begin by walking between the cones

Ways to make the exercise harder

- Players work in pairs from each side in a relay
- Make the pitch area larger

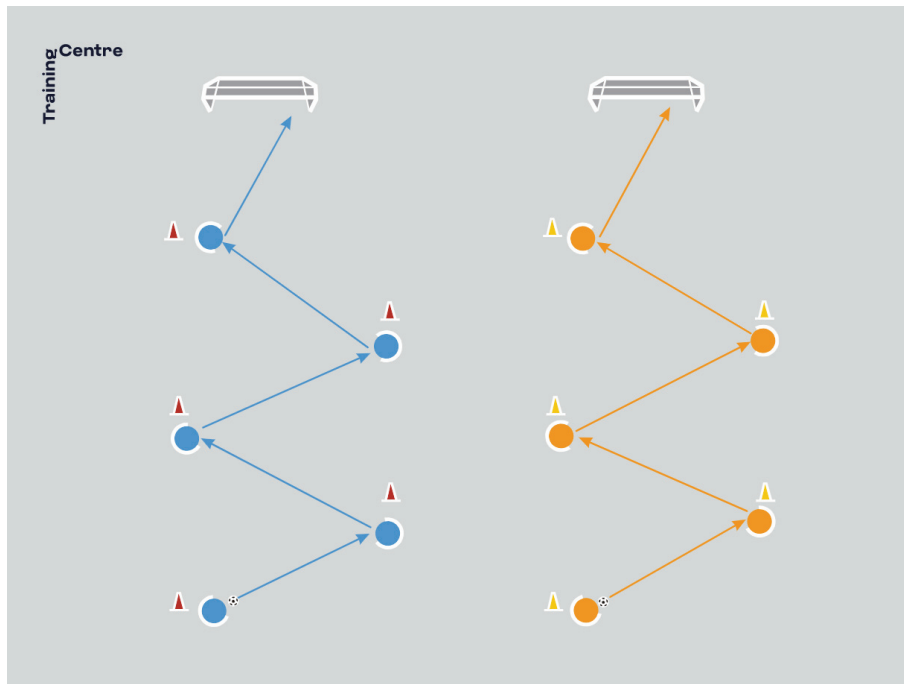
Great questions to ask the children

- Can your team think of the best way to win the most points?
- In how many different ways can you move between the cones?

Safety tips

- Ask the players to be aware of other players around them – if they touch another player, then they lose a point

SKILL DEVELOPMENT: SHOOTING COMPETITION



Organisation

- Try to have a maximum of six players on each team
- Start with simple tasks and gradually increase the difficulty
- Make it a race, with the winners being the first team to score five goals or to transfer all the balls from the start point to the goal
- Rotate the players each go, so that they swap positions in the line

Ways to make the exercise easier

- Have fewer players on each team

Ways to make the exercise harder

- If the players drop the ball, they have to start again
- Make them use their weaker foot or hand to pass the ball
- Add a goalkeeper from another team

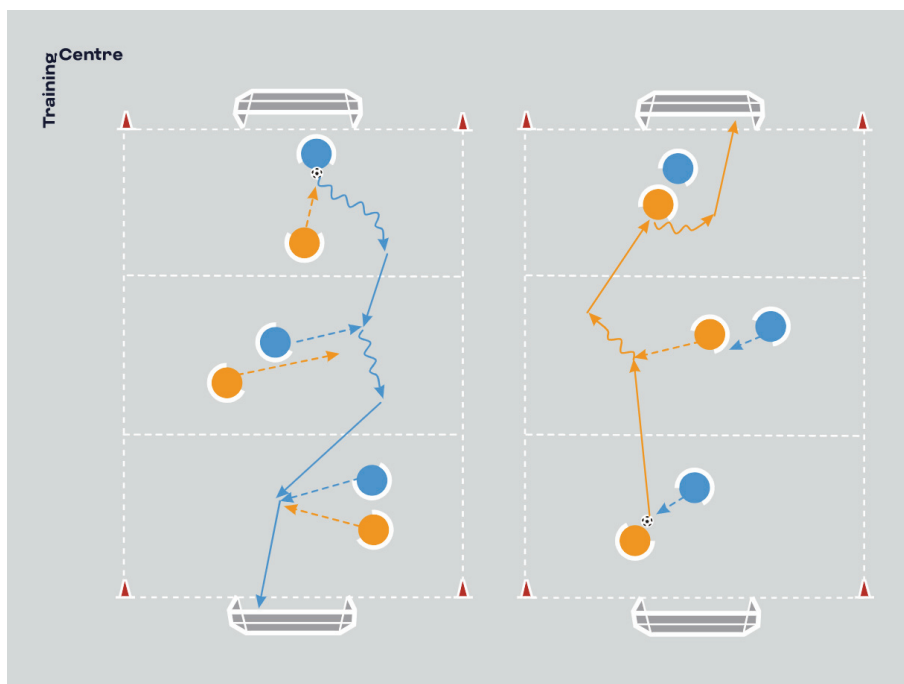
Great questions to ask the children

- Can you show me how you pass carefully to your next team-mate?
- What is the best technique to make a good pass?
- Can you show me another way to pass the ball?

Safety tips

- Create a safe zone between each pitch

GAME APPLICATION: 3V3 GAME IN THREE ZONES



Organisation

- Try to group the players by ability and organise several mini-pitches so that there are no more than 12 players per pitch
- Rotate players so that they play in each zone
- Rotate teams or create a mini-tournament

Ways to make the exercise easier

- Players can start by handling the ball before moving on to using their feet
- Make the areas bigger

Ways to make the exercise harder

- The nearest player to the goal can use his or her hands to save shots

Great questions to ask the players

- Can you try to dribble 1v1 when you get the opportunity?
- Can you find a space to receive the ball?
- Can you show me how you can turn with the ball?

Safety tips

- Create a safe zone between each pitch
- Provide rest opportunities for players