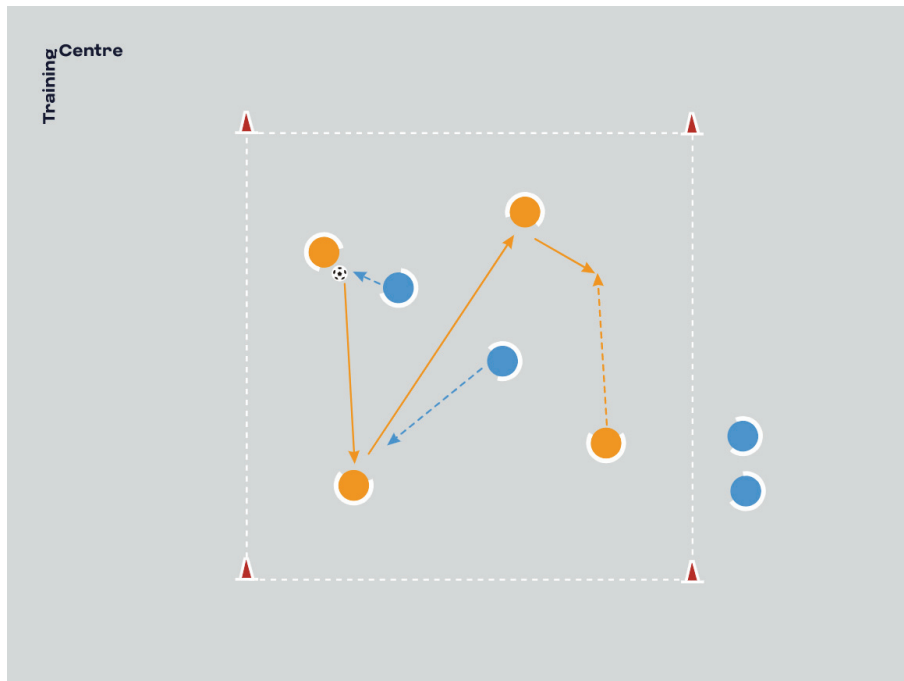


Working together as a team

WARM-UP: PASSING SQUARE



Organisation

- Organise areas with 4v4 (two players are always resting)
- You can vary these numbers or have uneven numbers
- The player who catches the pass cannot move with the ball
- Other players should provide support through movement off the ball
- When defenders win the ball, they become the team of four as players rotate

Ways to make the exercise easier

- You might want to start with 4v1 and then increase to 4v2

Ways to make the exercise harder

- Increase to 4v3 or 4v4
- Require a higher number of passes to win a point
- If the ball hits the ground, then the attacking team becomes the defending team
- Ask the players to pass the ball with their feet instead of throwing it

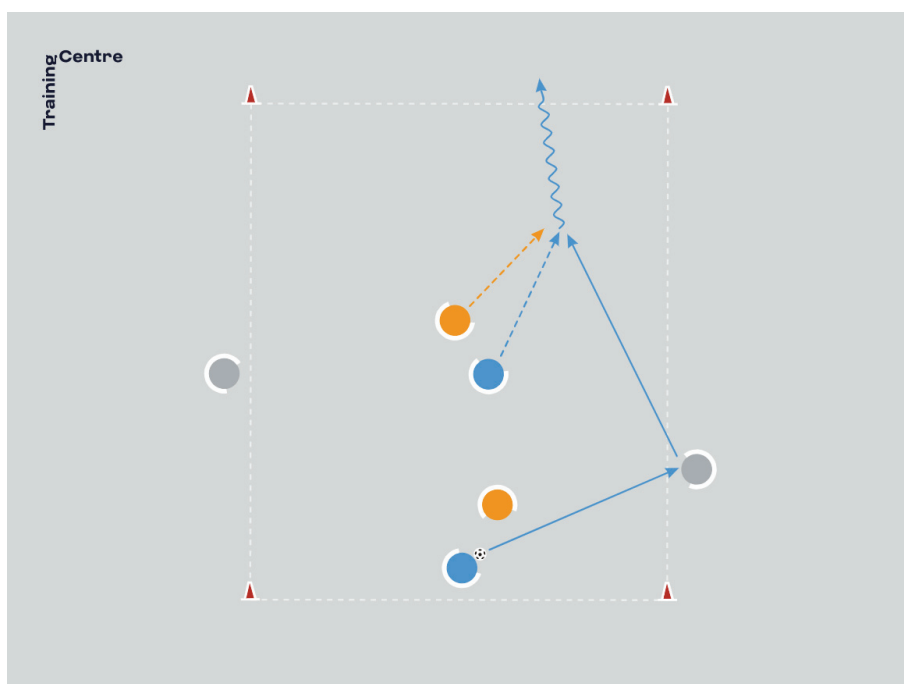
Great questions to ask the children

- Can you find good positions to receive the ball?
- Can you think of ways to create space to receive the ball?
- Can you show me different ways to pass the ball by hand?

Safety tips

- Make sure the defending players rotate regularly

SKILL DEVELOPMENT: PASSING CIRCLE



Organisation

- Try to have a maximum of six players on each team
- Create several games if needed
- Players in the circle should count how many passes they complete
- They have as long as it takes the running team to all complete a lap of the circle
- The running team can also dribble a ball
- Both teams have a go and the team with the most completed passes in the circle are the winners
- Ask the players to have a go clockwise and anticlockwise

Ways to make the exercise easier

- Reduce the size of the areas

Ways to make the exercise harder

- The players in the circle can use a smaller ball
- Ask the players to use their feet to pass the ball instead of throwing it
- Ask the players to head the ball around the circle (with or without catching)
- Make the players dribble the ball around their own circle before they pass to the next player

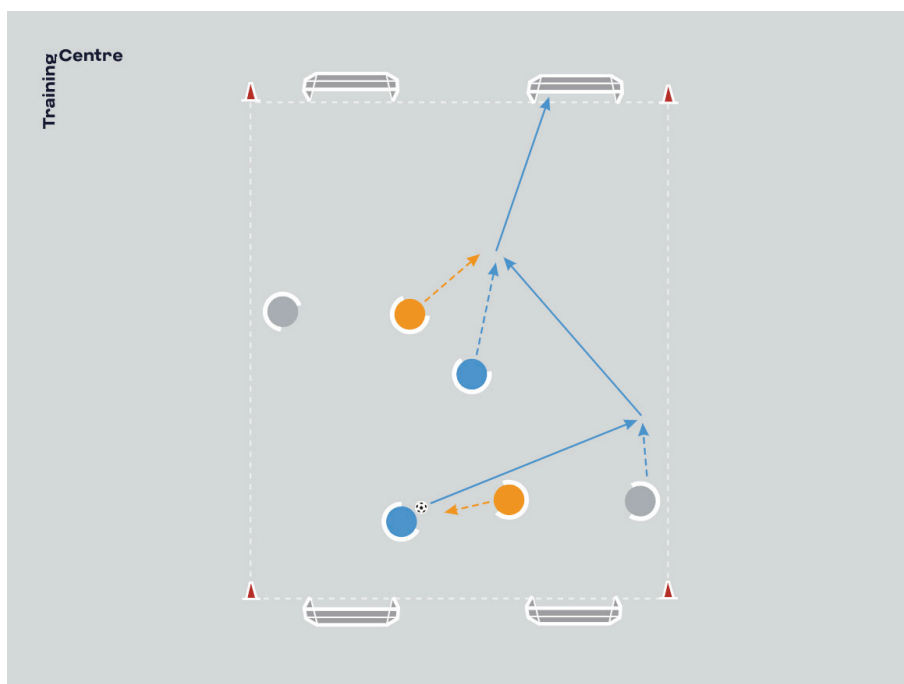
Great questions to ask the children

- What is the ideal body position as you pass the ball in the circle?
- What does a great pass look like?
- Can you try to pass using your weaker foot?

Safety tips

- Create a safe zone between each pitch
- Make sure the running team goes one player at a time

GAME APPLICATION: 4V4 WITH 2 GOALS



Organisation

- Evenly matched teams of 4v4 and no goalkeepers
- Set up multiple pitches and rotate teams every few minutes
- Create a tournament format, with points for winners or goals scored
- No corners or throw ins; restart with a kick-in
- Ask players to referee their own matches

Ways to make the exercise easier

- Give one team extra players
- Create different ways for teams to score extra points – e.g. fair play

Ways to make the exercise harder

- The nearest player to goal can become the goalkeeper
- Place conditions on how goals can be scored – one-touch only, etc.
- Limit the number of touches per player

Great questions to ask the children

- How can you find space to receive a pass? Show me as a team
- In what ways can you communicate with your team-mates?
- What should you do when your team loses the ball?

Safety tips

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