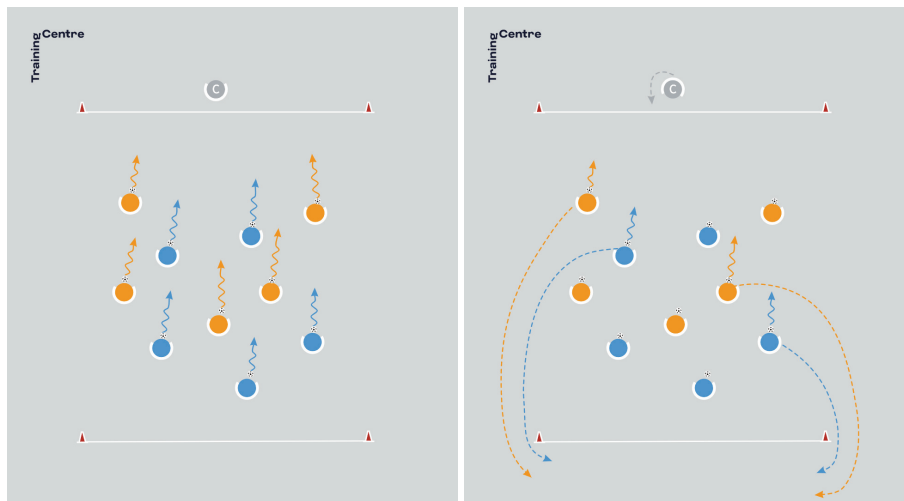


Getting a feeling —●— for space

WARM-UP: RED LIGHT, GREEN LIGHT



Organisation

- Try to play this game in a large space
- Ask those on the sideline to help the "coach" pick out players who are still moving
- Let players take turns to be the "coach"

Ways to make the exercise easier

- The players can carry the ball (rather than dribble)
- The players can walk with the ball (rather than dribble)

Ways to make the exercise harder

- Challenge the players to perform different physical movements to move forward (e.g. hopping, jumping, etc.)
- The players must freeze on one leg and balance
- The players have to hop on their weaker foot only
- The players have to move in pairs with the ball

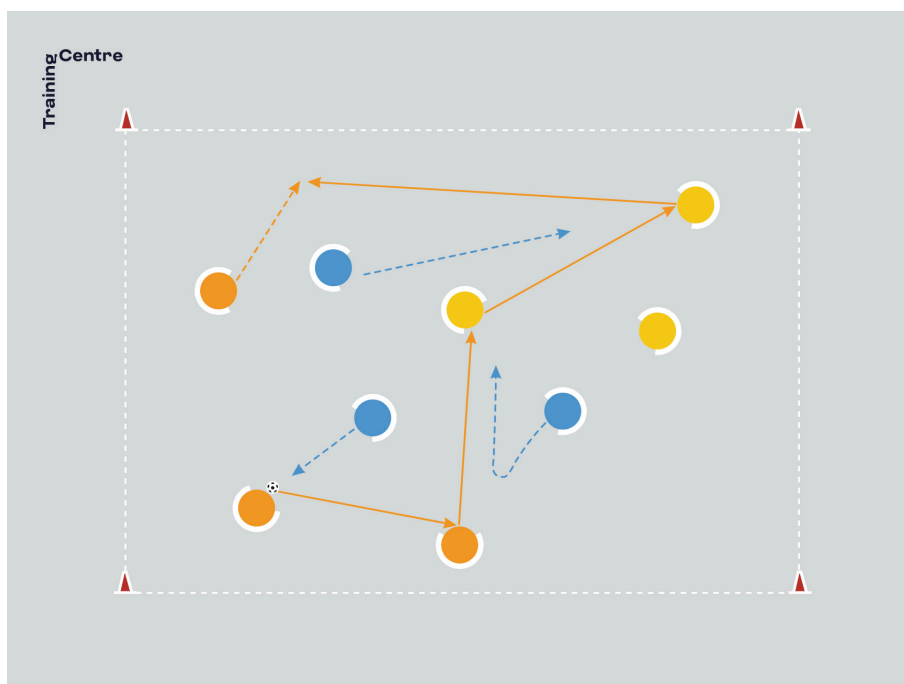
Great questions to ask the players

- What are some useful strategies to succeed in this game? (E.g. keeping an eye on the coach at all times, moving slowly and carefully)
- If you are using balls, what are some good strategies to keep the ball under close control? (E.g. moving the ball in short movements, using your foot to stop the ball quickly)

Safety tips

- Try to make sure all players have space to move
- Make sure players move with their heads up

SKILL DEVELOPMENT: 3+3V3, BALL-POSSESSION GAME



Organisation

- Group the players by ability if possible
- Rotate the teams between pitches to ensure different opposition and challenges
- Encourage the players to keep score of how many points their team wins or ask for a volunteer to do this

Ways to make the exercise easier

- Start with throw and catch
- Make the pitch bigger

Ways to make the exercise harder

- Increase the number of passes needed to score a point
- Decrease the space available
- Give the defending team limited time to win the ball back

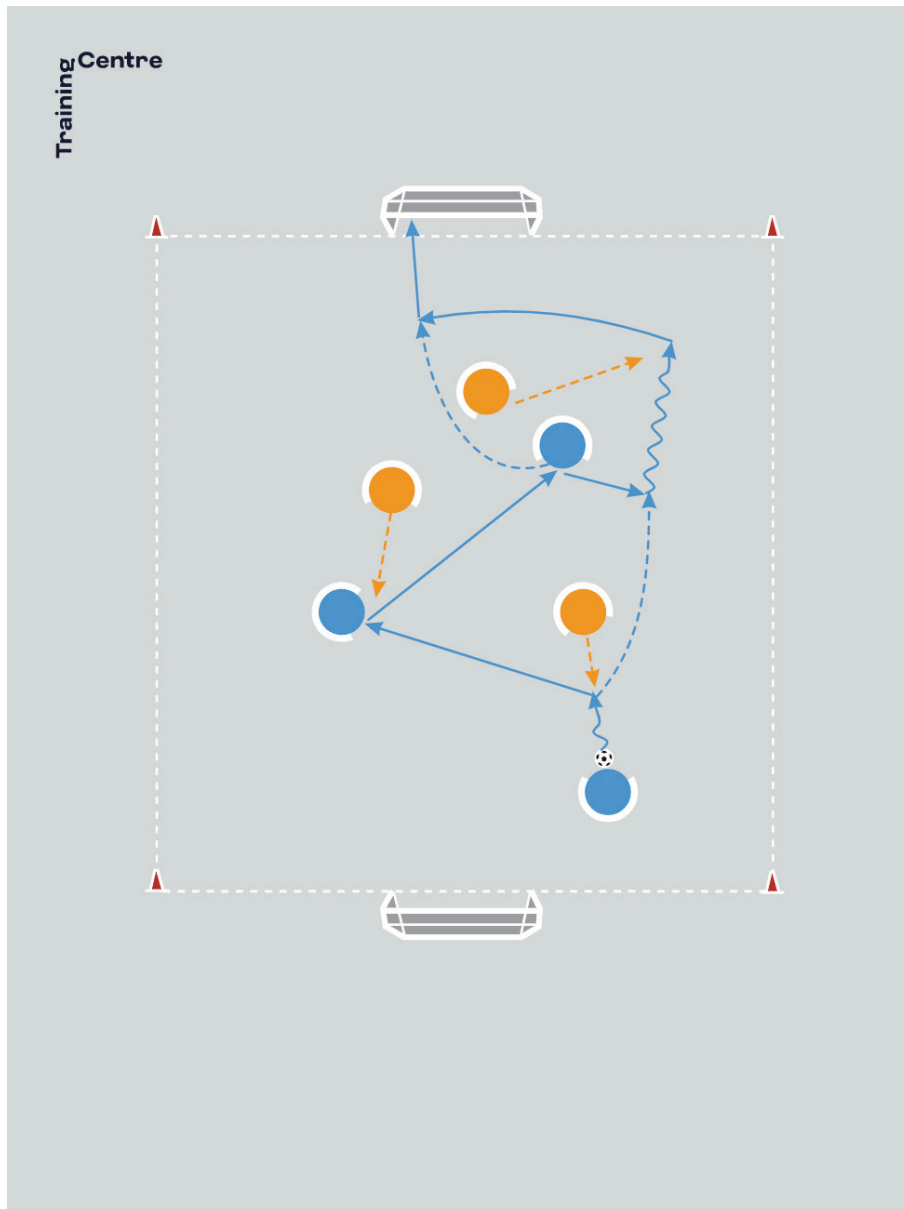
Great questions to ask the players

- What strategies did the teams use to achieve their goal?
- How important is it to have the support of the other players in your team

Safety tips

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

GAME APPLICATION: 3V3, 2 GOALS, NO GOALKEEPERS



Organisation

- Try to group the players by ability and organise several mini-pitches, so there are no more than 12 players on each pitch
- Rotate the teams, so they rest after every two minutes or three goals
- Restart play with kick-ins – no corners or goalkeepers

Ways to make the exercise easier

- Play the game with more than one goal or target
- The players can start with throw and catch before moving on to using their feet

Ways to make the exercise harder

- The nearest player to the goal can use his/her hands to make saves
- Limit the number of touches per player for the attacking team

Great questions to ask the players

- What strategies did the teams use to achieve their goal?
- This game relies on teams working well together and supporting each other.

Safety tips

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