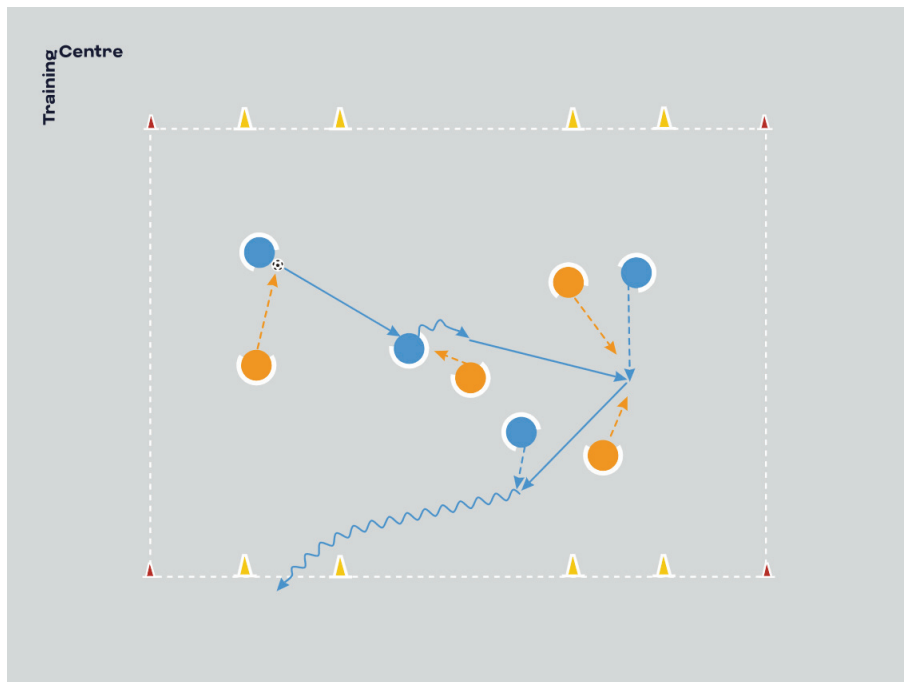


Improving —●— *all areas*

WARM-UP: 4V4 ON FOUR GOALS



Organisation

- Try to have a maximum of four players on each team
- After each goal, the other team starts with the ball
- Rotate teams so that they play against different opponents

Ways to make the exercise easier

- Players can score in any of the four goals

Ways to make the exercise harder

- Players have to complete a minimum number of passes before they can score
- A team has to score in all four goals to win one point

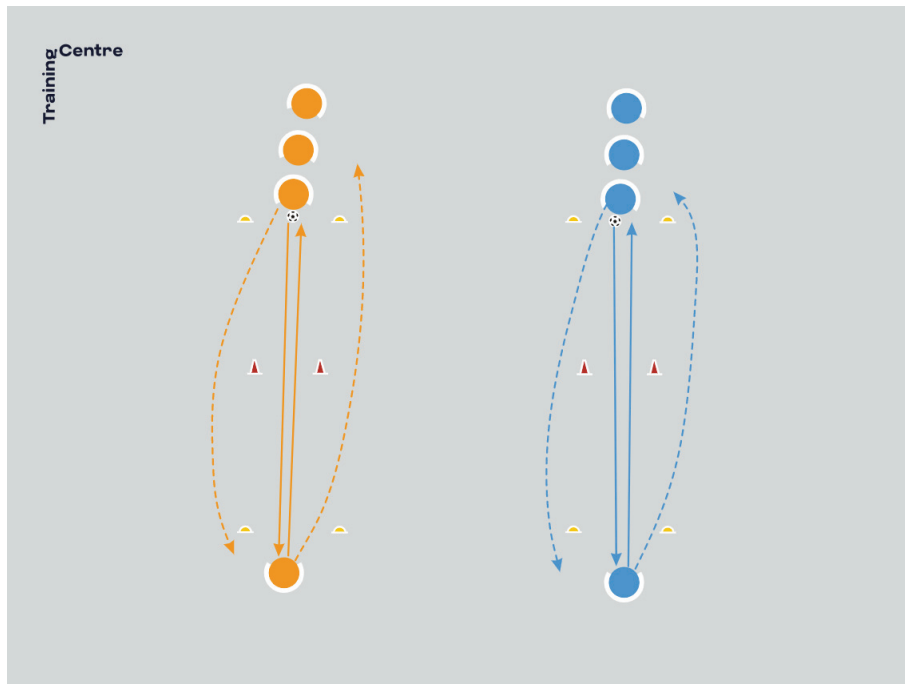
Great questions to ask the children

- How do you play as a team?
- What do we need to do to make successful passes?

Safety tips

- Create a safe zone between each mini-pitch
- Keep each match to a short time limit and provide rest breaks between matches

SKILL DEVELOPMENT: PASS WITH ACCURACY



Organisation

- Try to have a maximum of eight players on each team (i.e. four players on each side) to limit waiting times

Ways to make the exercise easier

- Make the gates wider
- Bring the children closer to the gates
- Allow the children to roll the ball through the gates to begin with

Ways to make the exercise harder

- Make the gates smaller
- Move the children further away from the gates
- Put a time limit on the race
- Ask children to use their weaker foot to pass the ball

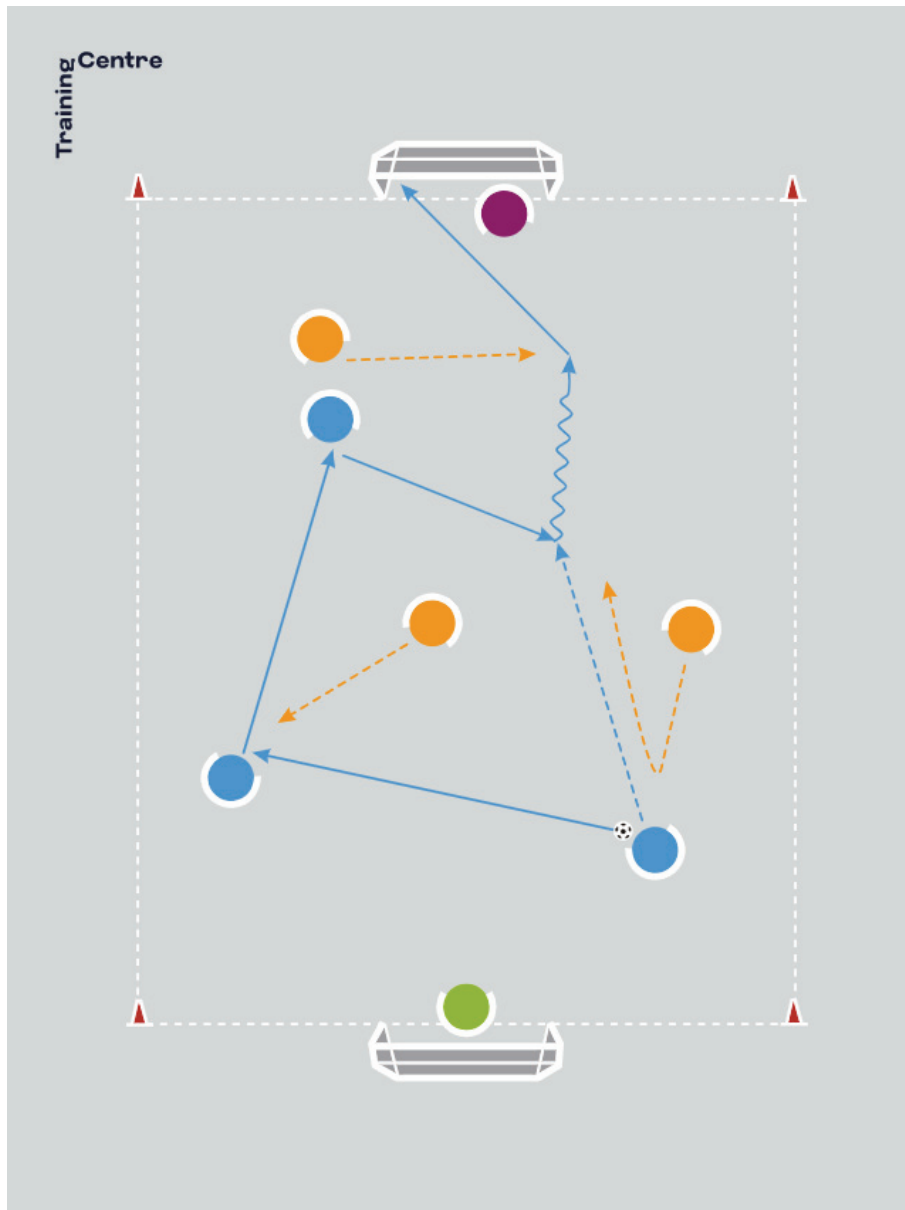
Great questions to ask the children

- Which part of the foot do you think you should use to pass the ball?
- Which different parts of the foot can you use? Can you show me?
- How hard should you kick the ball?

Safety tips

- Create a safe zone between each mini-pitch

GAME APPLICATION: 4V4 ON TWO GOALS



Organisation

- Group children by size or ability
- Organise a tournament – players swap pitches every few minutes, winners play winners, count how many goals they score in the session as a team in total

Ways to make the exercise easier

- Play the matches with no goalkeepers to encourage lots of scoring
- Play games with big goals

Ways to make the exercise harder

- Limit the number of touches each player can have on the ball
- A different player has to score each time – the same player cannot score twice in a row
- Play games with small goals

Great questions to ask the children

- What positions will you play?
- How do you play as a team?

Safety tips

- Create a safe zone between each pitch
- Give children a short rest between matches if needed