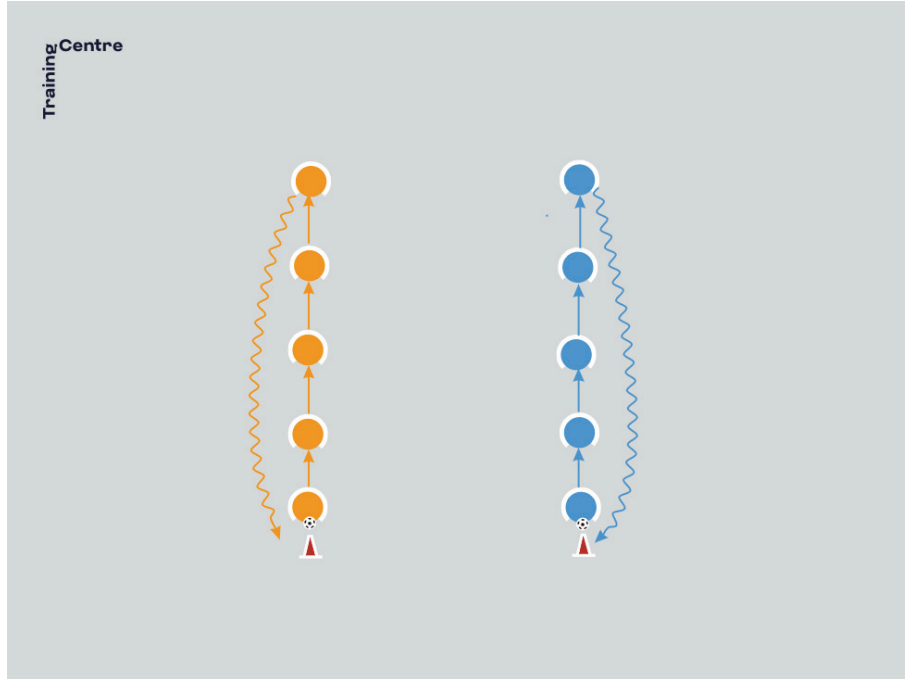


## Finding that pass



### WARM-UP: PASSING RELAY



#### Organisation

- Form two groups and have them each stand in a line behind their starting cone
- The player first in each line has a ball and begins the exercise by passing it (using hands) at waist height to the player behind them
- The ball is passed down the line player by player until it reaches the player at the back
- Once the player at the back receives the ball, they run to the front of the line and start the process again
- The first group to have their line back in its original position, with the player that started the exercise back in front again, wins

#### Ways to make the exercise easier

- Change the objective from being faster than the other group to completing a full rotation without dropping the ball.

#### Ways to make the exercise harder

- Instead of passing it continuously at waist height, players now have to alternate in passing it over their heads and between their legs to the player behind them
- Players use their feet to pass the ball. This time the player first in line passes directly to the last player in line - through the legs of all the players in between. Upon receiving the ball, the end player dribbles to the front of the line and passes it through to the next team-mate at the back, and so on

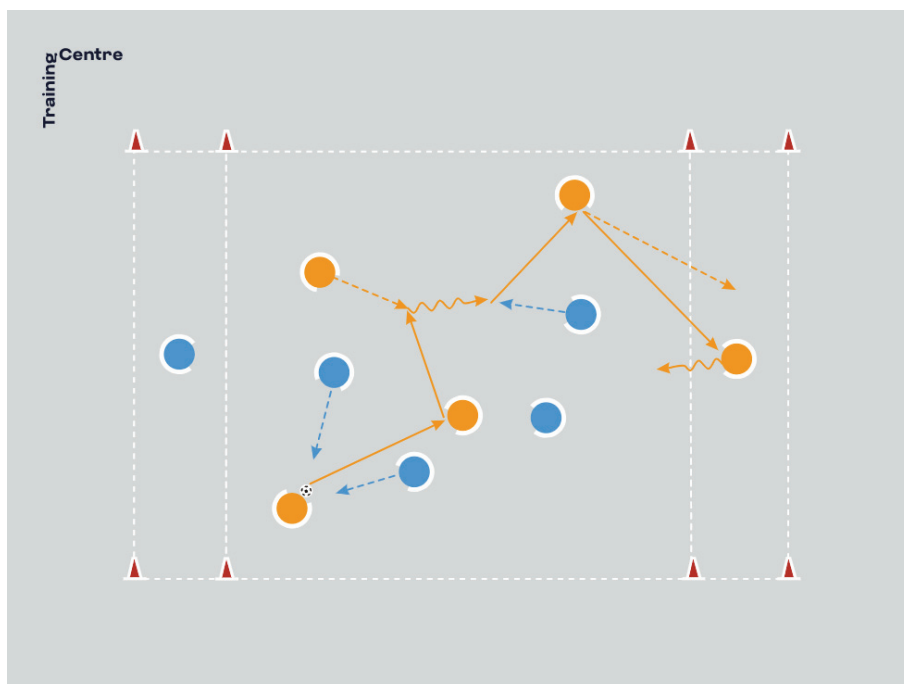
#### Great questions to ask the players

- How do you make sure you don't drop the ball?
- When passing with the feet, what's the best technique to use to play an accurate pass?
- Is communicating as a team important to do well in this exercise?

#### Safety tips

- Create a safe distance between the two lines

## SKILL DEVELOPMENT: BALL TO CAPTAIN



### Organisation

- Make even teams with a captain at each end. Encourage captains to take some responsibility for encouraging their team
- The players have to keep possession and reach their captain with the ball
- The players pass the ball down the line using their hands to begin with and progress to using their feet
- Make sure you rotate the captains, ensuring girls and boys get equal turns
- Teams score a point every time they reach the captain

### Ways to make the exercise easier

- The defending team can only win the ball through an interception
- A second captain can run into the end zone to receive the ball

### Ways to make the exercise harder

- Teams have to complete at least ten passes before they can pass to the captain
- Teams have to reach their captain with no more than three passes, so you are encouraging dribbling of the ball

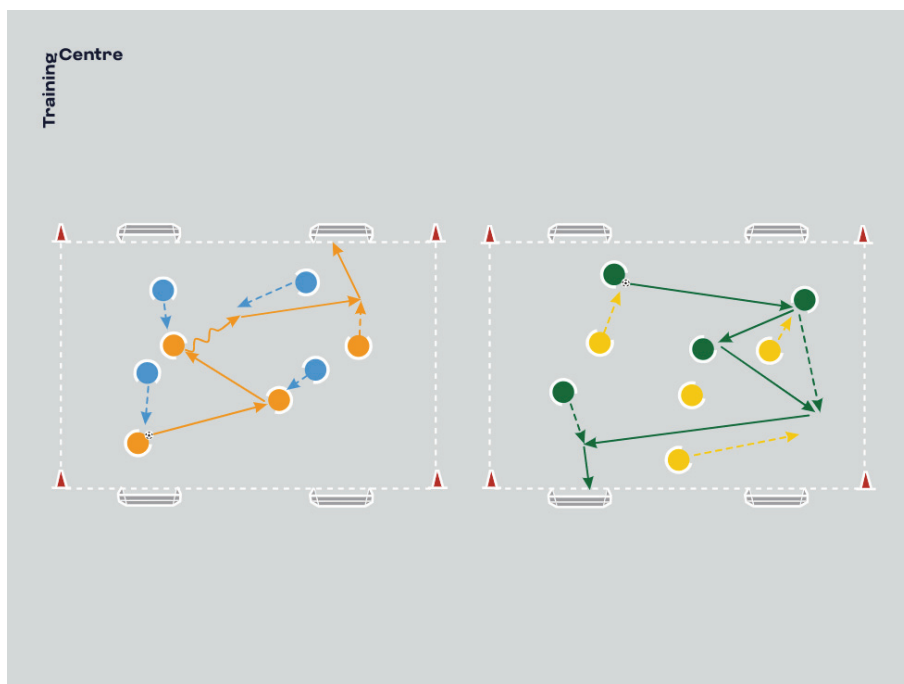
### Great questions to ask the players

- How can the captain help your team?
- What does it feel like for the captain to have responsibility for the team?
- Can you think of ways to create space to receive the ball?
- Can you dribble past at least one player before you pass the ball?

### Safety tips

- Create a safe zone between each pitch

## GAME APPLICATION: 4V4, 4 GOALS, NO GOALKEEPERS



### Organisation

- Even teams of 4v4 and no goalkeepers. Four goals on each pitch. Teams can attack two goals in one half or all four goals
- Set up multiple pitches and rotate teams every few minutes. Create a tournament, with points for winners or goals scored
- Take corners and throw ins
- Ask players to take responsibility for refereeing their own matches

### Ways to make the exercise easier

- Give one team extra players
- One team can score in three of the goals, the other team just the remaining goal

### 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
- Teams have to score in all four goals to win the game

### Great questions to ask the players

- In what ways can you communicate with your team-mates?
- What should you do when your team loses the ball?
- Can you score a goal with a header to win three points?

### Safety tips

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