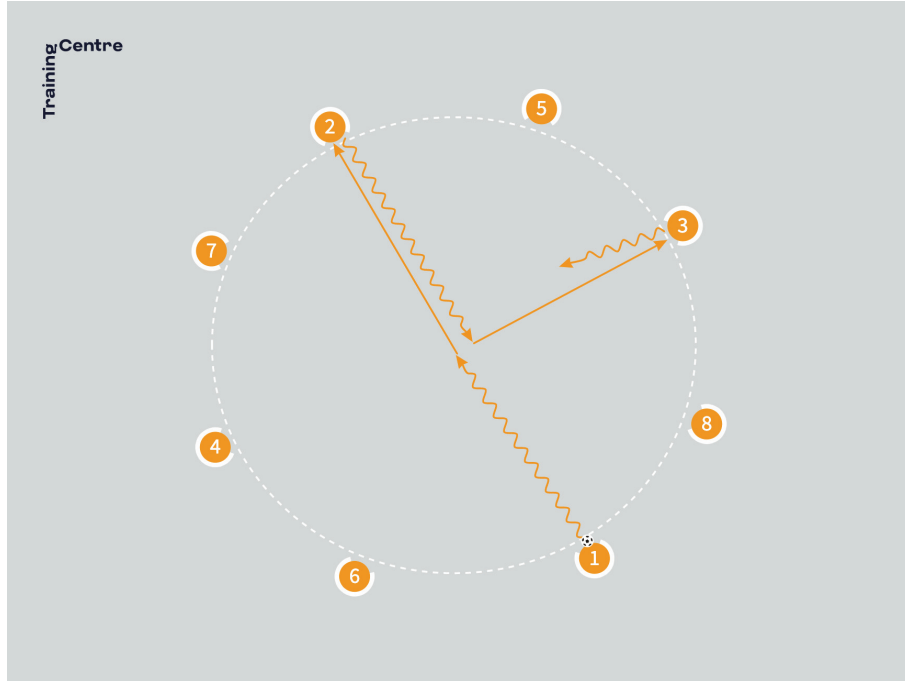


Take them on



WARM-UP: GAME WITH HANDS, BALL POSSESSION



Organisation

- Try to have groups of no larger than 8-10
- Group the players by ability if possible
- Make sure all the players know their number and the next person whom they have to pass to – walk through to check understanding. Ask the players to shout out their number and whom they are passing to, e.g. “number 2 passing to number 3”. Later, change so that they shout out their name and whom they are passing to, e.g. “I am Mali and I am passing to Jacob”

Ways to make the exercise easier

- The players can pass in any order

Ways to make the exercise harder

- Put a time limit on each movement, e.g. three seconds
- Challenge the players to introduce different skills as they move with the ball

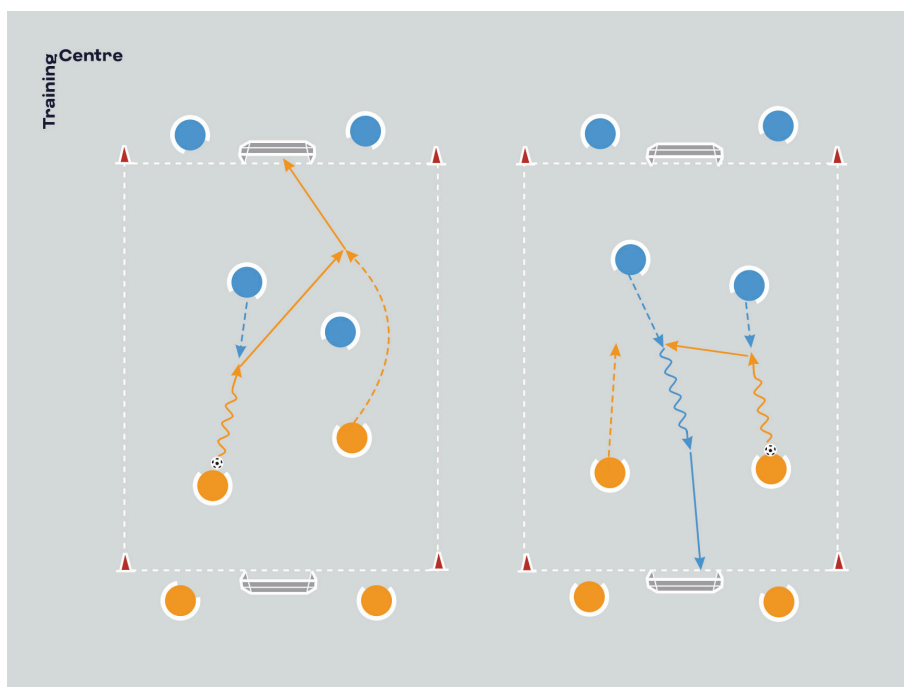
Great questions to ask the players

- Can you show me a way to run with the ball?
- Can you try different ways to pass the ball?
- How do you know when other players are ready to receive the ball? (E.g. listen to what they tell you)

Safety tips

- The players should run with their heads up and slow down as they approach the receiver

SKILL DEVELOPMENT: 1V1, 2V1 WITH 2 GOALS, NO GOALKEEPERS



Organisation

- Try to group the players by ability and organise several mini-pitches, so there are no more than six players on each pitch
- Encourage the players to call out to their team-mates when they are ready to receive the ball. Remind the players to listen to their team-mates and be aware of who is calling out and what they are saying

Ways to make the exercise easier

- You can start with no goalkeepers, so there is an open goal to score into
- Focus on successful passing as a pair

Ways to make the exercise harder

- The goalkeeper can intercept the ball all over the pitch
- Limit the number of touches when 2v1

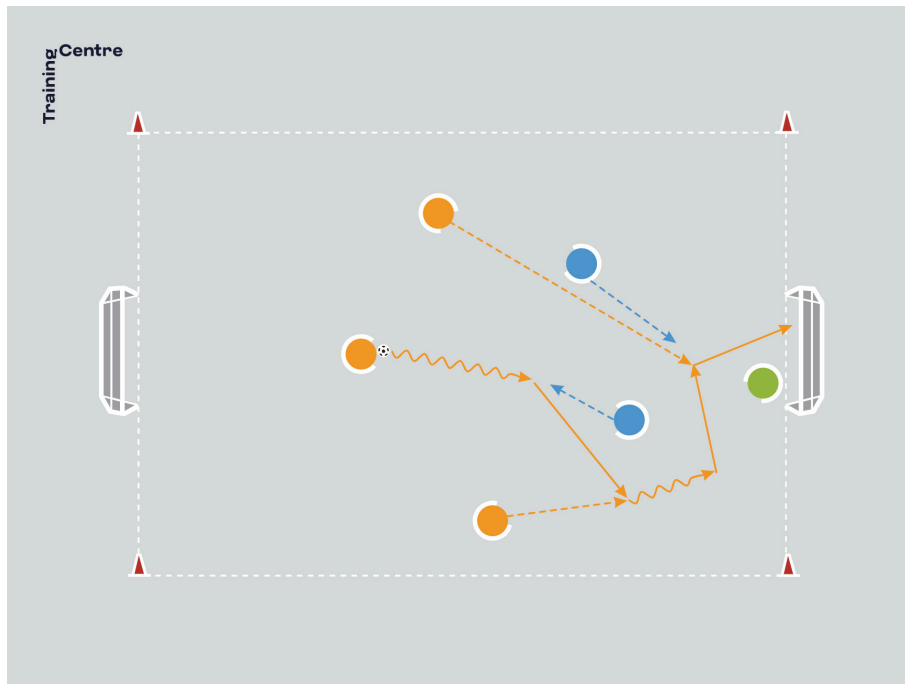
Great questions to ask the players

- Can you try to dribble 1v1 whenever possible?
- Can you try to trick your opponent when you dribble?
- When 2v1, can you try to call for the ball, so your team-mate knows you are free?
- How do players communicate with each other in this game?
- What would happen if one player stopped listening to his/her team-mates?

Safety tips

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

GAME APPLICATION: 3V2 WITH GK



Organisation

- Try to group the players by ability and organise several mini-pitches so that there are no more than ten players per pitch
- Encourage learners to call their team mate when they are ready to receive the ball. Remind learners to listen to their team mates and be aware of who is calling and what they are saying
- Rotate teams so that they rest after every two goes

Ways to make the exercise easier

- You may wish to start with 3v1 plus a goalkeeper
- Players can start by handling the ball before moving on to using their feet

Ways to make the exercise harder

- The nearest player to the goal can use his or her hands to save shots
- Limit the attacking team to three touches
- Give a time limit to score goals

Great questions to ask the players

- Can you try to dribble 1v1 when you get the opportunity?
- Can you try to trick your opponent when you dribble?
- When 2v1 can you try to call your team mate to receive the ball?
- How do players communicate with each other in this game?

Safety tips

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