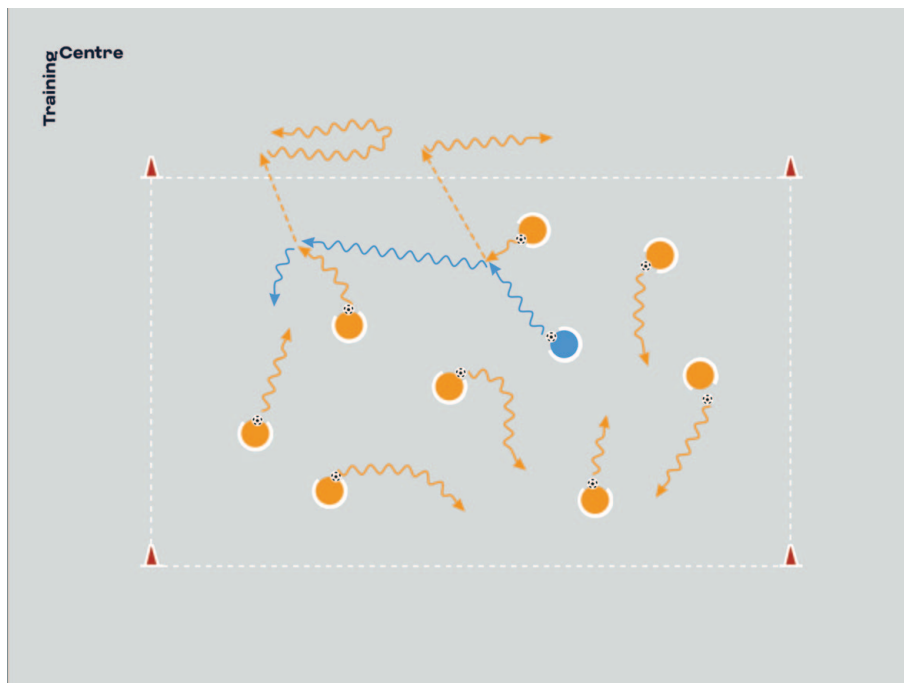


Winner stays on

WARM-UP: TAG GAME



Organisation

- Use as big a space as possible to start with
- Put the taggers in bibs and slowly increase the number of taggers
- After being tagged, children can practise dribbling outside the area while they are waiting

Ways to make the exercise easier

- Create safe zones inside the area where players cannot be tagged or lose the ball

Ways to make the exercise harder

- Decrease the space available
- Increase the number of taggers

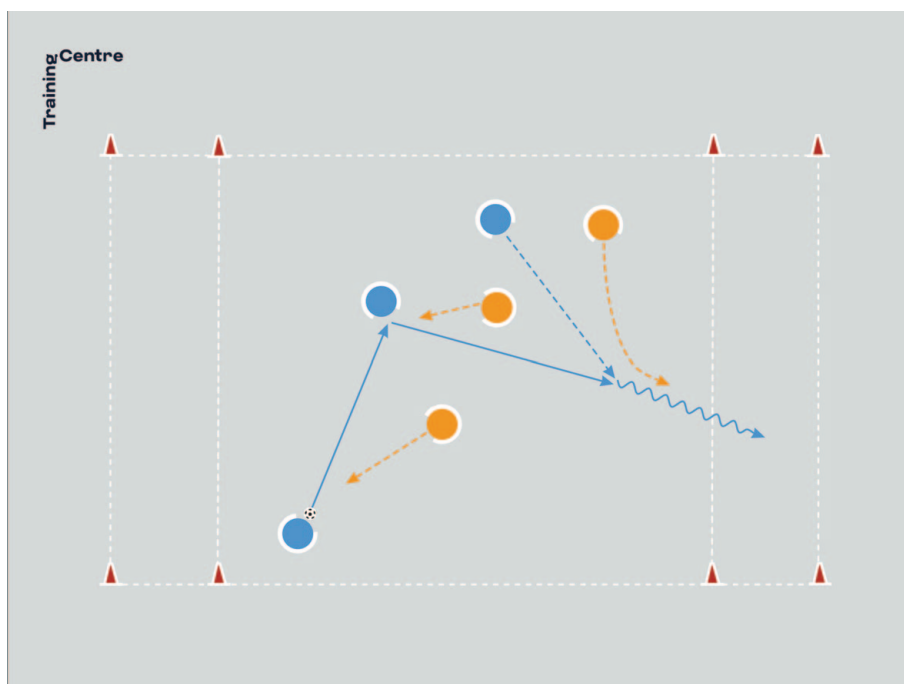
Great questions to ask the children

- Can you show me how to avoid the taggers?
- Can you show me how you can protect your ball?

Safety tips

- Players should keep their heads up as they move around

SKILL DEVELOPMENT: END ZONE GAME



Organisation

- Let the children pick their own team-mates
- Alternatively, pick the teams yourself and try to make them of equal ability
- Create clear end zones to run into and stop or receive the ball
- Make sure the children understand how to score points

Ways to make the exercise easier

- Children can start by handling the ball and catching it in the end zone, or run into the end zone to score without being touched

Ways to make the exercise harder

- Limit the number of touches per player
- Place conditions on how players must receive the ball in the end zone

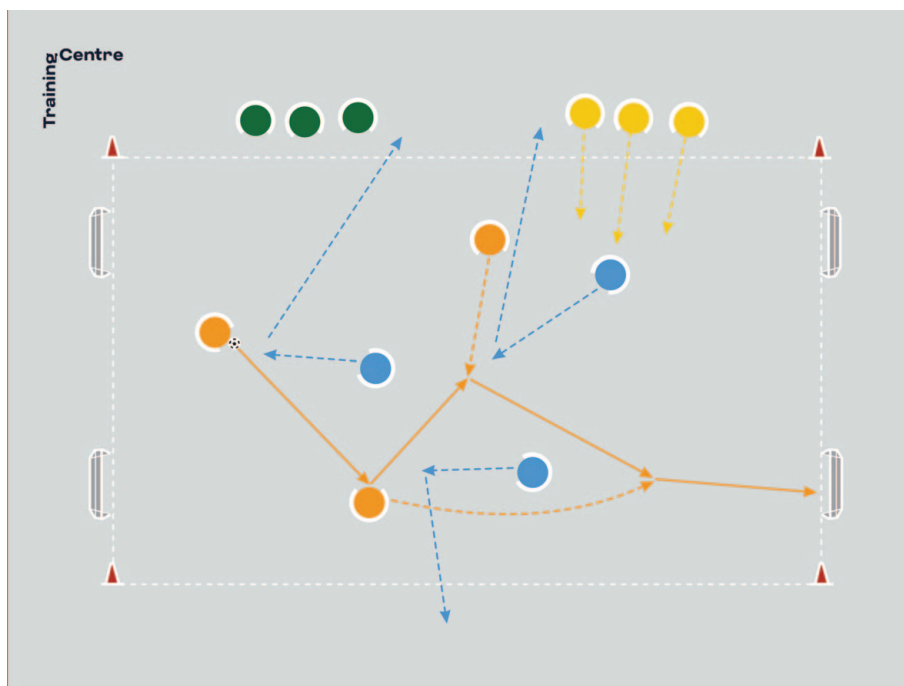
Great questions to ask the children

- Can you play as a team?
- What should you do when you lose the ball?
- How can you find space to receive the ball in the end zone?

Safety tips

- Create a safe zone between each pitch
- Ensure players have rest between pitch rotations

GAME APPLICATION: 3V3 GAME, WINNER STAYS ONE



Organisation

- Let the children pick their own team-mates
- Ask the children to referee their own match
- Ask the children to make up their own rules regarding when teams change
- Make team changes as quickly as possible, so that the next team are always ready to run on
- There should be no more than two teams waiting – create more pitches if needed

Ways to make the exercise easier

- Children can use their hands to start with
- Give one team extra players

Ways to make the exercise harder

- Limit the number of touches players can have on the ball
- Create scoring zones further away from the goal
- Make a team play with fewer players

Great questions to ask the children

- How can you find space as a team? Show me
- What should you do when you lose the ball?
- Which is the best goal to try to score in?

Safety tips

- Create a safe zone between each pitch