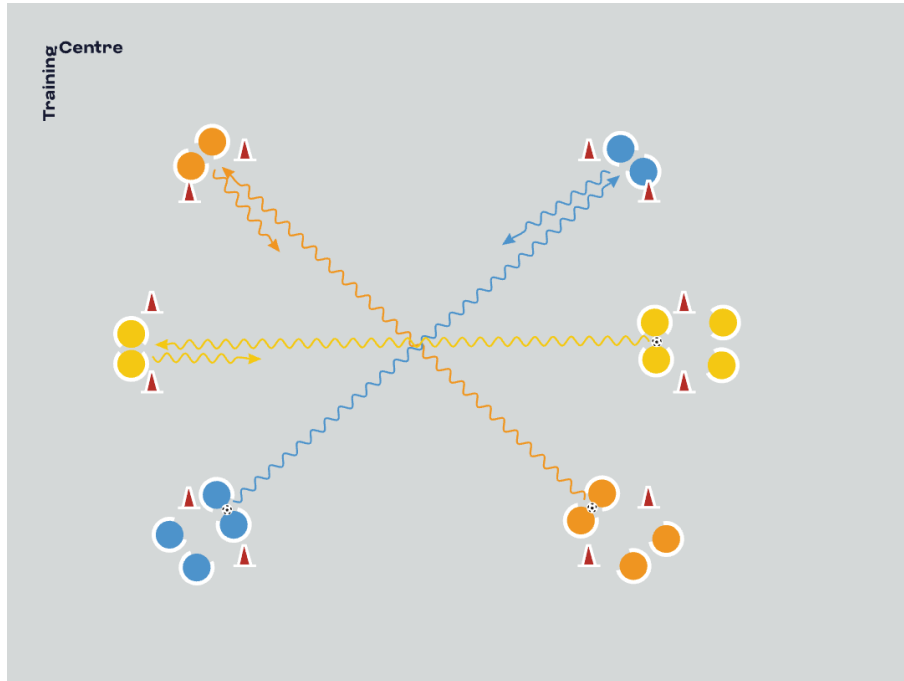


Together —●— *towards goal*

WARM-UP: TEAMWORK AND COOPERATION



Organisation

- Organise three teams, split them in half and place them opposite each other across a square or circle
- Working in pairs, give the children ways to transfer the ball across to the next pair on their team
- Make it a race so that the first team to complete all of the tasks wins
- If you have smaller numbers, the children can run by themselves and make different movements with the ball

Ways to make the exercise easier

- You can organise the teams so that they do not have to cross with other teams in the middle

Ways to make the exercise harder

- Make the space larger to increase the physical challenge
- Increase the difficulty of the task as they carry the ball or pass it between them

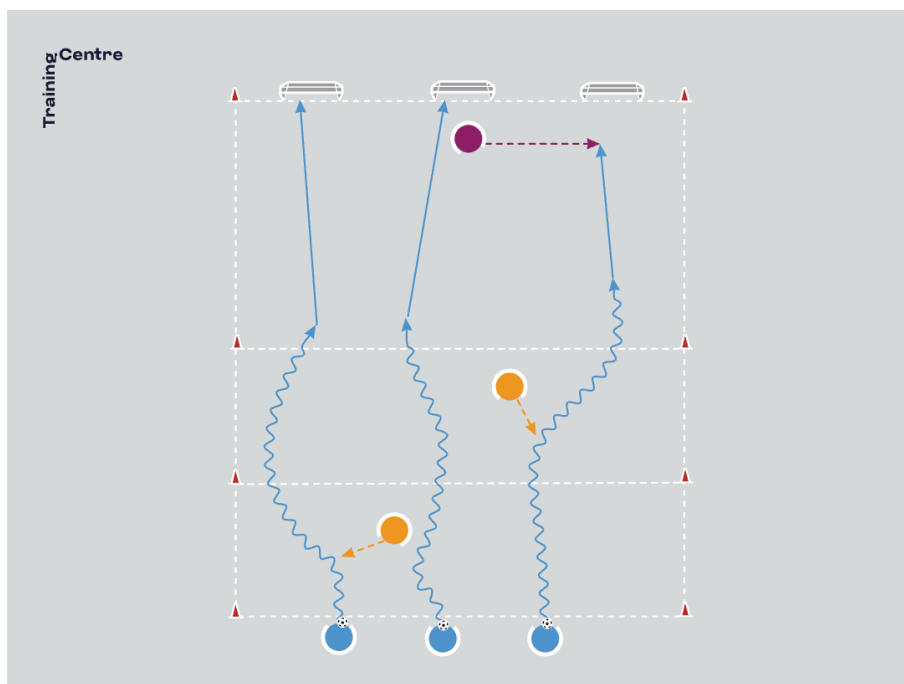
Great questions to ask the children

- Can you try to work together as a pair to succeed?
- Can you talk to each other and encourage each other?
- Can you show me a way of transferring the ball between you that is different to the others?

Safety tips

- Make sure the children look out for other pairs as they cross through the middle zone
- Create a safe playing area

SKILL DEVELOPMENT: DRIBBLING AND SHOOTING



Organisation

- Organise three teams and a pitch with three zones – two with defenders in and one with a goalkeeper who tries to protect three goals
- Each team sends one player at time to try to dribble past the two defenders in their zones and then score a goal
- Players all start at the same time and can try to be clever and find the space, or to try to beat the defender. When they get to the final zone, they should try to shoot into an empty goal to beat the floating goalkeeper
- Remember to rotate the defenders and the floating goalkeeper so that all players have a turn in different positions

Ways to make the exercise easier

- Start with just one defender or with no goalkeeper

Ways to make the exercise harder

- Add a third defender or a second goalkeeper

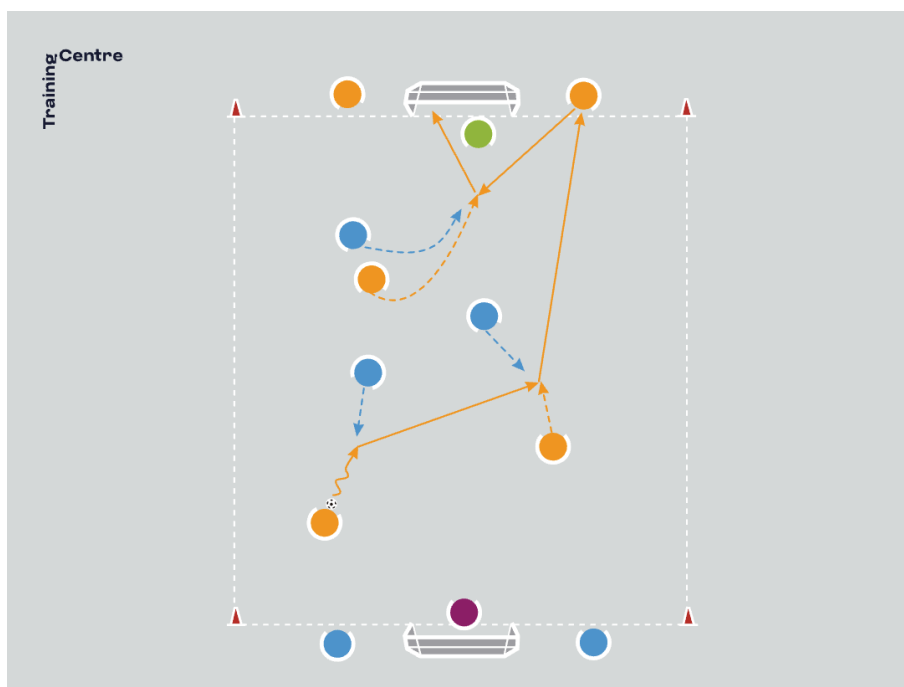
Great questions to ask the children

- Can you make an instant decision whether to attack the open space or try to beat a defender?
- If you dribble at the defender, can you show me a trick to go past him/her?
- Will you try to pass into an empty goal, or do you need to shoot past the goalkeeper?

Safety tips

- Players should keep their heads up when dribbling with the ball
- Create a safe playing area

GAME APPLICATION: SMALL-SIDED GAME – GAME-RELATED OUTCOMES



Organisation

- 3v3 play a match with two target players beside each goal
- The team in possession can score one point by passing to the target, or three points by scoring in the goal with a goalkeeper
- Encourage players in the middle to use the targets as extra players
- Target players can move along the end line
- Remember the purpose of the game is to score – play forward when you can
- Rotate the players so they all get to play as targets

Ways to make the exercise easier

- Can start by throwing and catching
- No goalkeepers

Ways to make the exercise harder

- Restrict the number of touches on the ball
- Player must receive the ball back from a target player before they can score in the goal

Great questions to ask the children

- Why is it important to use the extra players?
- How can you try to make space as a team?
- Can you try to make forward passes?

Safety tips

- Create a safe playing area