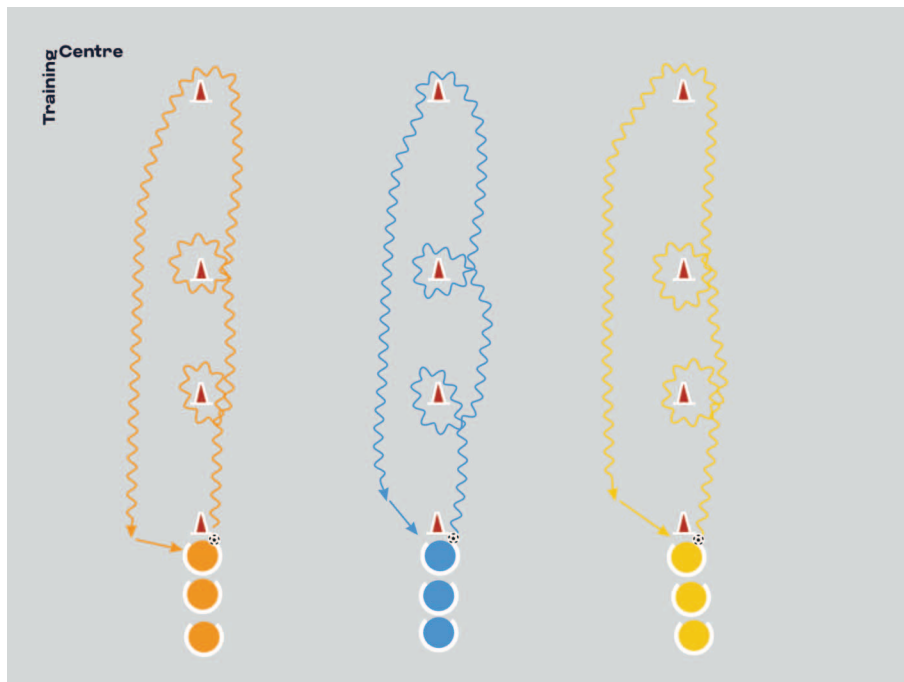


Relays, end zones —●— and 3v3s

WARM-UP: RELAY RACE



Organisation

- Split the players into small relay teams
- Make a course for the players to move through
- Introduce different physical movements without the ball
- Introduce different ways to move with the ball, both carrying it in the hands and using the feet
- Be creative
- Ask the players to invent a relay race game

Ways to make the exercise easier

- Stage races without a ball, or allow the players to carry the ball in their hands
- You could start with walking races

Ways to make the exercise harder

- Increase the complexity of movements – focus on agility, balance and coordination
- Challenge the players to use both feet
- The players can go in pairs

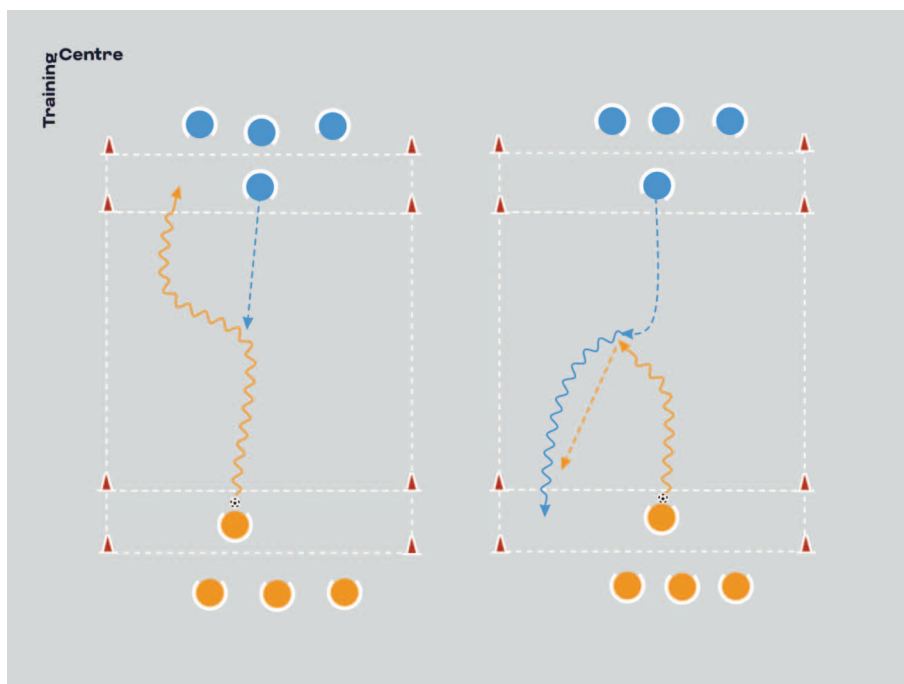
Great questions to ask the players

- Can you cheer on your team mates?
- What difference does it make when your team-mates cheer you on?
- Can you show me a trick when you reach each cone?
- Can you make up your own relay race? Show me! Let's all try it!

Safety tips

- Create a safe zone between each team

SKILL DEVELOPMENT: 1V1 TO 4V4 "LINE FOOTBALL"



Organisation

- Create small pitches with end zones side by side
- Start with 1v1 challenges to dribble the ball to the opposite end zone
- Four players on each pitch, so players can take turns
- Then increase to 2v2
- Then increase to 4v4
- Rotate the teams of four, so they can play against different opponents
- Award points for the winning teams to create a fun competition

Ways to make the exercise easier

- Each player takes turns to practise dribbling the ball from one side to the other with no opposition and stopping the ball in the end zone under control

Ways to make the exercise harder

- Reduce the width of the end zone

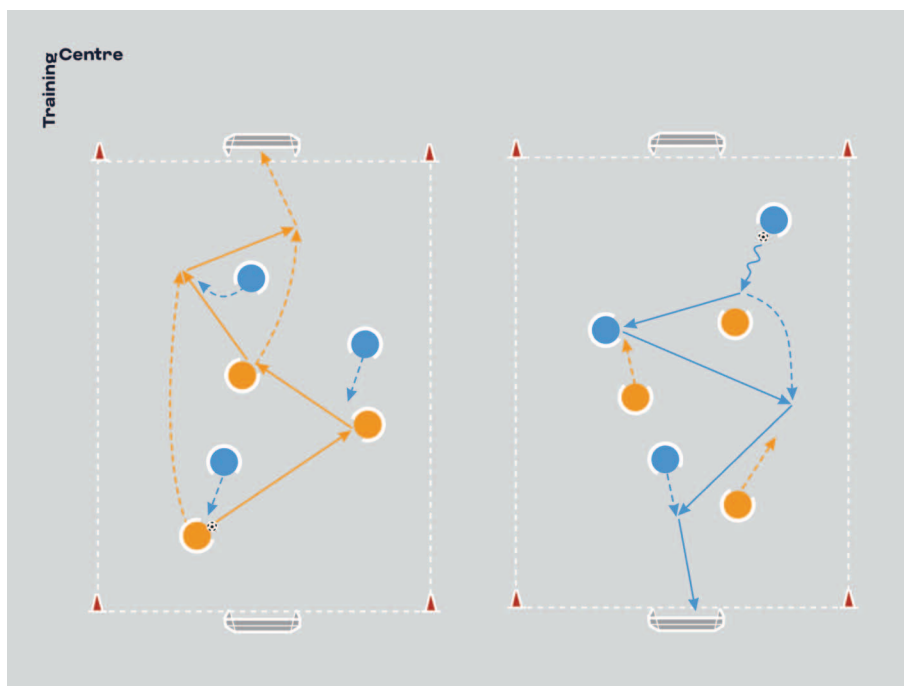
Great questions to ask the children

- Can you try to shield the ball if you are not in a position to dribble with it towards the end zone?
- Can you show me how you can dribble past your opponent?
- Can you show me a trick on the ball to go past your opponent?
- What are some of the similarities and differences between the tricks you and your partner use to get past each other?

Safety tips

- Create a safe zone between each pitch
- Rotate and rest players between attempts

GAME APPLICATION: 3V3 WITH 2 GOALS, NO GOALKEEPERS



Organisation

- Equal teams of 3v3 and no goalkeepers
- Ask the players to organise their own teams
- Two goals on each pitch
- Set up multiple pitches and rotate teams every few minutes
- Create a tournament, with points for winners or goals scored
- Ask the players to referee their own matches

Ways to make the exercise easier

- One team can have extra players

Ways to make the exercise harder

- The nearest player to goal can become the goalkeeper
- Create conditions for how to score – one-touch only, etc.
- Limit the number of touches per player
- All of a team's players need to be in the opponents' half before a goal can be scored

Great questions to ask the children

- What should you do when your team wins the ball?
- What should you do when your team loses the ball?
- Can you try to help each player in your team to score a goal?
- What are some of the similarities and differences between the strategies that your team uses and the strategies that the other team uses?

Safety tips

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