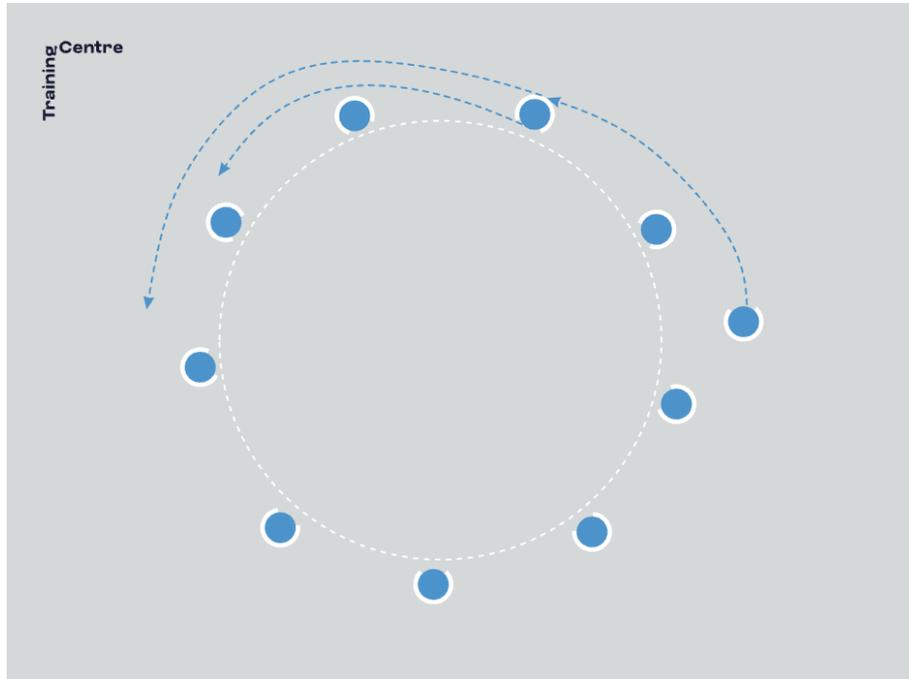


## Bring all the elements —●— *into the game*

**WARM-UP: BALANCE, COORDINATION, AGILITY, SPEED**



### **Organisation**

- Organise the players into a circle; one player starts off as a tagger
- The tagger moves around the circle tapping players (gently) on the back; when he/she touches a player on the head, that player then chases around the circle and the tagger tries to return to the empty spot in the circle before getting caught
- The taggers and runners can move in different ways, e.g. hopping, skipping, jumping or slalom, and also while dribbling a ball at the same time
- Provide praise and positive feedback, encouraging the players to play with confidence

### **Ways to make the exercise easier**

- Players can be seated in the circle to begin with, or lying down, so the runner has a head start while the chasing player gets up off the ground

### **Ways to make the exercise harder**

- The players have to dribble a ball while chasing (if you have enough balls for one each)

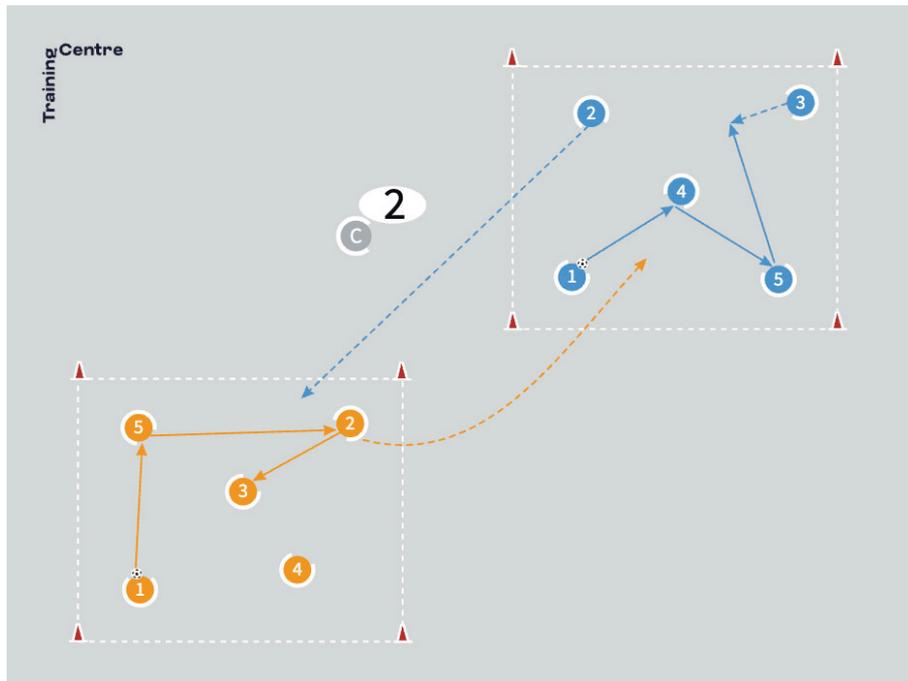
### **Great questions to ask the players**

- Can you react quickly if you are tagged?
- Can you tag someone who will challenge you to move faster?
- Can you choose a way to move around the circle?

### **Safety Points**

- Create a safe space to play

## SKILL DEVELOPMENT: 4V1, KEEP-BALL GAME



### Organisation

- Organise two teams of equal numbers, who work opposite or diagonally to each other with a 20m gap in between. The coach stands in the middle. Players on both teams are given the same numbers (e.g. 1-6 for 6v6)
- The players begin by passing the ball between one another in any order
- When you call a number, the relevant player runs to the opposite group and becomes a defender, trying to intercept the passes
- When you shout the next number, the players are replaced and quickly return to their team
- Passing teams should try to set the highest score for the number of consecutive passes
- Start with throw and catch and then move on to passing by feet
- Provide lots of praise and positive feedback, encouraging the players to play with confidence

### Ways to make the exercise easier

- Make the areas bigger at each end, so it's more difficult to intercept

### Ways to make the exercise harder

- Smaller areas
- Two players can be defenders at once

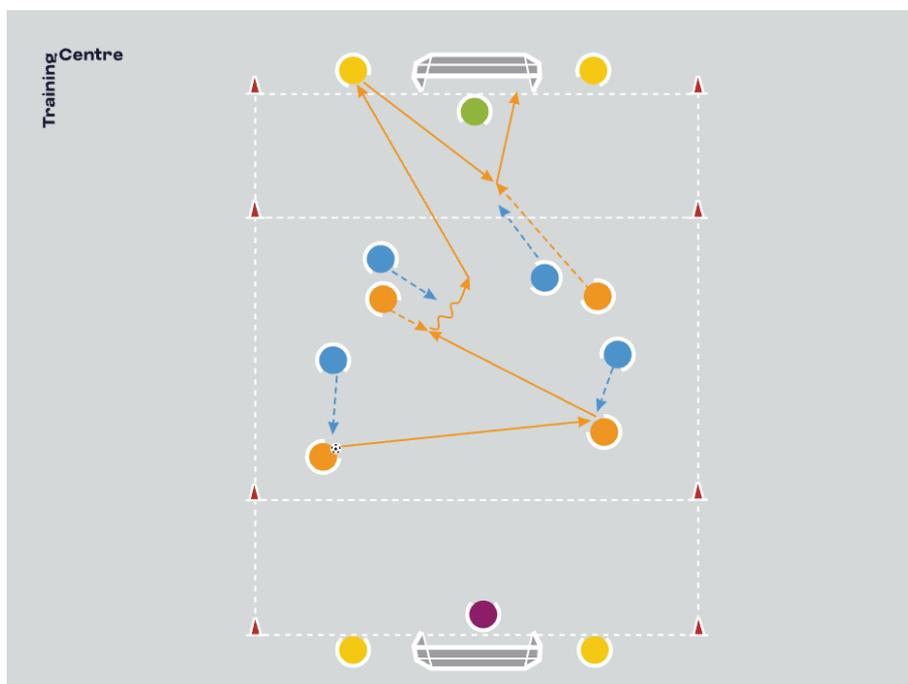
### Great questions to ask the players

- Can you try really hard to intercept the passes during your one minute of defending?
- Can you think of clever ways to try to intercept passes?
- Can you create angles to receive the ball when you are passing as a team?

### Safety Points

- Make sure the players keep their heads up and observe others when running quickly in between groups
- Create a safe space to play

## GAME APPLICATION: SMALL-SIDED GAME WITH GAME-RELATED OUTCOMES



### Organisation

- Organise 2 teams onto a pitch with 2 end zones, - play 4 v 4 in middle zone and in each end zone each team has a target player who must be passed to in order to score a point. The object of the game is to get the ball from one end to the other to score a point
- Combine as a team to get the ball to the target player - when the target players receive the ball they can then swap with the outfield player who passed it to them so that the target players continually rotate
- To win the game, score a number of points, or make a rule that every player must play as the target player before you can win, meaning that every outfield player has to make a point scoring pass to the target to win.

### Ways to make the exercise easier

- You can start with throw and catch and each team has a ball each - make a race for every player to have a go in the end zone to win.

### Ways to make the exercise harder

- Only one ball between the 2 teams
- Teams have to get to target player and back again to score a point
- Teams can only pass the ball by feet

### Great questions to ask the children

- Can you recognise opportunities to make an early pass to the target player?
- Can you find ways to reach the target player with a clever pass?
- Can the target player move into spaces to make yourself more available?

### Safety Points

- Create safe zones between pitches