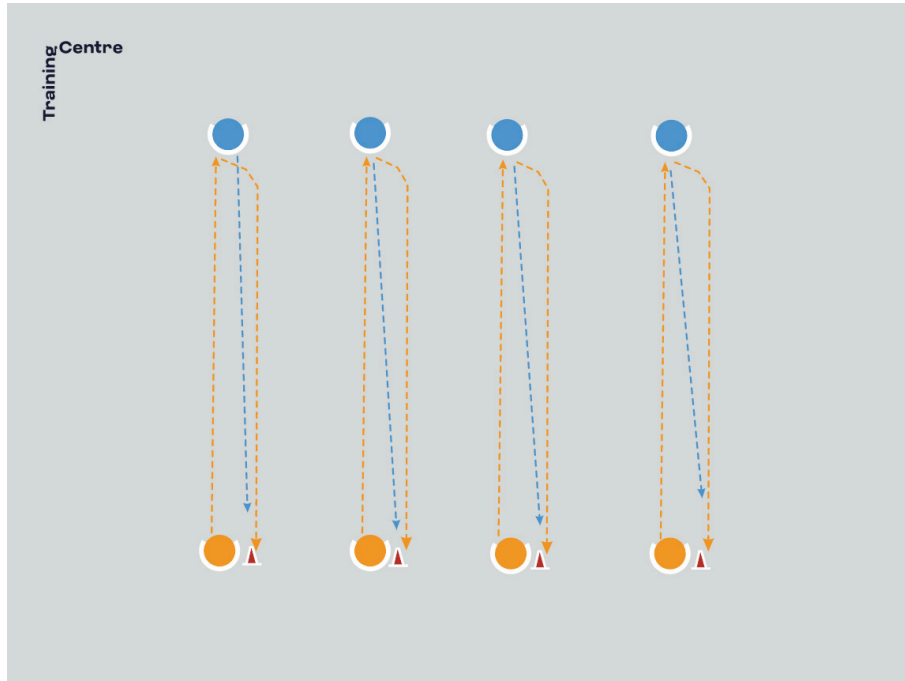


Teambuilding



WARM-UP: TAG GAMES



Organisation

- Split the players into pairs; if you have an odd number, then have a group of three, who can also take turns
- Organise them opposite each other and create games of tag
- Build excitement: players can tag and run back to their safe zone
- Think of different ways the children can move and run
- Let the children create ways to move back to their safe zone
- Allow players to win points against their partner so that they challenge each other

Ways to make the exercise easier

- Let the players race without a ball or carrying the ball in their hands
- Start with walking races

Ways to make the exercise harder

- Increase the complexity of movements – focus on agility, balance and coordination
- Make players use their right and left foot, so that they practise with both feet
- Challenge players to approach their partner quietly and tag them by surprise

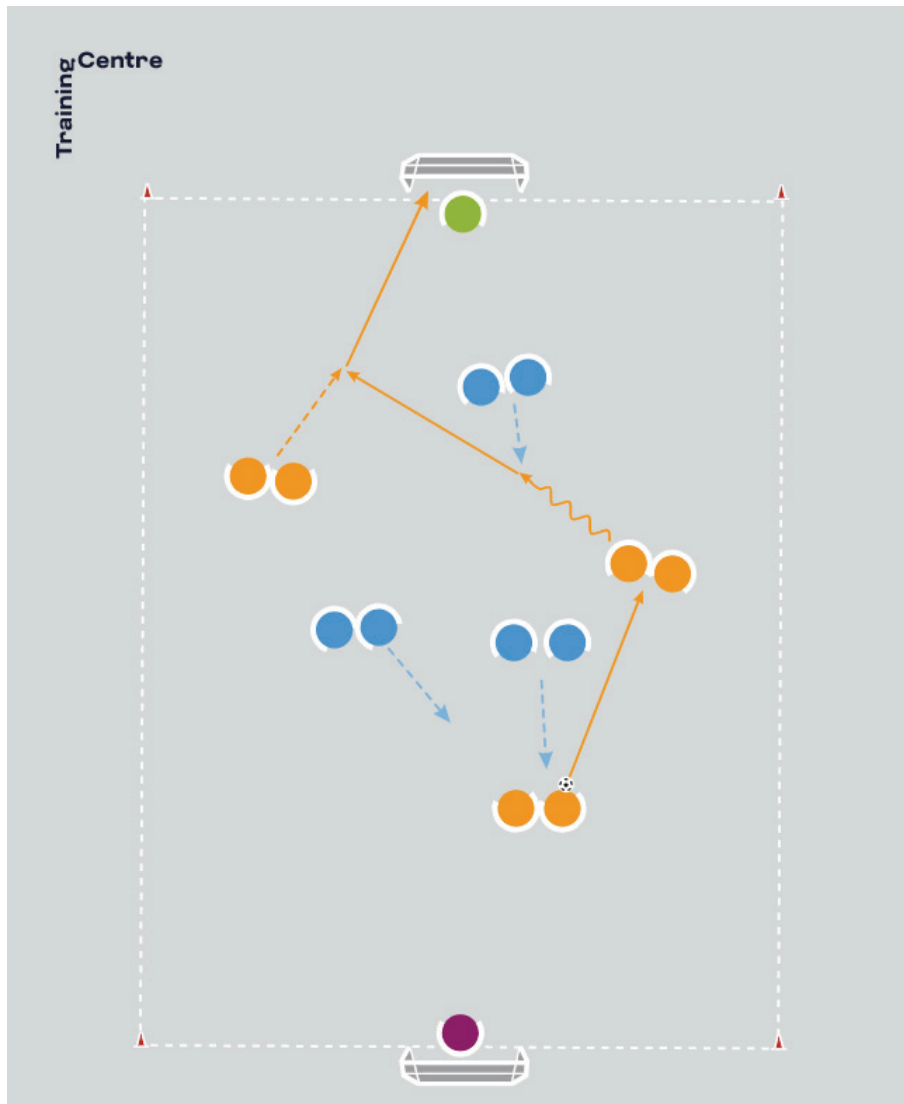
Great questions to ask the children

- What should you do as soon as you have tagged your partner?

Safety tips

- If the exercise is taking place indoors, make sure a safe distance is left to the walls

SKILL DEVELOPMENT: PLAYING IN PAIRS



Organisation

- Ask the children to organise their own teams and select a partner
- The children play as pairs, which must hold hands throughout
- Try to make sure that players have a good amount of space to play in
- Encourage the pairs not to all chase the ball, but also to find space ready to receive it
- Focus on teamwork and player cooperation
- Normal football rules, just played in pairs

Ways to make the exercise easier

- Nominate only one player in the pair who can touch the ball
- Start the game with no goalkeepers

Ways to make the exercise harder

- Limit the number of touches per pair
- Require each pair to take alternate touches of the ball when in possession

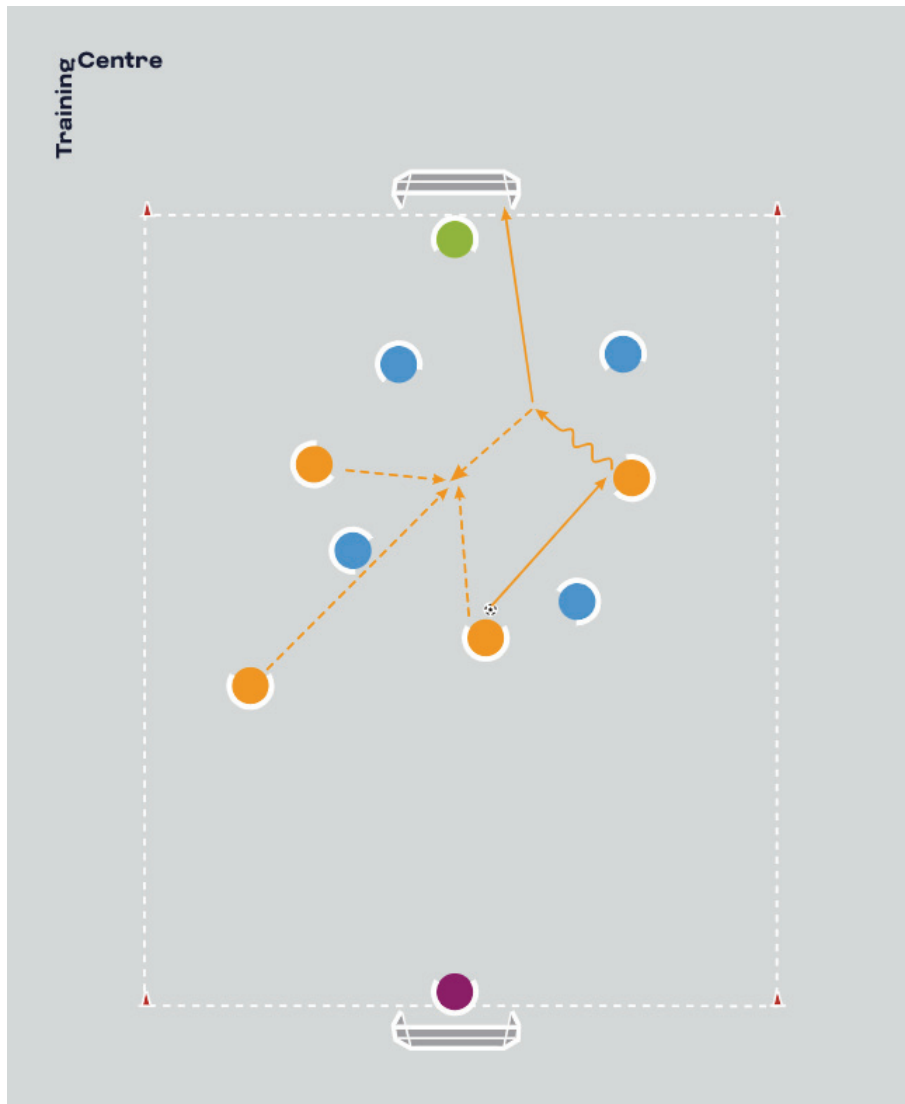
Great questions to ask the children

- How does it feel to play as a pair?
- What are the advantages?
- What are the disadvantages?

Safety tips

- Make sure the players do not drag their partner around the pitch

GAME APPLICATION: 5V5, CELEBRATE TOGETHER



Organisation

- Two equal teams on the pitch, with no more than six players per team
- Create multiple pitches so that everyone is involved
- The game focuses on concentration – the players must remember to hug ASAP after a goal is scored
- Remind the goalkeeper to stay as close to his/her team-mates as possible, to be ready to join the hug

Ways to make the exercise easier

- Only require all the outfield players to hug

Ways to make the exercise harder

- Place a five-second time limit on the hug
- Only require players to hug after every odd-numbered goal (the first, third, fifth and seventh goal, etc.)

Great questions to ask the children

- What do you need to do as soon as your team scores or concedes?
- What is the best way to make a quick team hug? Discuss it as a team
- How important is communication in this game?

Safety tips

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