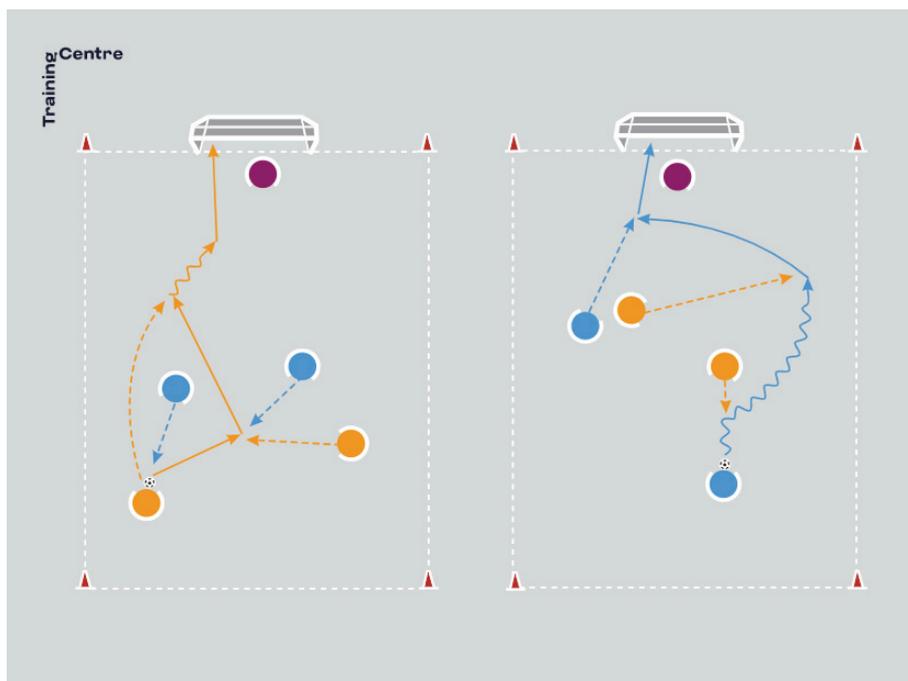


SKILL DEVELOPMENT: 2V2 WITH 1 GOALKEEPER



Organisation

- Ask the players to organise their own teams and select a partner
- The players play in pairs (2v2) but shoot at the same goal. Consider mixed-ability or mixed-gender pairs if appropriate
- Normal football rules, just played in pairs
- After three or five goals, an outfield player swaps with the goalkeeper
- Rotate the pairs, so they also play against pairs on other pitches
- Create a tournament format – winners accumulate points

Ways to make the exercise easier

- Use larger goals
- One team can start with the ball from the other end of the pitch

Ways to make the exercise harder

- The same player cannot score consecutive goals: pairs have to alternate scorers
- Create conditions for how to score – one-touch only, etc.

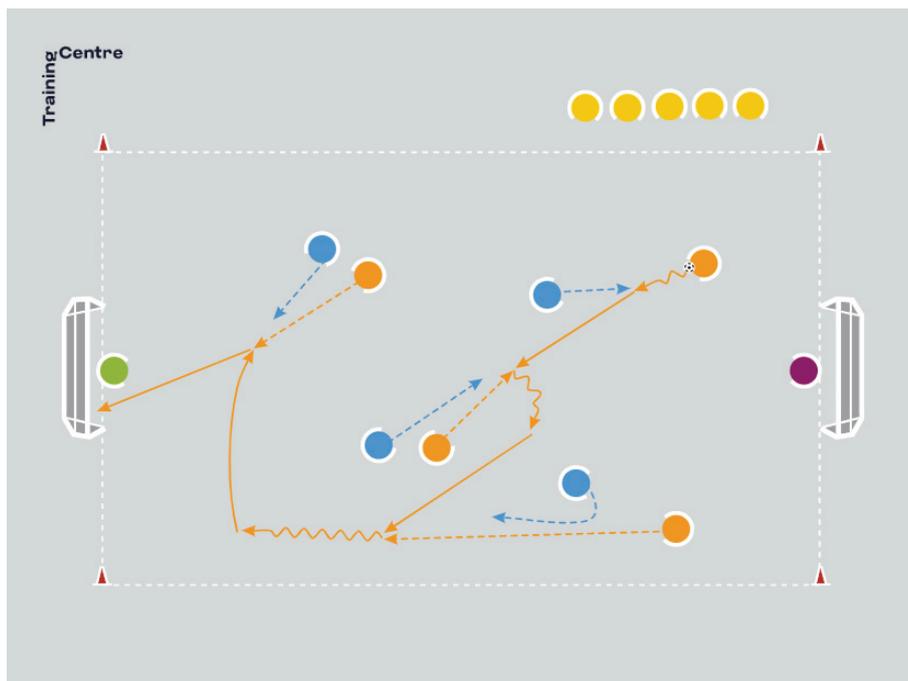
Great questions to ask the children

- How does it feel to play as a pair?
- What do you need to do to be successful?
- When do you think you should dribble with the ball?

Safety tips

- Create a safe zone between each mini-pitch

GAME APPLICATION: 5V5, 2 GOALS AND GOALKEEPERS, FREE PLAY



Organisation

- Pick three equal teams and make a pitch. Consider mixed-ability or mixed-gender teams if appropriate
- Create more pitches if needed for more teams
- Two teams play and after three minutes or goals, one team rotates with the resting team
- Rotate the goalkeepers every match or after each goal

Ways to make the exercise easier

- One team can have extra players to make it easier for them

Ways to make the exercise harder

- A team can play with fewer players than the other team
- Limit the number of touches per player
- Play “winner stays on” – the first goal wins each match

Great questions to ask the children

- Can you organise yourself into positions?
- Can you try to spread out as a team?
- What can you do as a team when you lose the ball?

Safety tips

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