Lead and play



WARM-UP: FOLLOW THE LEADER



Organisation

- Simple to organise a game of "follow the leader"
- Challenge the players to be creative with their physical movements and with the ball
- Ask the players to suggest their own movements, ensuring that in mixed-gender groups, equal opportunities are given to both boys and girls. In mixed-ability groups, ensure that players of differing abilities are given a chance to suggest movements
- Develops confidence and personalities

Ways to make the exercise easier

- Physical movements might be easier to copy than ones with the ball
- The players can stand still and copy instead of moving around the space

Ways to make the exercise harder

- Increase the complexity of the movements focus on agility, balance and coordination
- Challenge the players to use both feet
- Suggest movements that develop hand-eye coordination, e.g. manipulating the ball while on the move

Great questions to ask the children

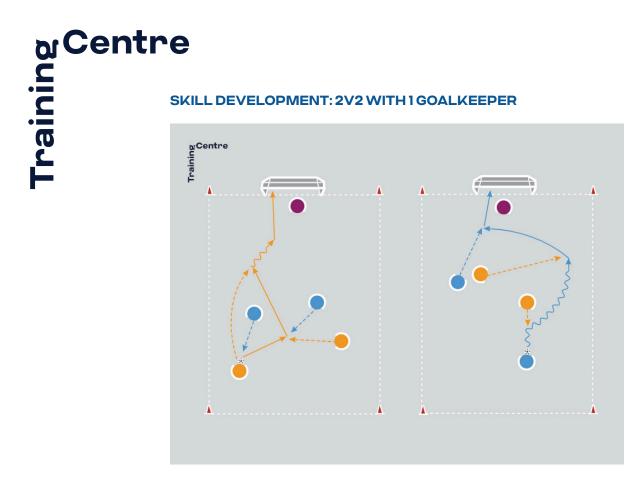
- Can you see the coach/leader?
- Can you show me a different way to move?

Safety tips

- Make sure that the players have some personal space to move in safely
- When balls are introduced, the players should keep their heads up and be aware of others around them



SKILL DEVELOPMENT: 2V2 WITH I 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.

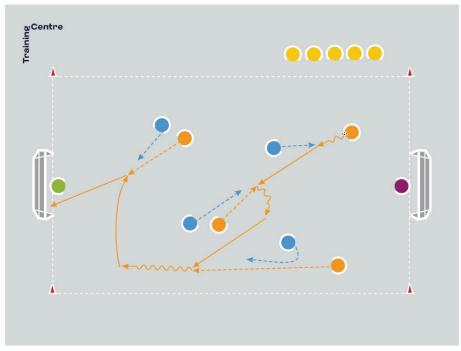
Great questions to ask the children

- 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