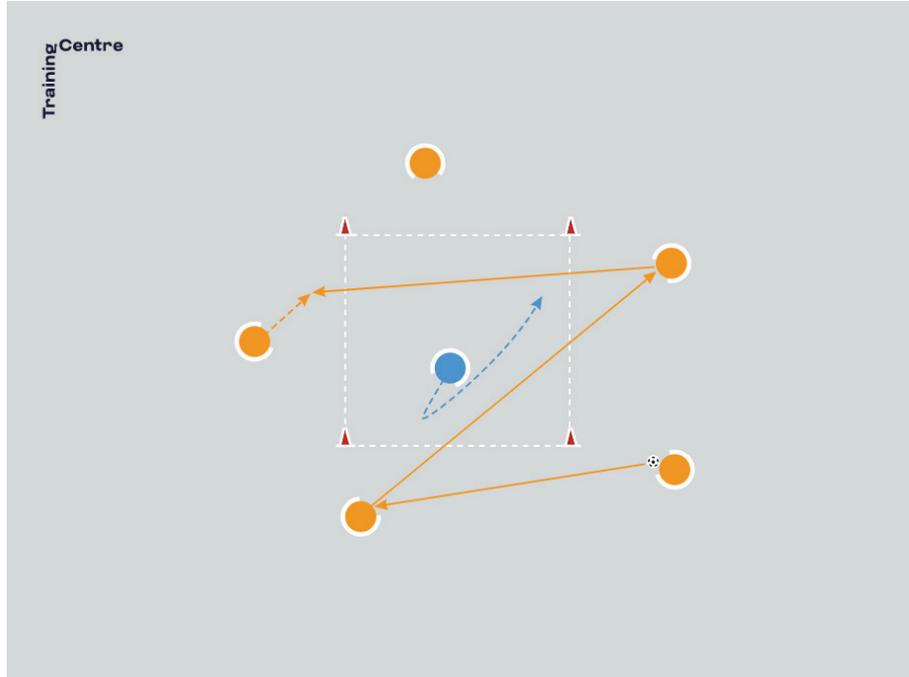


Defending outnumbered



WARM-UP: PASSING CIRCLE WITH BLOCKER IN THE MIDDLE



Organisation

- Organise a 5v1 or 6v1 practice with one player in the middle area. The players on the outside have to pass the ball through the middle to score points, without the blocker intercepting it
- Begin with throwing and catching and then move on to passing the ball on the ground
- The players can pass around the middle area until they recognise an opportunity to play through it
- If a player's pass is intercepted, then he/she changes places with the blocker

Ways to make the exercise easier

- Make the area bigger in the middle

Ways to make the exercise harder

- Put more than one player in the middle

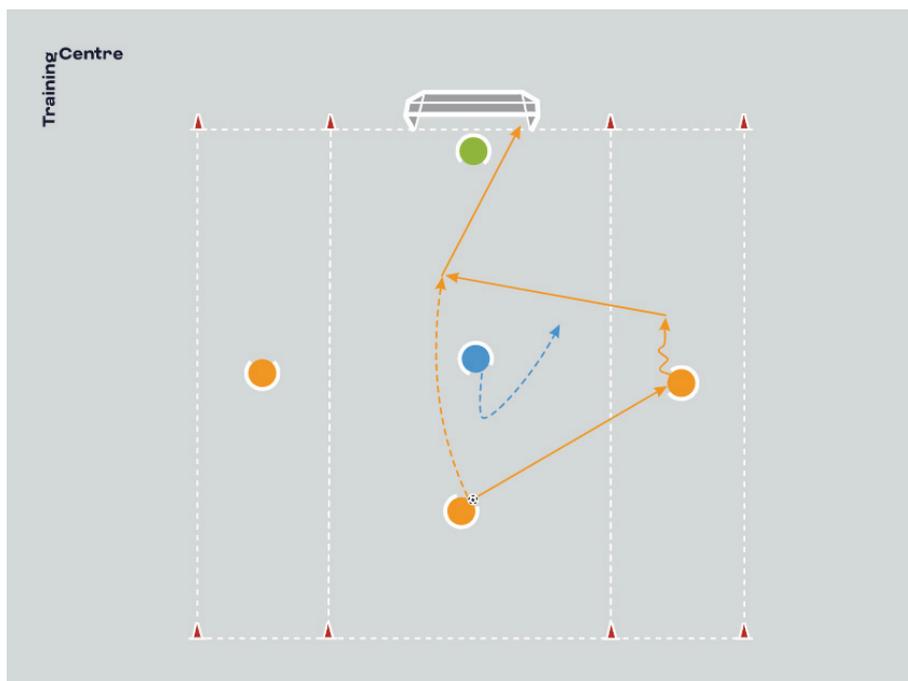
Great questions to ask the children

- Can you pass around the outside and wait for the best opportunity to pass the ball through the middle area?
- Can you disguise your pass to trick the person in the middle?
- When you are in the middle, can you think about the best way to protect the space as the ball moves on the outside?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 1V1+2



Organisation

- Play a 1v1 with one goal, two attacking players on the sides and a goalkeeper
- The attacker tries to combine with the players on the outside to create goal scoring opportunities
- The players on the outside cannot be tackled
- Rotate the players, so they all have a go in each of the positions
- Create multiple pitches for larger numbers, with groups of five

Ways to make the exercise easier

- Start with no goalkeeper

Ways to make the exercise harder

- You could play 2v2 in the middle

Great questions to ask the children

- When you receive the ball in the middle, can you try to receive it facing the goal?
- Can you try to score first-time from passes from the outside?
- Can you follow up your shots in case there is a rebound?

Safety tips

- Create a safe space to play

GAME APPLICATION: 4+4V4



Organisation

- Organise three teams and play a 4v4 on the pitch, with the third team providing extra support on the outside of the pitch
- The team in possession can also pass to the four players on the outside and receive the ball back to provide an 8v4 when in possession
- The players on the outside always play with the team that has the ball
- Rotate the team on the outside after a team scores three goals, or after three minutes

Ways to make the exercise easier

- The players can start by throwing and catching the ball
- One team could also have more players inside the pitch

Ways to make the exercise harder

- Players have to score with a one- touch finish
- Every player in a team has to touch the ball before the team can score

Great questions to ask the children

- Can you recognise opportunities to use the support players on the outside?
- Can you find space to receive the ball from the outside players away from defenders?
- Can you spread out as a team when your team has the ball?
- If your team is losing by a lot, does this cause stress?
- Does stress make the team play better or worse?

Safety tips

- Create a safe space to play