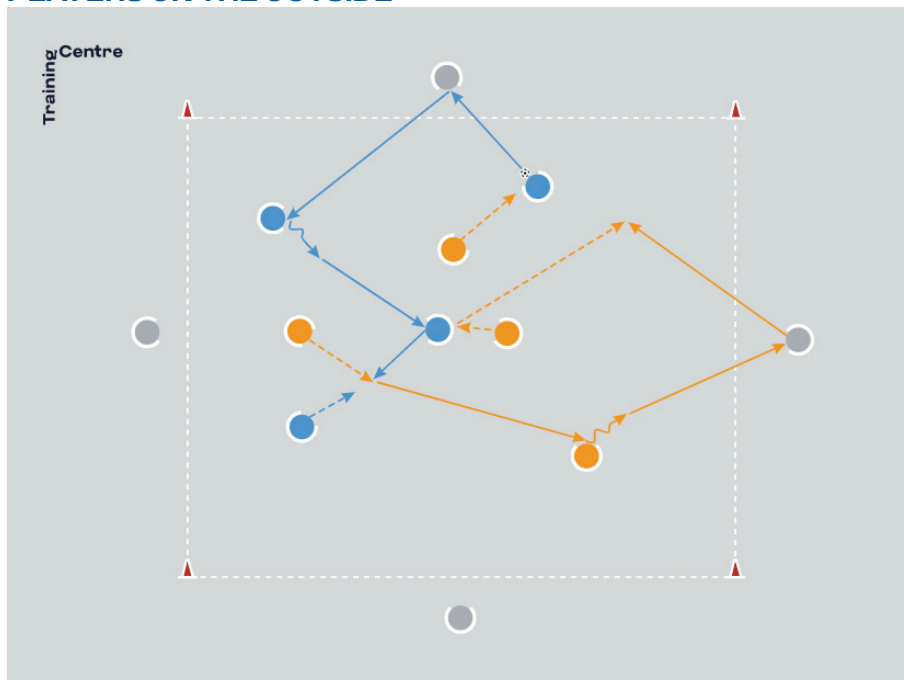


Team bonding

WARM-UP: 4V4 THROW AND CATCH WITH 4 NEUTRAL PLAYERS ON THE OUTSIDE



Organisation

- Three teams of four – two teams play against each other and the third team spaces out on the outside
- The players start by playing throw and catch and have to keep possession and receive a pass from all four players on the outside to score a point
- Stress the importance of the players working as a team

Ways to make the exercise easier

- One team can have more players in the middle

Ways to make the exercise harder

- One team can play with fewer players

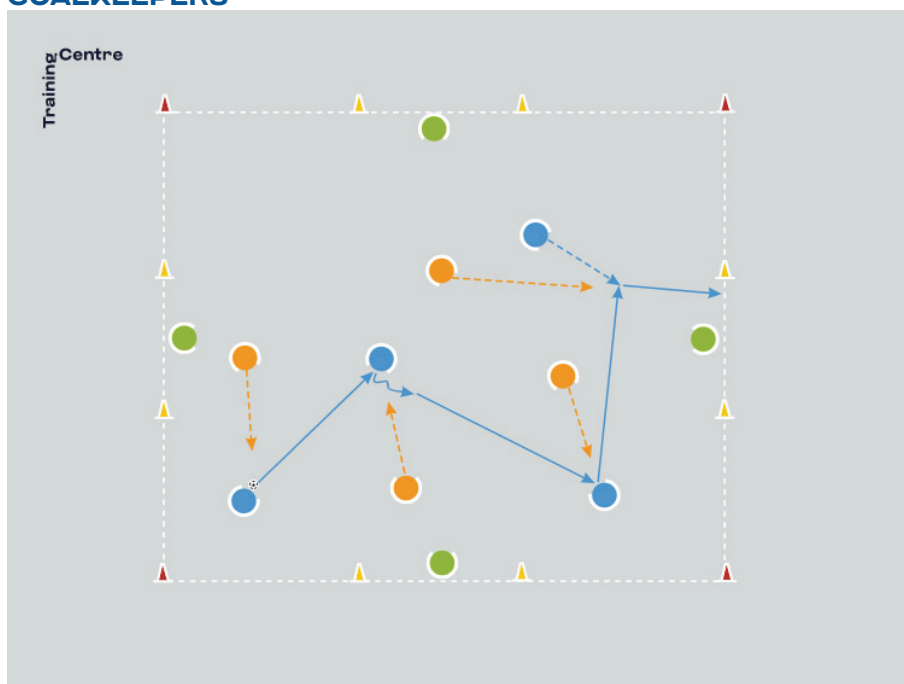
Great questions to ask the players

- Can you try to spread out as a team?
- Can you communicate as a team?
- If your team doesn't have the ball, can you try to intercept a pass?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 4V4V4 WITH 4 GOALS AND GOALKEEPERS



Organisation

- Three teams of four – two teams play against each other and the third team plays as goalkeepers in each of the four goals
- The players start by playing throw and catch and have to throw or roll the ball past a goalkeeper into a goal to score a point
- Ask the players to play as a team, spreading out and passing to each other
- Develop the game, so that it becomes normal football with the same objectives

Ways to make the exercise easier

- One team can have more players in the middle
- Make the goals bigger

Ways to make the exercise harder

- One team can play with fewer players
- Make the pitch bigger
- Make the goals smaller

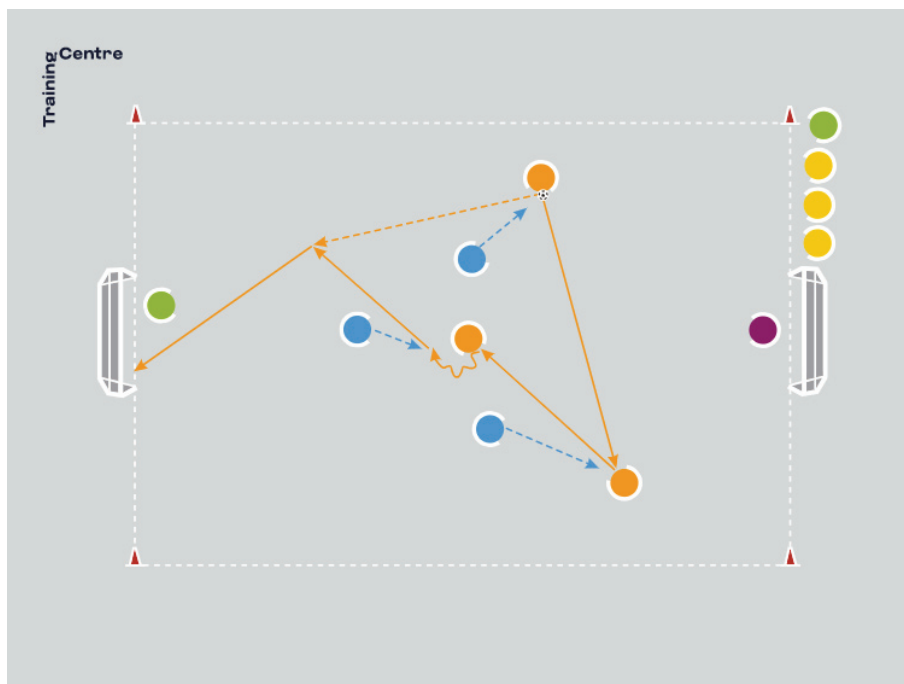
Great questions to ask the players

- Can you try to spread out as a team?
- Can you communicate as a team?
- Can each member of your team score a goal to win the match?

Safety tips

- Create a safe space to play

GAME APPLICATION: 4V4, NORMAL GAME, WINNERS STAY ON



Organisation

- Organise the players into even teams and create mini-pitches for games of no more than 4v4 (have three teams per pitch and rotate or two teams per pitch and rotate teams between pitches)
- If a team is waiting, it can also play 2v2 or complete a mini skills challenge to stay active
- Just let the players play
- Give the players the chance to learn through playing and the different challenges posed by new opposition
- Let the players referee their own games

Ways to make the exercise easier

- A team can have one or more extra players if you have uneven numbers or a weaker team

Ways to make the exercise harder

- Limit the number of touches
- You can place conditions on the game – e.g. ways to score

Great questions to ask the children

- Can you organise yourselves as a team?
- Can you all take turns to go in goal?

Safety tips

- Create a safe space to play