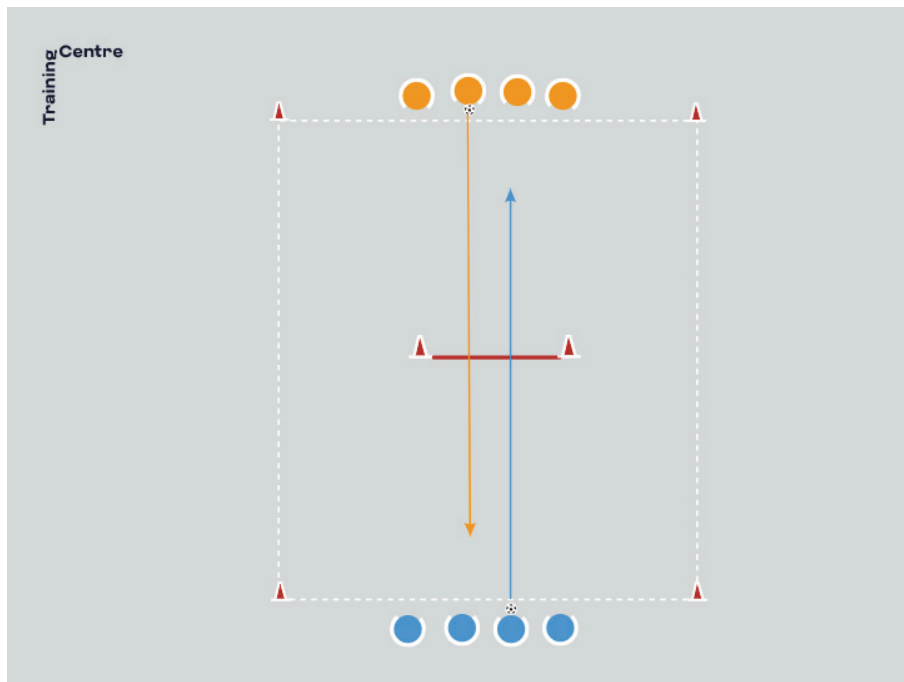


Perfect the pass

WARM-UP: PASSING AND ACCURACY GAME



Organisation

- Create two teams opposite each other and make a gate in the middle for them to pass through to each other
- Each team passes the ball through the gate continuously and the first team to make ten successful passes wins – rolling the ball, passing it with feet, etc.
- Limit the number of players on each team to four and make more gates for more teams to play

Ways to make the exercise easier

- Gates can be large to begin with and players not too far apart

Ways to make the exercise harder

- Make the gates smaller and move each team further away from the gates
- You could just move the best team further away to make it harder for just one team

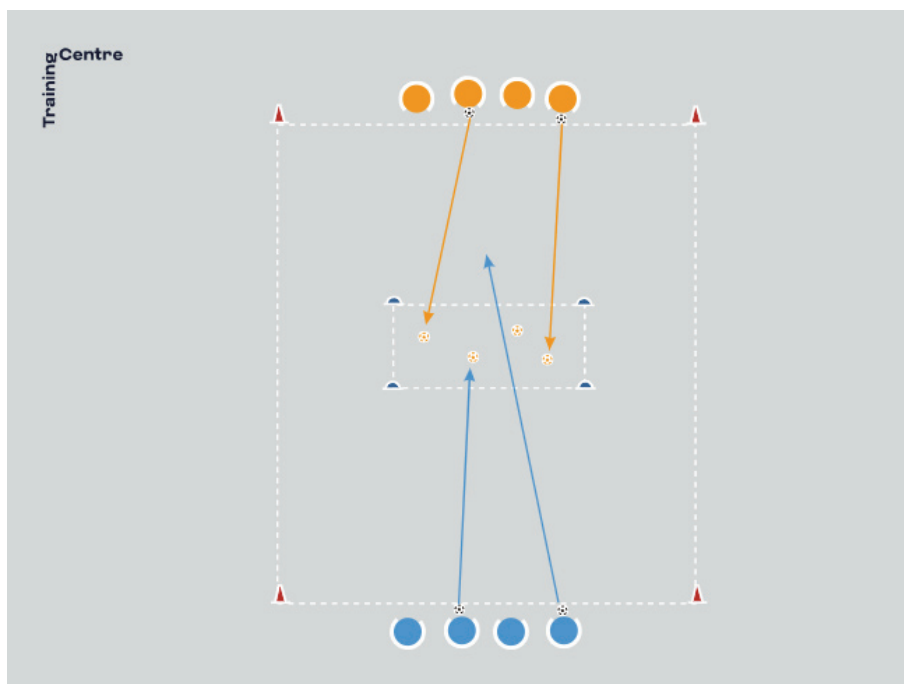
Great questions to ask the children

- What comes first – accuracy or speed?
- Can you think about how to aim your pass?
- Can you show me how to pass accurately using your feet?

Safety tips

- Create a safe playing area

SKILL DEVELOPMENT: PASSING AND ACCURACY GAME



Organisation

- Create two teams opposite each other and make a zone in the middle with two, three or four balls in it if you have enough
- Each team passes a ball through the zone continuously and the first team to move a stationary ball into the other team's half wins a point for each ball. When all the stationary balls have left the middle zone, the game is finished
- Limit the number of players on each team to four or five and make more pitches for more teams to play – if you don't have enough balls, then knock down cones or targets

Ways to make the exercise easier

- Players can begin closer to the middle zone

Ways to make the exercise harder

- Move the teams further away from the middle zone
- You could just move the best team further away to make it harder for just one team
- You can ask players to only pass the ball with their weakest foot, or ask the team that wins to play with their weakest feet only next time

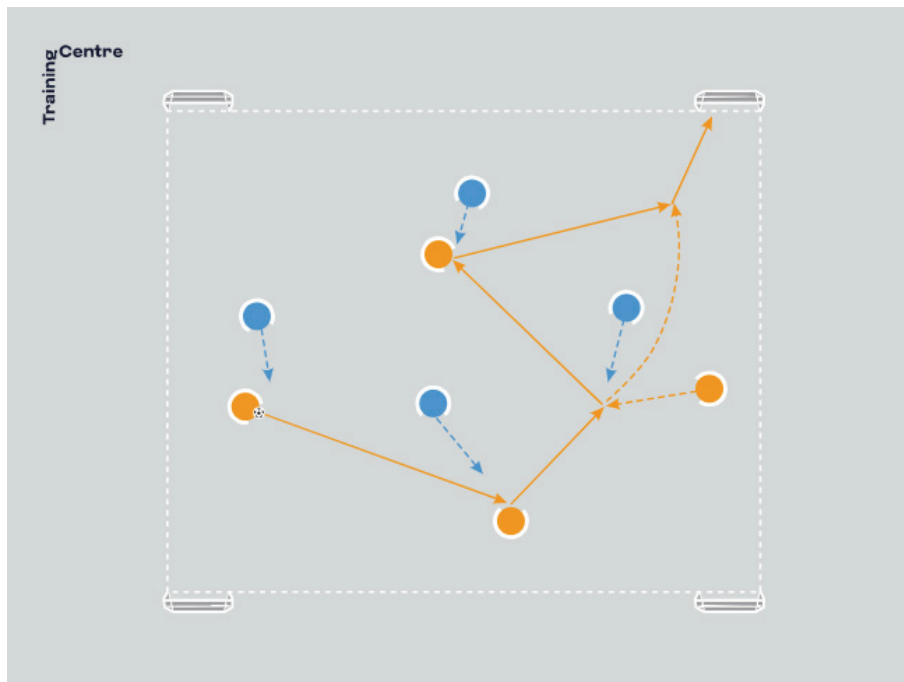
Great questions to ask the children

- What comes first – accuracy or speed?
- Can you think about how to aim your pass?
- Can you show me how to pass accurately using the inside of your foot?

Safety tips

- Create a safe playing area

GAME APPLICATION: SMALL-SIDED GAME – PASSING AND SCORING



Organisation

- Two teams of four play against each other and try to score in two goals in the opponents' half
- Players start by playing handball and to score a point, have to throw or roll the ball into one of the empty goals
- 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 plays with fewer players
- Make the pitch bigger
- Make the goals smaller
- The nearest defender to the goal can become a goalkeeper and use their hands

Great questions to ask the children

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

Safety tips

- Create a safe playing area