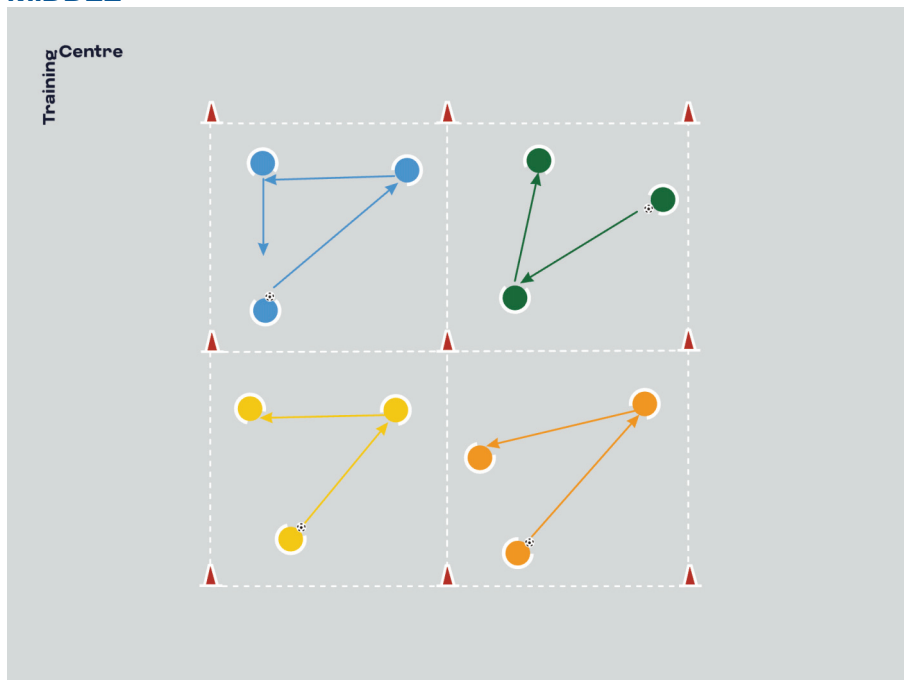


Small team exercises

WARM-UP: 3-PLAYER PASSING CIRCLE WITH 1 BLOCKER IN THE MIDDLE



Organisation

- Make a point of asking the players to set up playing areas and to retrieve equipment at the end of the activity
- Create areas for three or four players in each, and begin with a throw-and-catch sequence, challenging each group not to drop the ball
- After every pass, the passer must move to another position
- Introduce a blocker in each area and then challenge each team to see how many passes it can make without the blocker winning the ball
- Repeat the above, but now the players pass with their feet instead of their hands

Ways to make the exercise easier

- Make the space bigger

Ways to make the exercise harder

- You can have more than one blocker in the middle
- The players have to volley the ball to each other

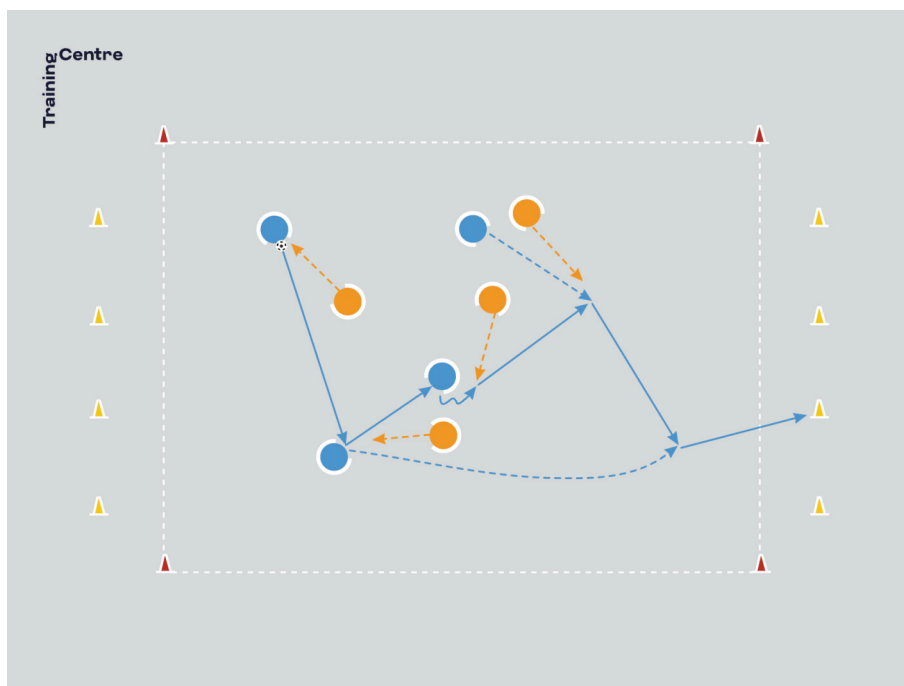
Great questions to ask the children

- Can you always move to a position where the person with the ball can see you?
- Can you call for the ball when you want to receive it?
- Can you show me a way to disguise your pass?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 4V4 GAME WITH TARGET PINS IN END ZONE



Organisation

- Make a point of asking the players to set up playing areas and to retrieve equipment at the end of the activity
- Create teams of equal numbers, ideally no more than 4v4
- Each team plays towards an end zone, where there are targets to knock down
- Teams can play throw and catch or normal football
- The objective is to get the ball into a shooting position and knock down the targets – the first team to knock down all the targets is the winner
- Rotate teams if you have multiple pitches and make a tournament

Ways to make the exercise easier

- Use bigger targets
- One team can have more players

Ways to make the exercise harder

- Use fewer or smaller targets
- One team can have fewer players

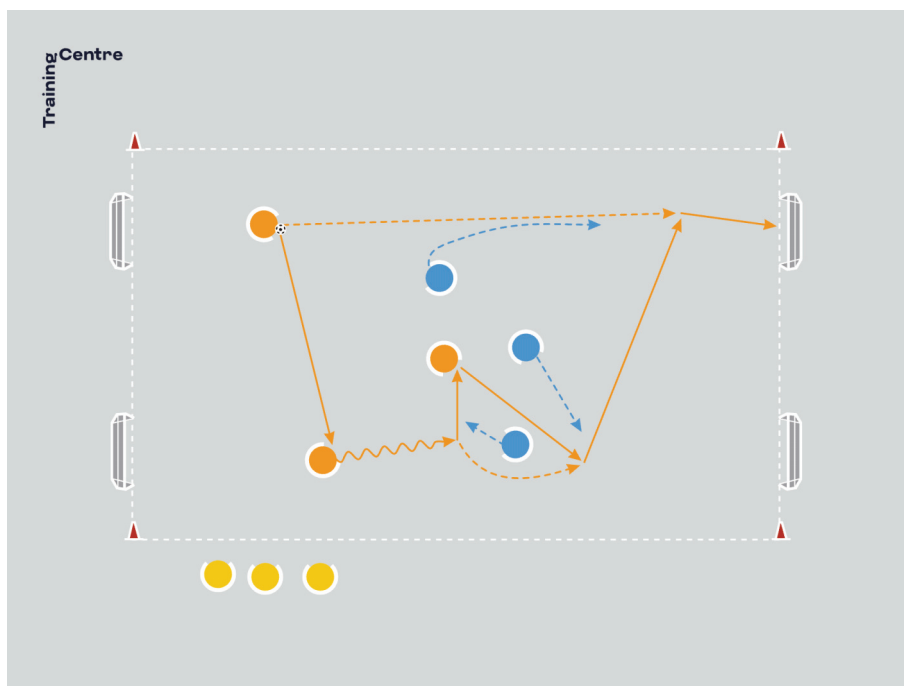
Great questions to ask the children

- When your team has the ball, can you find a position to receive the ball?
- Can you call for the ball when you are in a good position?
- Can you try to intercept the other team's passes?

Safety tips

- Create a safe space to play

GAME APPLICATION: 3V3, 4 GOALS GAME, NO GKS



Organisation

- Make a point of asking players to set up playing areas and to retrieve equipment at the end of the activity.
- Organise your players into even teams and create mini-pitches for games of 3v3 (have three teams per pitch). Two teams play, one team rests
- The team that is waiting can also complete a mini-skills challenge to keep active – ball-juggling etc.
- Swap teams on pitches every six minutes to provide new opposition
- Just let your players play – after each goal, the team that concedes swaps with the waiting team
- Learn through play and different challenges presented by new opposition
- Let the players referee their own games
- Teams keep count of how many times they win a game

Ways to make the exercise easier

- A team can have an extra player or players if you have uneven numbers or a weaker team

Ways to make the exercise harder

- You can limit the number of touches
- You can place conditions on the game –
- You can make the winning team's goal one metre larger every time it wins

Great questions to ask the children

- Can you try to support your team-mates when they have the ball?
- Can you dribble with the ball when you are 1v1?
- When your team does not have the ball, can you get between the ball and your own goal as quickly as possible?

Safety tips

- Create a safe playing area