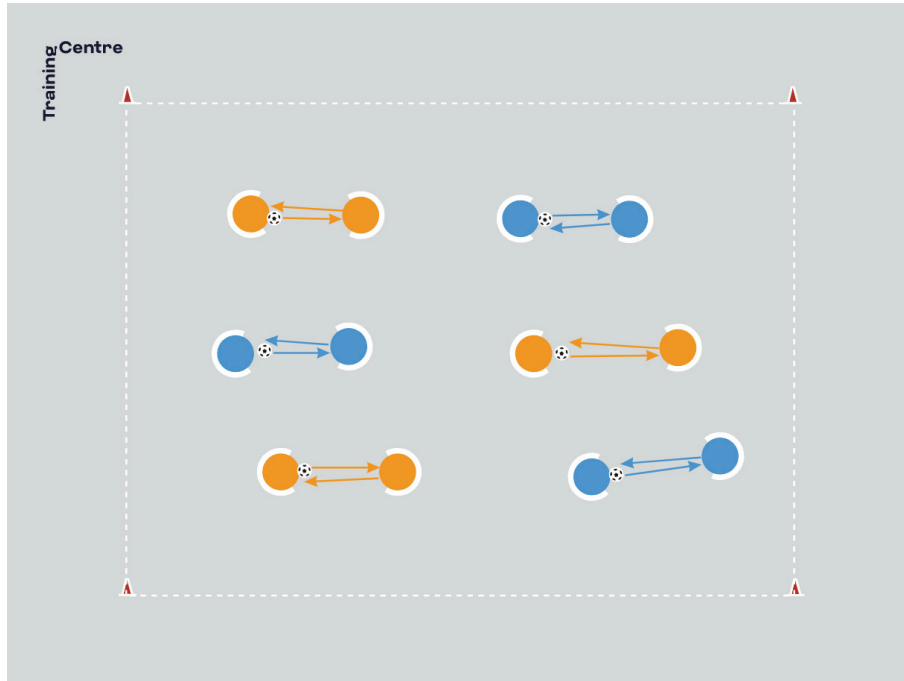


## Focus on improvement

### WARM-UP: VOLLEYS AND OTHER AERIAL PASSES IN PAIRS



#### Organisation

- The players work in pairs
- They start by staying in the same place and practising varied techniques of passing the ball back in the air
- If you think they might not be sure about these techniques, ask the players to demonstrate different ways of passing the ball in the air

#### Ways to make the exercise easier

- Keep a short distance between the players
- Make sure the service is gentle and aimed at the right area

#### Ways to make the exercise harder

- Vary the service, so the players have to make a quick decision on the best part of the body to use to make the pass
- Create a race, with players having to complete ten successful passes in a defined way and then go back to their original partner

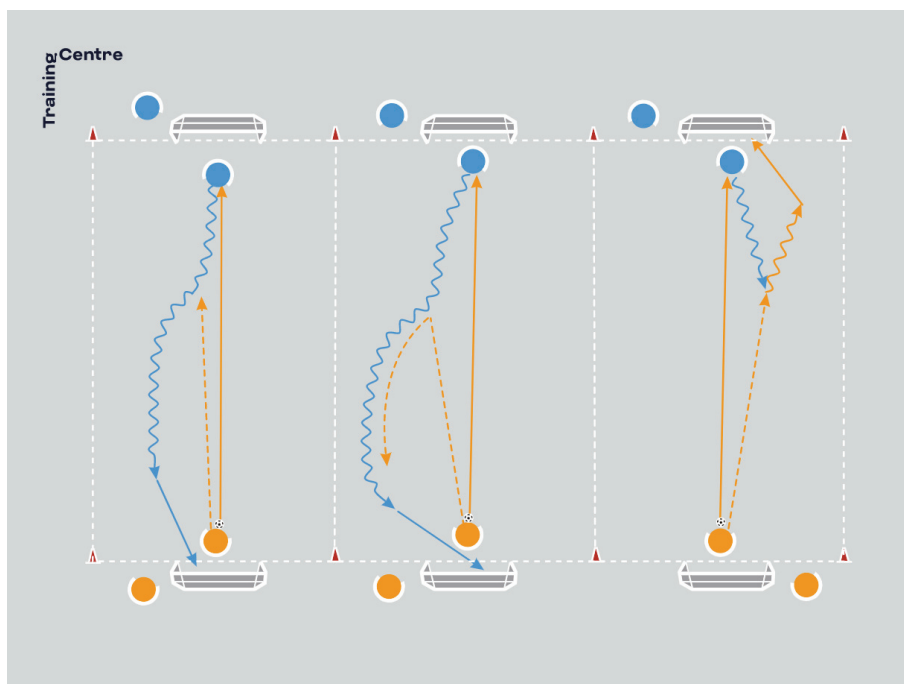
#### Great questions to ask the children

- What do you need to consider when you throw the ball to your partner?
- While the ball is in the air, how can you make a quick decision on the best part of your body to use to complete the pass back to your partner?
- Which skills in this activity have you already mastered?
- Which skills have you still to master?
- What will help you master these skills?

#### Safety tips

- Make sure the players keep their heads up as they move around the area, and watch out for other players and footballs
- The players should be cautious about how they throw the ball to their partner when at close range

## SKILL DEVELOPMENT: 1V1 AND 2V2, NO GOALKEEPERS



### Organisation

- Create small pitches and allocate four players to each pitch
- The players take turns playing 1v1. The game begins with one player passing the ball to the other end of the pitch; the receiver becomes the attacker
- Rotate players between pitches to vary the challenge

### Ways to make the exercise easier

- The defending player can act as a goalkeeper, using his/her hands when in goal

### Ways to make the exercise harder

- Limit the time a player has to score a goal after receiving the opening pass
- The players have to dribble past their opponent before scoring

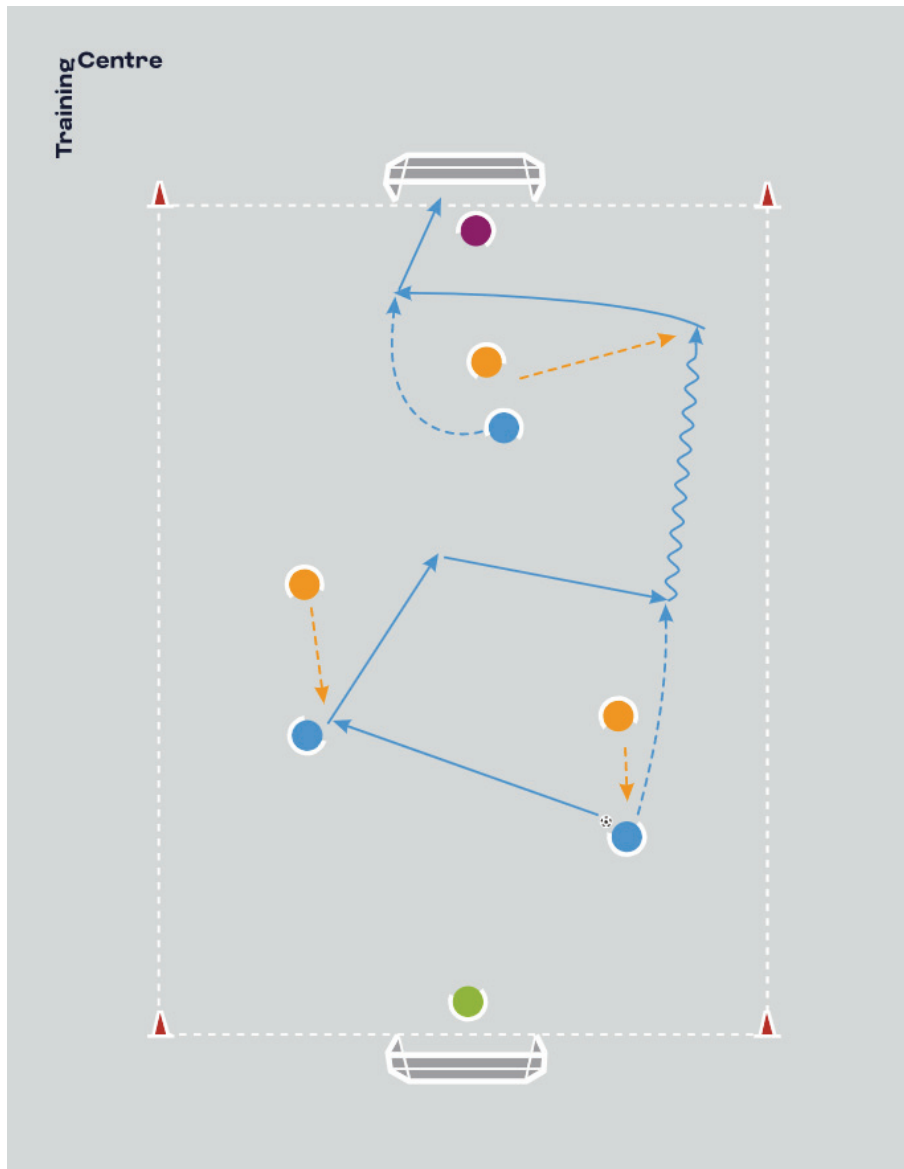
### Great questions to ask the children

- When you attack, what do you need to think about?
- When defending, how do you choose the best time to try to tackle or win the ball?
- What are your favourite ball techniques to trick your opponent?
- Which ones do you want to improve?

### Safety tips

- Create a safe zone between each mini-pitch

## GAME APPLICATION: 4V4 WITH GOALKEEPERS, ONE-TOUCH FINISHING GAME



### Organisation

- Create multiple pitches for games of 4v4, with goalkeepers
- Group the players by size or ability
- Ask the players to practise different ways of scoring goals with one touch (headers and volleys, after a one-two, etc.)
- Remind the players to follow up their shots for any rebound opportunities

### Ways to make the exercise easier

- Start the game with no goalkeepers to make it easier to score goals

### Ways to make the exercise harder

- Define the type of goal that has to be scored
- The nearest player to the goal can become goalkeeper, making it even harder to score goals

### Great questions to ask the players

- What influences the type of finish you decide to attempt?
- What types of one-touch finish are there?

### Safety tips

- Create a safe zone between each mini-pitch