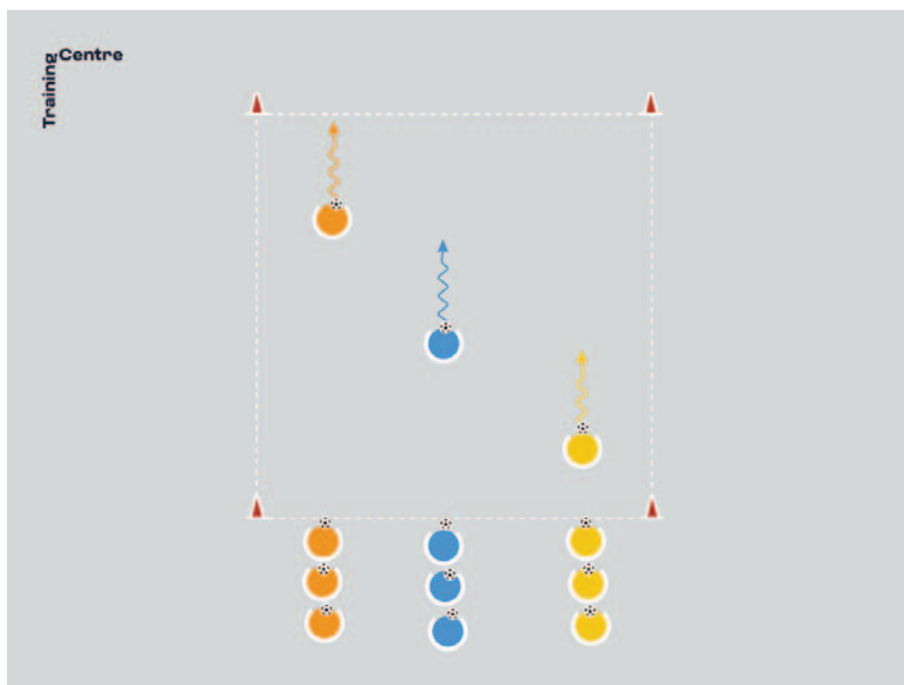


Training technique

WARM-UP: BALL CONTROL USING INSIDE AND OUTSIDE OF FOOT



Organisation

- Create a corridor area to dribble through and groups of three players in rows
- They take turns to dribble through the corridor using different parts of the foot
- They can practise other skills as they return to the start along the outside
- Next, ask the players to weave in and out of each other and change direction while dribbling
- Use the players on the outside to create interference

Ways to make the exercise easier

- To begin with, the players can walk rather than running or jogging
- Encourage use of both feet to touch the ball

Ways to make the exercise harder

- The players have to use only the inside or outside of their feet, or alternate between them
- They have to change direction at least three times before reaching the end
- Challenge them to dribble round the two other players before reaching the end
- Create interference or add a blocker in the corridor

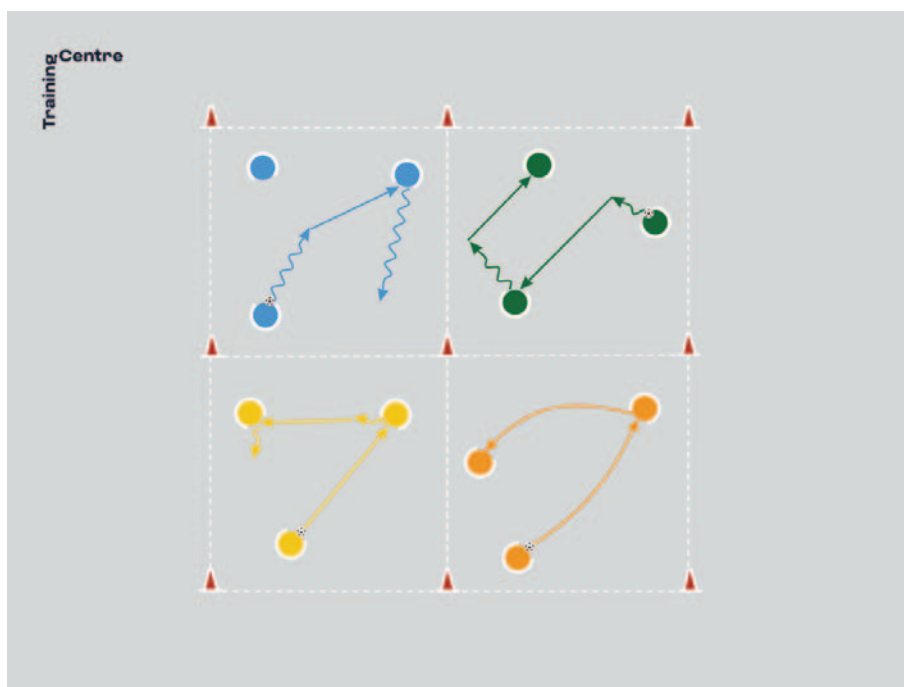
Great questions to ask the players

- Can you think of a great dribbler with the ball and copy her/him?
- Why do we dribble with the ball?
- Can you show me different ways to dribble?
- How did players in this game demonstrate responsibility on the pitch?

Safety tips

- Ensure only three players go at a time
- Make sure the players on the outside pass the ball along the ground when trying to interfere

SKILL DEVELOPMENT: 4 TEAMS MOVING BALL IN DIFFERENT WAYS, 4 AREAS



Organisation

- Organise four areas and divide your class into these four areas
- Each area has a different task in moving the ball between them
- Ask the players to think of ways to move the ball between them
- Challenge the groups not to let the ball leave their areas
- After a few minutes, all the players move to a new area and challenge

Ways to make the exercise easier

- Make the areas larger
- Players might start by walking or jogging

Ways to make the exercise harder

- Make a competition between players in each group – who can be the best?
- One player could become a blocker
- Introduce more than one ball per group to increase the intensity

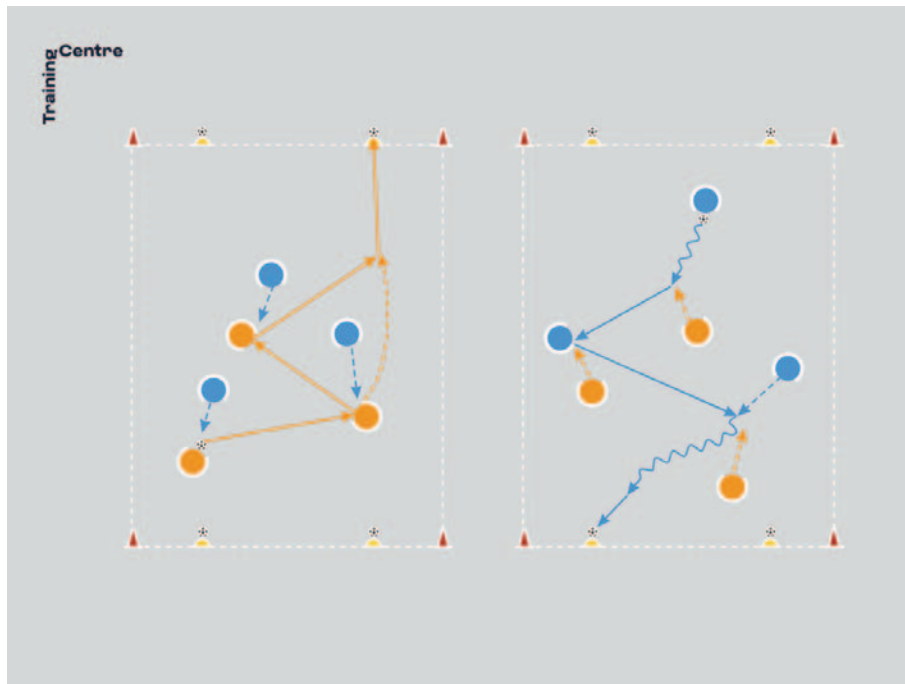
Great questions to ask the players

- Can you demonstrate your task for me? (Ask each group)
- Can you create an exercise in your area that relates to something that happens in a game?
- Can you tell me how to do it? (Ask for a verbal response)
- How did players in this game demonstrate responsibility on the pitch?

Safety tips

- Create safe areas between each area and allow a short rest as the groups rotate, if needed

GAME APPLICATION: 3V3, NO GOALS, TARGET GAME



Organisation

- Create some mini-pitches and play 3v3
- Each team has to try to score by knocking the ball off a cone or hitting targets
- Encourage the players to dribble when 1v1
- Change the targets on the pitches to have variable challenges
- Rotate the players between different pitches

Ways to make the exercise easier

- Have bigger or more targets to hit
- Make the pitches larger

Ways to make the exercise harder

- Have fewer targets
- Make the pitches smaller
- Every player in a team has to touch the ball before the team can hit a target

Great questions to ask the players

- Can you show me how to dribble when 1v1?
- Can you recognise opportunities to shoot at the target?
- Can you find space to receive the ball away from an opponent?
- How did players in this game demonstrate responsibility on the pitch?
- What happens when some players are irresponsible?

Safety tips

- Create safe areas between each pitch
- Give players a rest between each mini-match, if needed