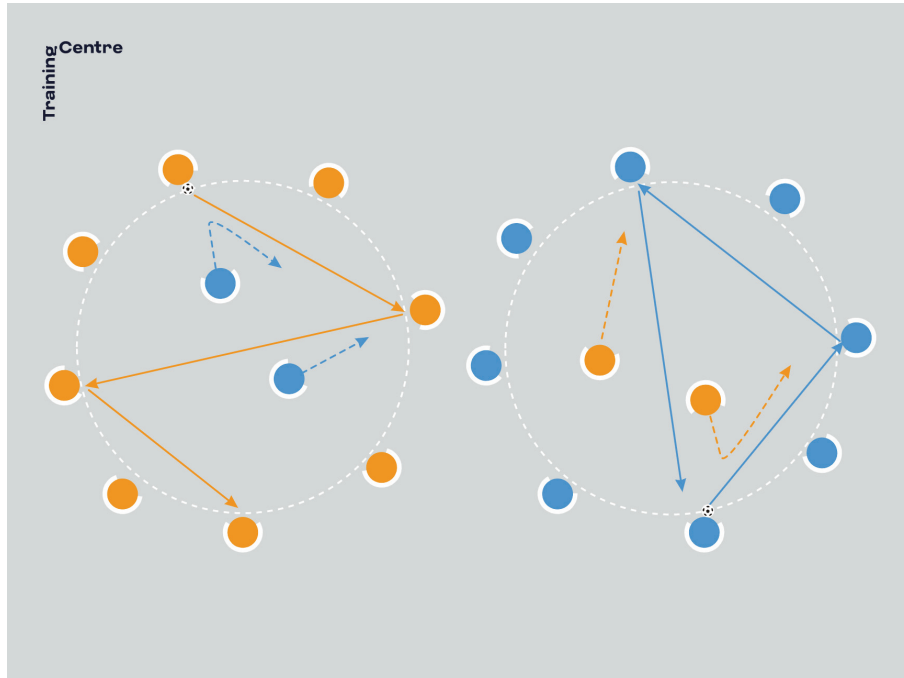


Take responsibility



WARM-UP: KEEP-BALL WARM-UP CIRCLE



Organisation

- Create groups of no more than ten players
- The aim is to pass through or round the circle, keeping the ball from two players in the middle. Ten successful passes are worth one point
- Encourage verbal communication among the players on the outside and between the two defenders
- Allow the players on the outside to throw the ball and then later progress to kicking it
- Rotate the players in the middle either when they win the ball or every minute

Ways to make the exercise easier

- Start with just one player in the middle
- The players on the outside only need five passes to score a point

Ways to make the exercise harder

- Ask the players on the outside to always pass the ball across the circle
- The players on the outside need 15 passes to score a point
- Limit the players on the outside to one-touch passes
- The players on the outside have to use their weaker foot

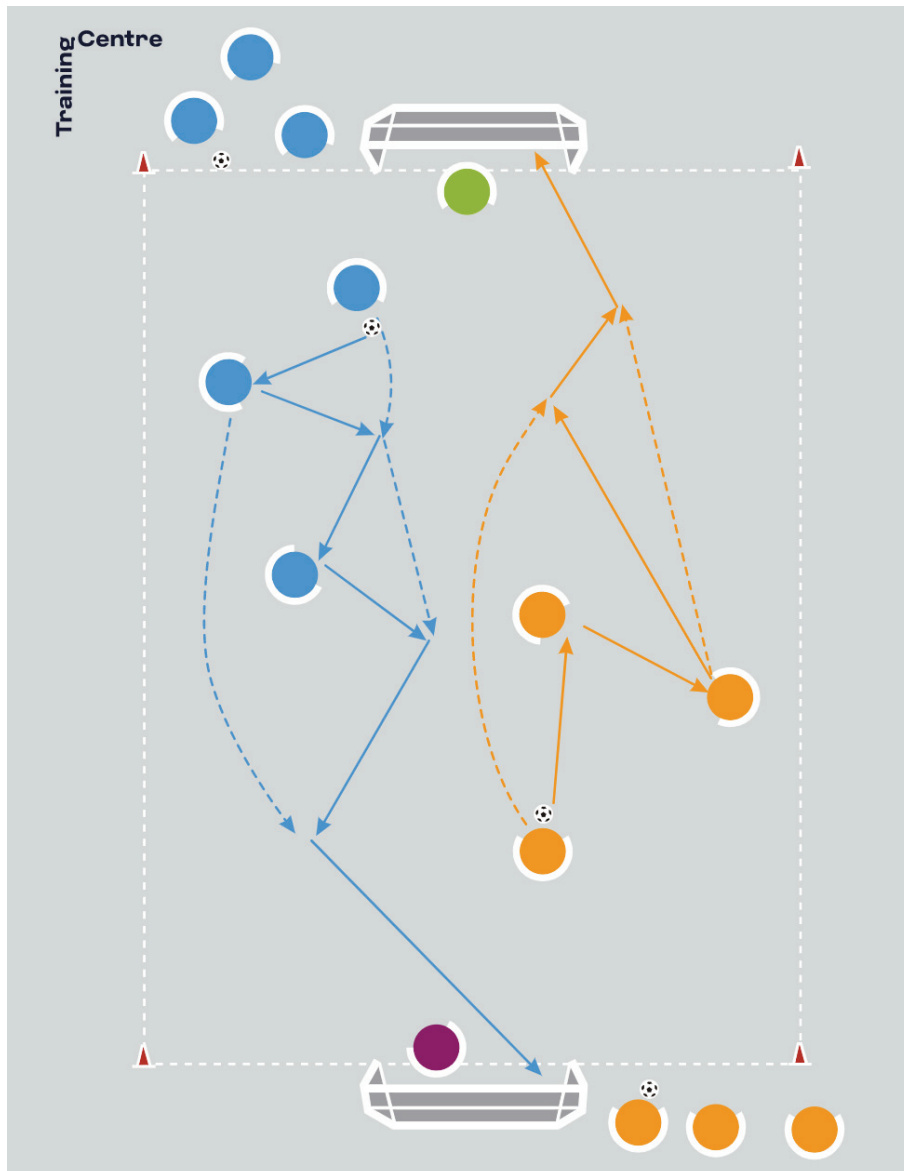
Great questions to ask the players

- For those on the outside, how do you decide which player to pass the ball to next?
- Can you show me different types of clever passes?
- For the players in the middle, how does it feel to be so heavily outnumbered like that?

Safety tips

- Replace the players in the middle regularly

SKILL DEVELOPMENT: 3V1 TO 3V3, END-TO-END WAVES



Organisation

- One pitch, two equal teams; players go three at a time
- They pass the ball between them to progress up the pitch, then try to score a goal when close enough
- They can also try to pass the ball in different ways
- Afterwards, make a race between the two teams to see who can score first to win the point, with both teams moving at the same time
- Give different players a chance to try being a goalkeeper

Ways to make the exercise easier

- Begin with no goalkeeper

Ways to make the exercise harder

- Place conditions on the types of goals that can be scored (one-touch only, volleys only, etc.)
- One player from each team of three can become a defender

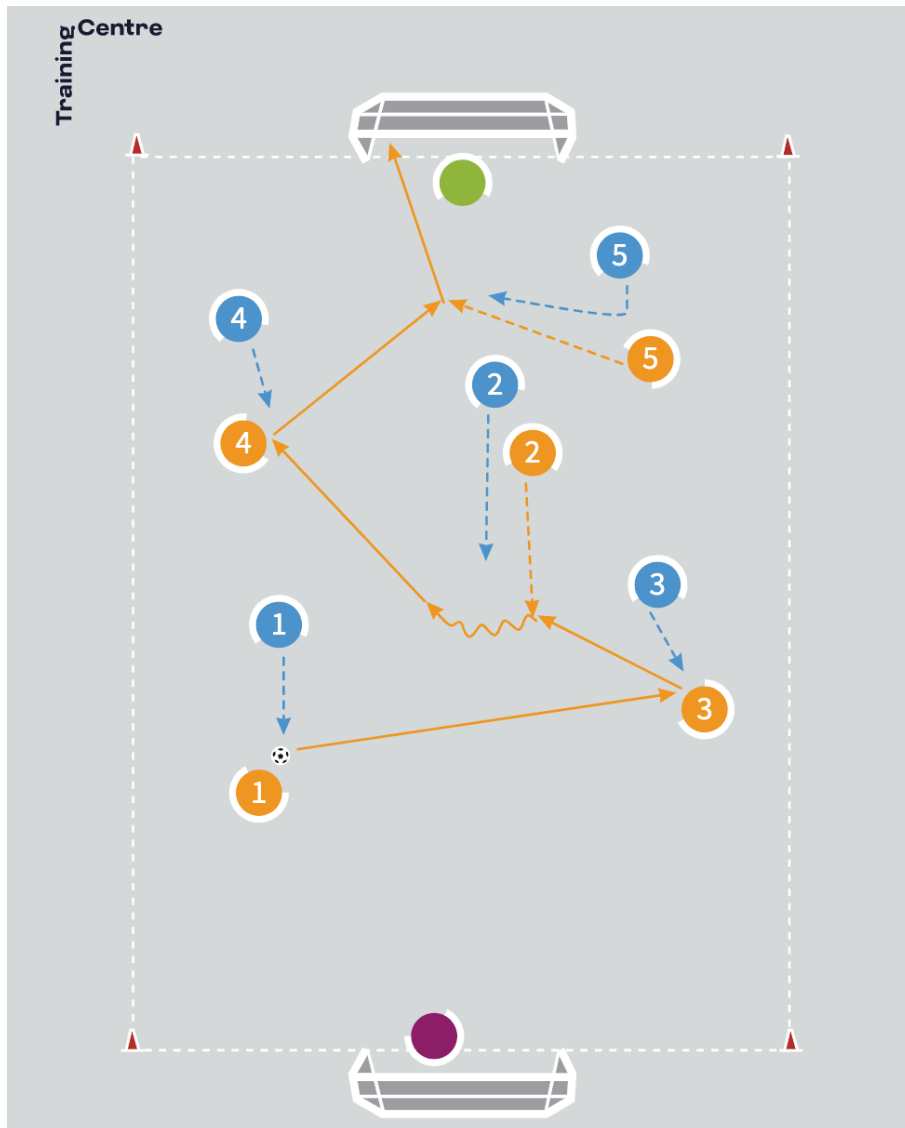
Great questions to ask the players

- Can you show me different ways to score a goal?
- Can you make sure that a different player gets a chance to shoot each time?
- What should you do after a shot is taken?

Safety tips

- Teams should only start when the coach says go and the area is clear

GAME APPLICATION: 6V6, 2 GOALS WITH GOALKEEPERS



Organisation

- A normal game but each player has one direct opponent that he/she has to mark
- Ask the players to match themselves up
- Each player can only tackle his/her respective direct opponent and block his/her shots, etc.
- If they manage to get the ball from their direct opponent, players should try to score as quickly as possible or pass to someone else who can
- After a few minutes, give the players the chance to change their direct opponent

Ways to make the exercise easier

- Match up the players yourself based on their size/ability

Ways to make the exercise harder:

- Challenge certain players by putting them up against a stronger direct opponent

Great questions to ask the players

- What do you have to focus on to be successful in the game?
- How can you make sure you follow your direct opponent everywhere?

Safety tips

- If any players are struggling, allow them to change direct opponents. Try to match up opponents by size and ability (except where deliberately challenging certain players)