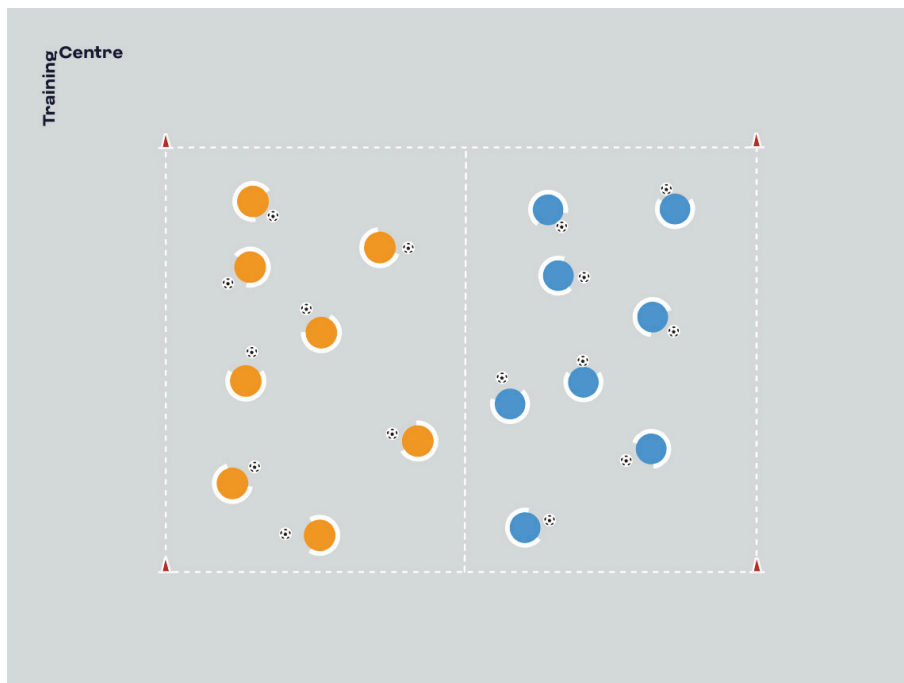


Learning — the basics

WARM-UP: HANDLING AND COORDINATION



Organisation

- Each player has a ball if possible; if not, share a ball between pairs or small groups
- Let the players experiment with different ways to catch and handle the ball
- Encourage the players to jump and catch the ball at the highest possible point
- Challenge the players not to drop the ball at any time
- Put the players in pairs or groups and get them to challenge each other (e.g. by throwing the ball faster/higher, or trying to catch one-handed)
- Provide constructive feedback to the players throughout the game

Ways to make the exercise easier

- The players can start with small throws and practise catching the ball with both hands

Ways to make the exercise harder

- Encourage the players to throw faster, harder and higher
- Make a competition, e.g. which player/pair can complete the most catches or is quickest to complete a certain number of catches

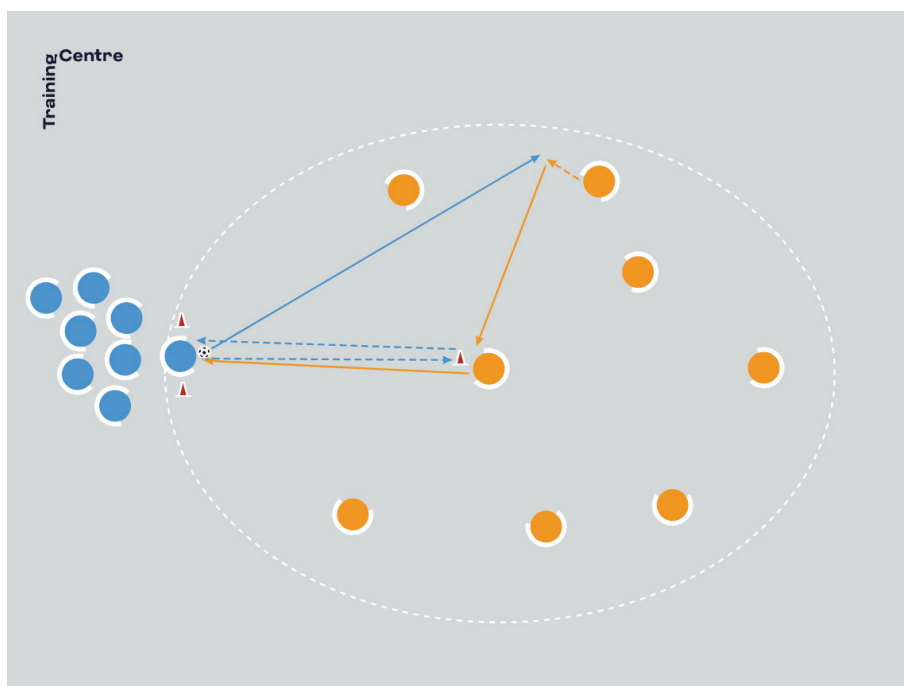
Great questions to ask the players

- Can you show me the different ways that goalkeepers might catch a ball?
- Who can show me a great position for your hands when you catch the ball?
- Can you jump high and catch at the same time?

Safety tips

- Make sure the players have space to practise in, so there are no collisions
- Make sure the pitch is clear of any dangerous objects

SKILL DEVELOPMENT: FOOTBALL CRICKET



Organisation

- Split the group into two equal teams: one team are strikers, the other are fielders
- Play the game like cricket or baseball
- A “bowler” throws/kicks the ball at a striker, who tries to strike it and score runs
- The strikers can strike the balls in different ways and make runs with or without a ball
- The striking team is out after three catches, or the teams swap after five minutes
- The team with the most runs or catches at the end is the winner
- Provide constructive feedback to the players throughout the game. Encourage the players to provide constructive feedback to each other

Ways to make the exercise easier

- The bowler has to serve the ball along the ground

Ways to make the exercise harder

- Allow the bowler to serve the ball in the air or make it bounce
- The strikers have to dribble a ball while making runs

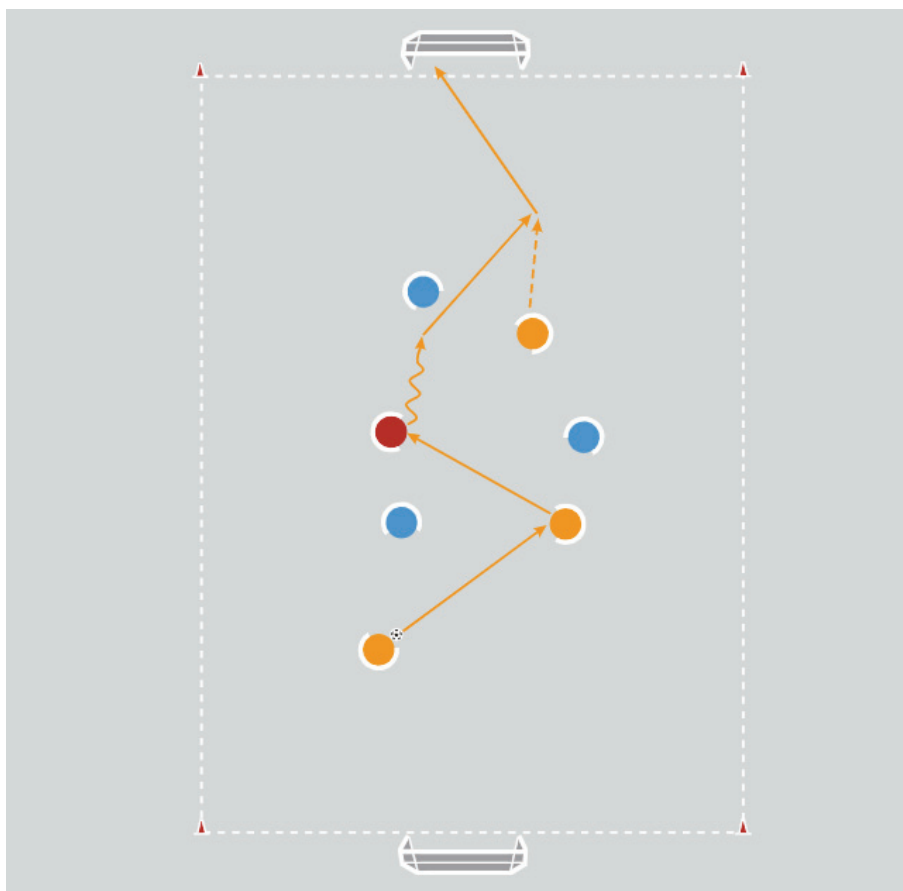
Great questions to ask the players

- Can you identify gaps between the fielders to hit the ball into?
- What is the risk if you try to kick the ball out of the field for more points?
- How can you work as a team when you are fielding?

Safety tips

- Make sure the bowlers serve the ball sensibly
- Make sure the fielders watch the ball carefully

GAME APPLICATION: 3V3 WITH FLOATERS



Organisation

- Organise mini-matches of 3v3, with one extra floating player on each pitch
- This player always plays for the team that has the ball, creating a 4v3 in possession
- Ask the teams to try to make use of the floater when possible
- Rotate the floater, so all the players get a turn
- Provide constructive feedback to the players throughout the game. Encourage the players to provide constructive feedback to each other

Ways to make the exercise easier

- Use the stronger players as the floaters
- Nobody is allowed to tackle the floater (but the floater can't score)

Ways to make the exercise harder

- A team has to use the floater before it can score
- Only the floater can score
- The floater has a limited number of touches

Great questions to ask the players

- Can you try to pass to the floater?
- If the floater is not open, can you make the most of the 4v3 advantage to pass to the player who is unmarked?
- As a defending team with fewer players, what should you try to do?

Safety tips

- Rotate the floater
- Create safe areas between the mini-pitches