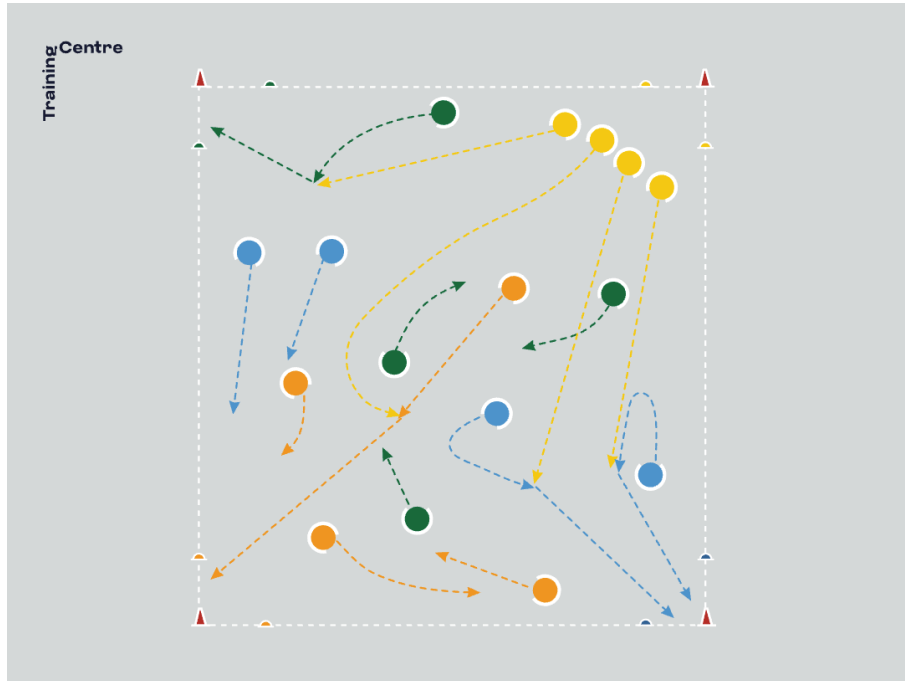


## Win your *individual battle*

### WARM-UP: 4-TEAM TAG WARM-UP



#### Organisation

- Organise the players into four teams, each of which begins in a different corner of the area
- Nominate one team as the tagging team; time them to see how long it takes them to tag all the other players. Once tagged, players have to immediately return to their “home” corner
- Progress to allowing all the players to be taggers; the winning team is the last team with players left in the playing area
- You can also ask the players to try different running or movement styles

#### Ways to make the exercise easier

- The taggers have to run with a ball in their hands
- Make the area larger

#### Ways to make the exercise harder

- Make the area smaller
- Some/all non-taggers have to carry or dribble a ball

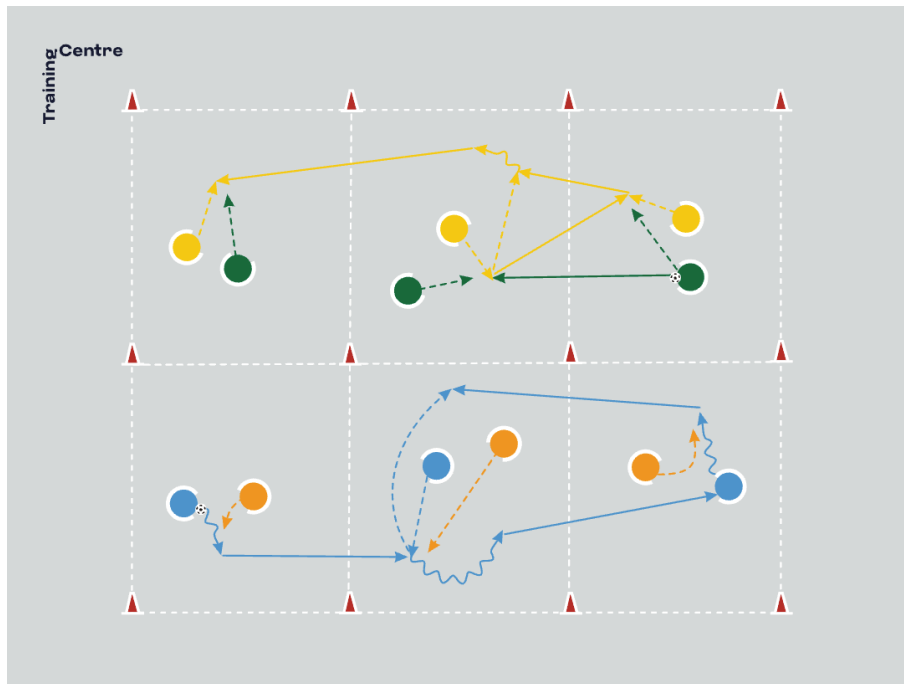
#### Great questions to ask the players

- Can you show me how you can change direction quickly?
- Can you escape the taggers by being clever?
- Can you work out, as a team, a way to try to win the game?
- What physical strengths are useful in this activity? (E.g. running fast, quick reactions, dodging people)
- What personal strengths are useful? (E.g. persistence, hard work, bravery)

#### Safety tips

- Only allow tagging on the back
- Create a safe space to play

## SKILL DEVELOPMENT: 3V3, NO GOALS, 1V1 THROUGH THE THIRDS



### Organisation

- Organise the players into teams and play 3v3 in three zones
- Start with throw and catch and then progress to use of the feet
- To score a point, teams have to pass the ball to the other end and back
- After a few minutes, rotate the teams to change opposition
- Rotate the players, so they all get a chance to play in the middle

### Ways to make the exercise easier

- Give one team an extra player in the middle or in each of the zones

### Ways to make the exercise harder

- Give one team fewer players

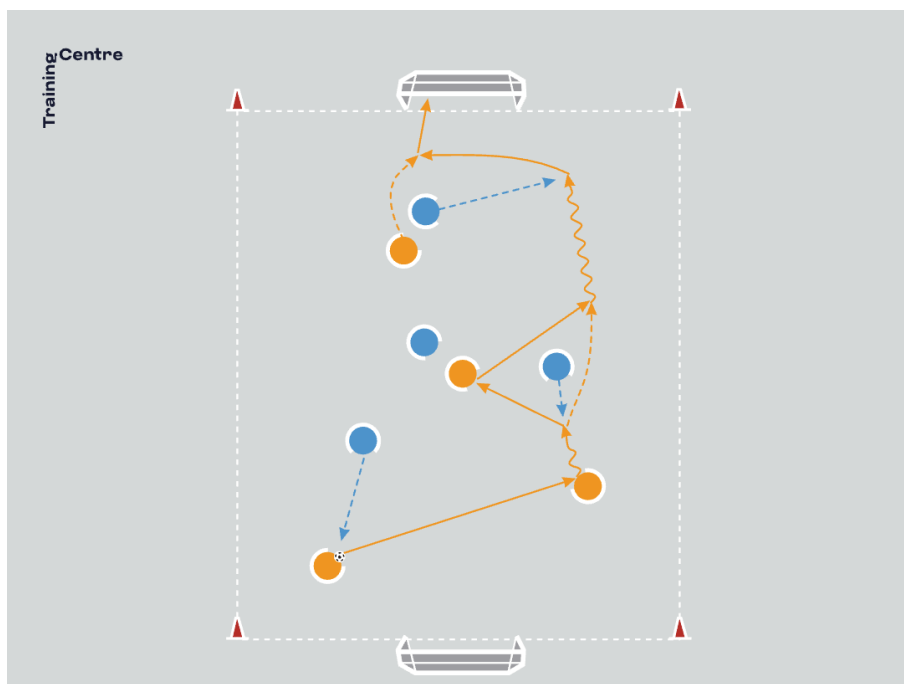
### Great questions to ask the players

- If you are in the middle zone, can you try to receive the ball in a sideways position?
- Can you try different types of short passes?
- When it's 2v1, can you try to use all the space available?
- What physical strengths are useful in this activity? (E.g. arm strength for throwing and catching, fast running)
- What personal strengths are useful? (E.g. bravery, fairness, hard work, kindness)

### Safety tips

- Create a safe space to play

## GAME APPLICATION: 4V4 OR 5V5, NO GOALKEEPERS



### Organisation

- Organise the players into even teams and create mini-pitches for games of 4v4 or 5v5
- Swap the teams between pitches every five minutes to provide new opposition
- Play winners v. winners and losers v. losers when you rotate them
- Just let the players play but when a team scores, every player in the scoring team has to be in the attacking half of the pitch for the goal to count
- Allow the players to learn through play and the different challenges posed by new opposition
- Let the players referee their own games
- Teams keep count of how many games they win

### Ways to make the exercise easier

- A team can have one or more extra players if you have odd numbers or a weaker team

### Ways to make the exercise harder

- Limit the number of touches
- Add goalkeepers

### Great questions to ask the players

- Can you move into the attacking half quickly when your team has the ball?
- Can you recognise when defence turns into attack?
- Can you communicate as a team to make sure no one forgets to move into the attacking half before you score a goal?
- What physical strengths are useful in this activity? (E.g. dribbling, running, agility)
- What personal strengths are useful? (E.g. bravery, honesty, teamwork)

### Safety tips

- Create a safe space to play