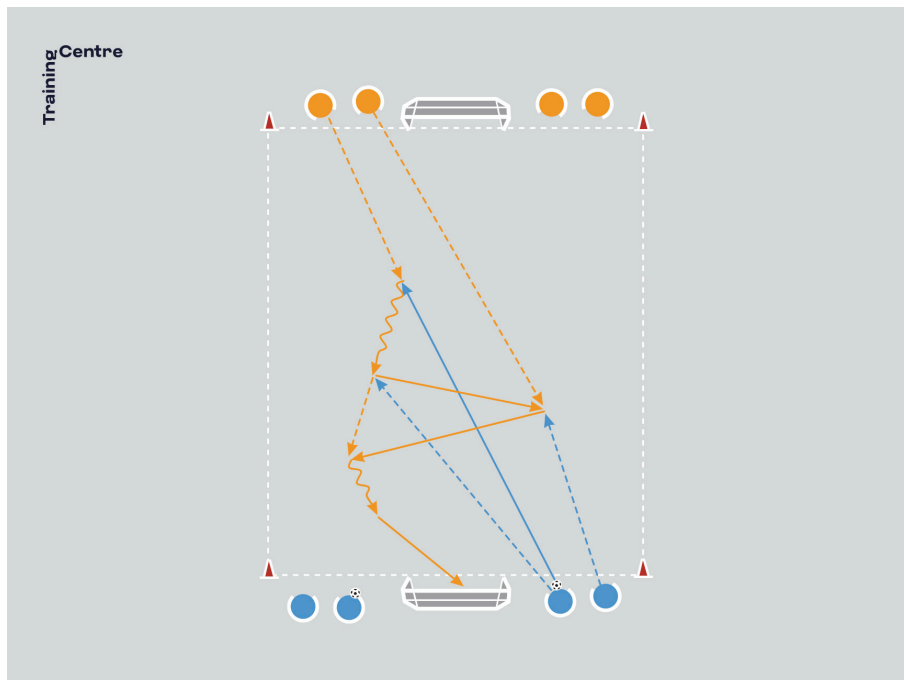


## Dribbling, shooting —●— and teamwork

WARM-UP: 2V2, 2 GOALS, NO GOALKEEPERS



### Organisation

- Create mini-pitches for 2v2 games
- For each pitch, four players play and four rest, then rotate
- Each game starts with one team passing the ball to the opponents
- Play normal rules and let the players referee their own games

### Ways to make the exercise easier

- You can start with 2v1, making it easier for the two

### Ways to make the exercise harder

- Use smaller goals
- Limit the number of touches per player

### Great questions to ask the players

- Can you dribble 1v1 when you have the chance?
- Can you find a good position to support your partner when he/she has the ball?
- Can you defend as a pair?

### Safety tips

- Create safe zones between each mini-pitch

## SKILL DEVELOPMENT: 1V1, DRIBBLING AND SHOOTING



### Organisation

- Split the class into groups of no more than six if possible
- Set up dribbling and shooting areas for each group
- Create a race each time to see who can score first

### Ways to make the exercise easier

- Start with no goalkeepers
- Have fewer cones to dribble round

### Ways to make the exercise harder

- Have more cones to dribble round
- The first player to score wins a point for his/her team
- If a player touches a cone with the ball, he/she has to start again
- Challenge the players to dribble and shoot using their weaker foot only

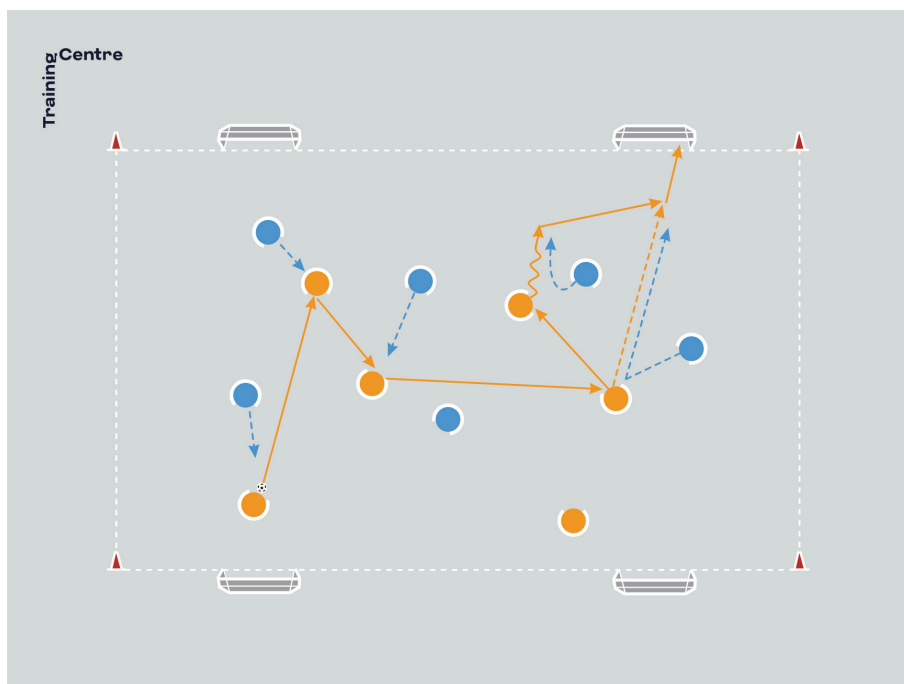
### Great questions to ask the players

- Can you show me how you dribble like a professional?
- Can you try to use both feet when you dribble?
- Can you follow up any rebounds from the goalkeeper?

### Safety tips

- Create safe zones between each area
- The players should start on the coach's signal

## GAME APPLICATION: 6V6, 4 GOALS, NO GOALKEEPERS



### Organisation

- Set up a pitch with two teams and four goals
- Maximum of six players per team
- To begin with, each team can only score at one end
- Then, the teams can score in any goal
- Add a second ball to increase the intensity and number of goals scored
- If you have more than one pitch, rotate teams

### Ways to make the exercise easier

- One team can have more players

### Ways to make the exercise harder

- Limit the number of touches per player
- Limit the goals they can score in
- To win a point, a team has to score in two or four different goals consecutively without conceding a goal

### Great questions to ask the players

- Can you be clever and find space to receive the ball near an empty goal?
- Can you look up when you have the ball and recognise where there is space to score?
- How can you defend as a team when you lose the ball?

### Safety tips

- Create safe zones between each mini-pitch