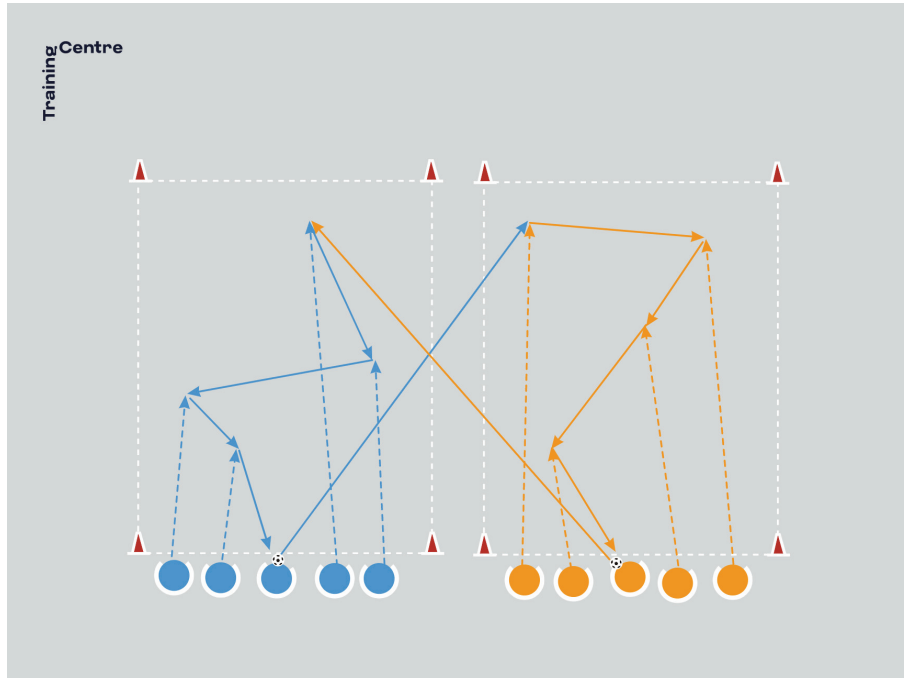


Collaborate, communicate —●— and rotate

WARM-UP: GO FETCH!



Organisation

- Organise the players into teams of 4-6 and put them side by side
- Teams start by playing the ball into their opponents' area
- Each team races to retrieve the ball and pass it between players back to the start line to win; every player has to receive a pass
- The first team to arrive back at the start line with the ball wins
- The players can start by throwing and catching and then progress to passing the ball with their feet (serve to start can also be thrown initially and then kicked)

Ways to make the exercise easier

- Limit the space for the ball to be served into
- Instruct the teams to use verbal communication when passing the ball
- Give each team three minutes to plan its strategy for the game

Ways to make the exercise harder

- Make the space bigger to increase the physical challenge
- Instruct the teams only to use non-verbal communication (i.e. no talking)

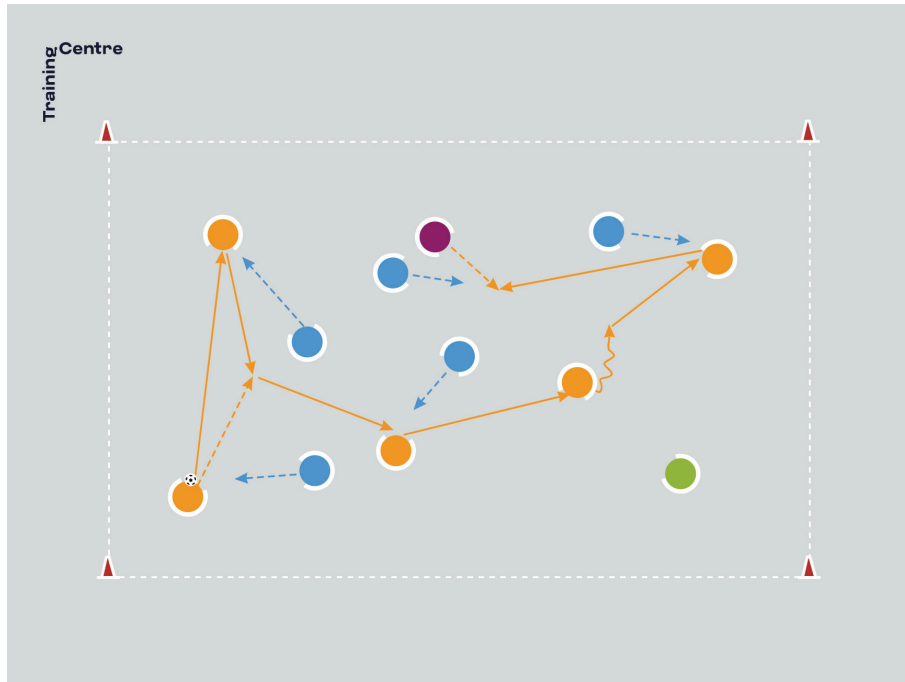
Great questions to ask the players

- Can you serve the ball as far as possible from the opponents, so it takes them longer to retrieve it?
- How can you work quickly as a team to retrieve the ball and ensure everybody receives a pass?
- How is it helpful to plan as a team in order to succeed in this game?
- What were some examples of verbal communication used?
- What were some examples of non-verbal communication?

Safety tips

- Make sure each team serves into the right areas, so that teams do not collide
- Create a safe space to play

SKILL DEVELOPMENT: 6V6, POSSESSION GAME WITH GOALKEEPERS BUT NO GOALS



Organisation

- Organise two teams of 6v6: each team has a goalkeeper who is also playing outfield
- The team in possession has to complete five passes and then the sixth pass has to be to its goalkeeper to score a point

Ways to make the exercise easier

- Give one team more players
- Each team can have a ball to start with and race to complete the sequence with no opposition

Ways to make the exercise harder

- Give one team fewer players
- Increase the number of passes required before playing to the goalkeeper to score a point
- The goalkeeper has to catch the ball in the air to score a point
- Allow one team to use verbal communication but not the other

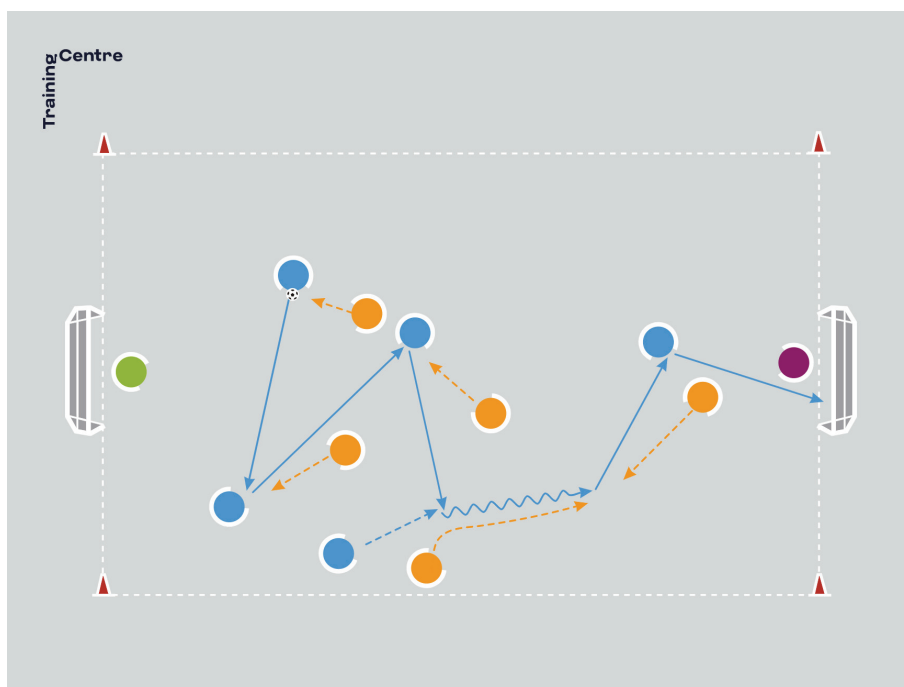
Great questions to ask the players

- Can you spread out as a team and try to use all the space available?
- What difference does it make when free players call for the ball?
- Can the goalkeeper find great positions to receive the scoring pass?
- What difference does it make to the team when you are not allowed to communicate verbally?

Safety tips

- Only allow the goalkeepers to dive on soft pitches
- Create a safe space to play

GAME APPLICATION: 6V6, NORMAL GAMES WITH POSITIONAL ROTATION



Organisation

- Organise the players into even teams and create mini-pitches for games of no more than 6v6
- If a team is waiting, it can also play 3v3 (or the equivalent depending on team sizes), work together on a strategy for its next game or complete a mini-skills challenge to stay active
- Encourage the players to try different positions in each game
- Let the players referee their own games

Ways to make the exercise easier

- Give a team one or more extra players if you have uneven numbers or a weaker team
- Use large goals

Ways to make the exercise harder

- Limit the number of touches
- Place conditions on the game – require specific ways to score, for example
- Give one team fewer players

Great questions to ask the players

- How can you organise yourselves as a team?
- How can you ensure that everyone gets a turn at being goalkeeper?
- Can you select a captain who is responsible for refereeing the match together with the other team captain?
- What verbal and non-verbal communication skills does the coach/referee use?

Safety tips

- Create a safe space to play