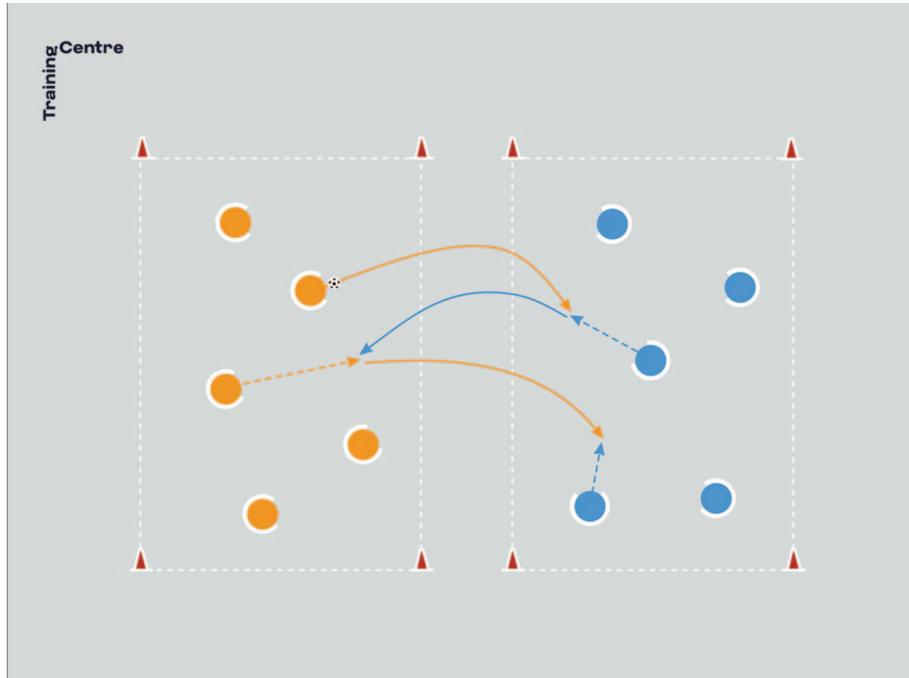


From building possession —●— to goal-scoring

WARM-UP: VOLLEYBALL AND CATCHING



Organisation

- Organise two teams of up to six players in an area with a free middle zone and two end zones, one per team
- Each team takes turns to volley the ball into the opponents' area. It should try to land the ball somewhere difficult to catch, so the other team cannot score points
- A team wins two points if it catches the ball directly, and one point for catching it after one bounce
- The first team to reach a certain number of points (e.g. 11 or 21) is the winner

Ways to make the exercise easier

- The players can start by throwing the ball underarm

Ways to make the exercise harder

- Do not award a point for catching the ball after a bounce: only direct catches count
- Make the pitch bigger
- Teams lose a point if their player's serve misses the target area

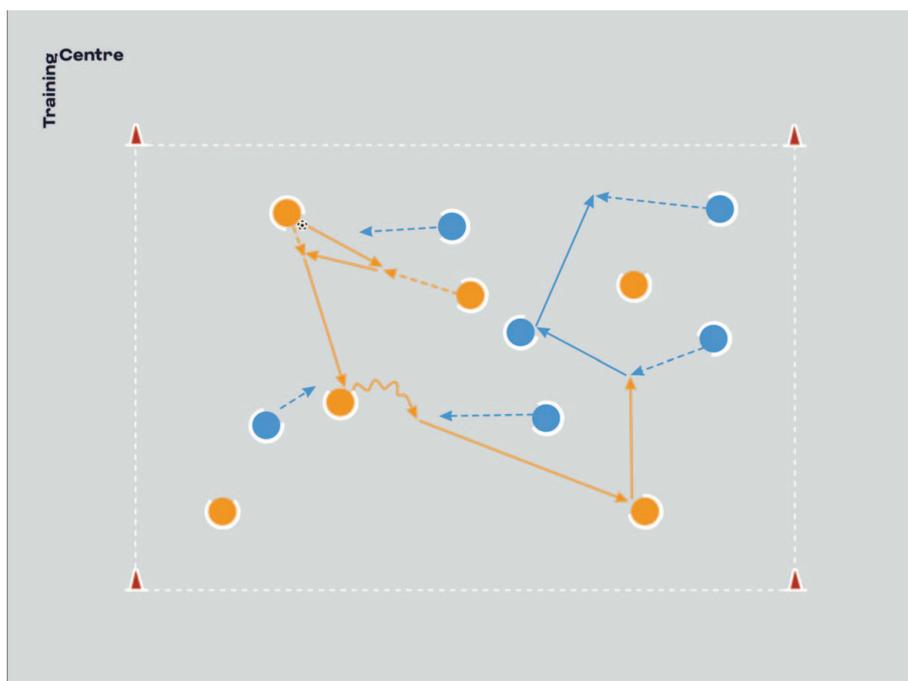
Great questions to ask the players

- Can you try to land the ball in a free space?
- Can you dive to make a catch and win two points for your team?
- Can you take turns to serve the ball?

Safety tips

- Make sure only one person tries to catch the ball at a time to avoid collisions
- Create a safe space to play

SKILL DEVELOPMENT: 6V6, BALL POSSESSION GAME



Organisation

- Organise two teams of up to six players each
- Teams have to complete ten consecutive passes to win a point
- Once a point is scored, the ball is then given to the other team
- If you have an odd number, then one player can always play for both teams

Ways to make the exercise easier

- Give one team more players

Ways to make the exercise harder

- Give one team fewer players
- Increase the number of passes required to score the point, or set a target of keeping the ball for one minute, etc.

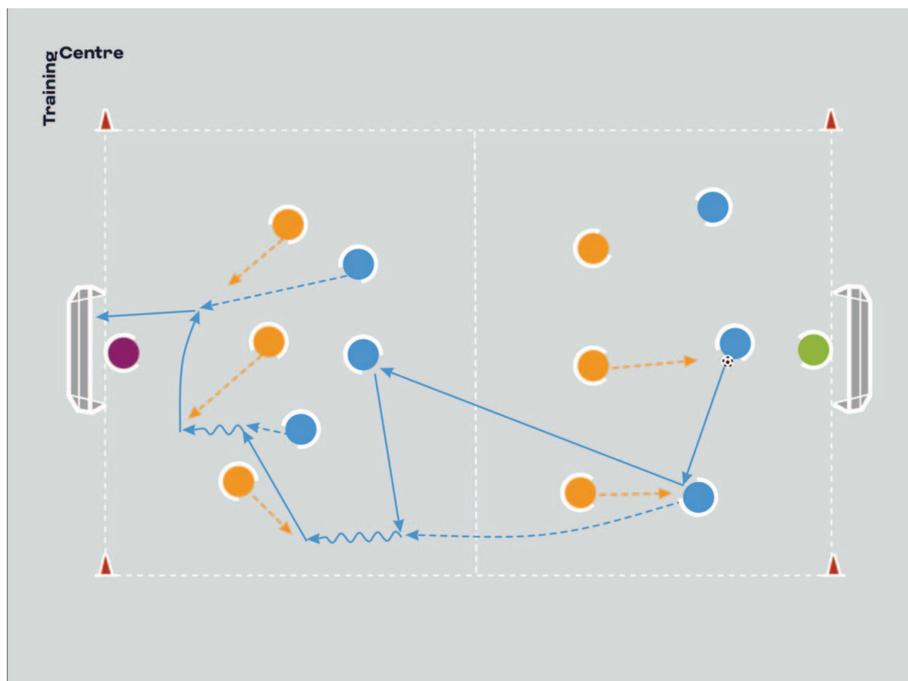
Great questions to ask the players

- Can you spread out as a team and try to use all the space available?
- Can you call for the ball?
- As the defending team, can you try to win the ball back as quickly as possible?

Safety tips

- Create a safe space to play

GAME APPLICATION: 7V7, NUMERICAL ADVANTAGE WHEN ATTACKING



Organisation

- Organise the players into teams with equal numbers and create mini-pitches for games of no more than 7v7
- Each team starts with three outfield players in each half
- When a team has the ball and enters the attacking half, one of its defenders can join in, moving forward to make a 4v3
- Restart with 3v3 in each half after each attack
- 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
- Two players can enter the attacking half when in possession to make a 5v3

Ways to make the exercise harder

- Limit the number of touches
- Give one team fewer players

Great questions to ask the players

- Can you take advantage of the extra player in the attacking half?
- Can you get the ball into the attacking half as often as possible?
- How can you defend as a team when you are outnumbered?
- How did this activity make your body feel?
- How did it make your mind feel?

Safety tips

- Create a safe space to play