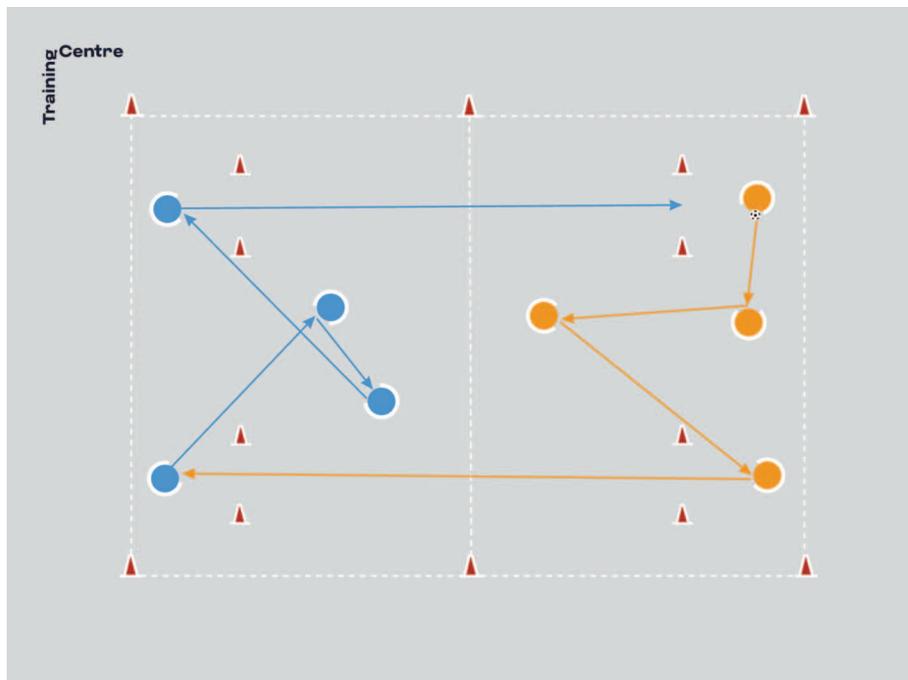


With accuracy —●— into space

WARM-UP: PASSING AND FINISHING



Organisation

- Create two teams opposite each other, with four gates (two on each side) through which they can pass to each other
- Each team passes the ball to each player and then the last player has to pass the ball across the pitch through the target gate to score a point for his/her team
- Limit the number of players in each team to five; if you have a large group, make more pitches for more teams to play

Ways to make the exercise easier

- The gates can be large to begin with and the players not too far apart

Ways to make the exercise harder

- Make the gates smaller and move each team (or only one team if there is a significant difference in ability between the teams) further away from the gates

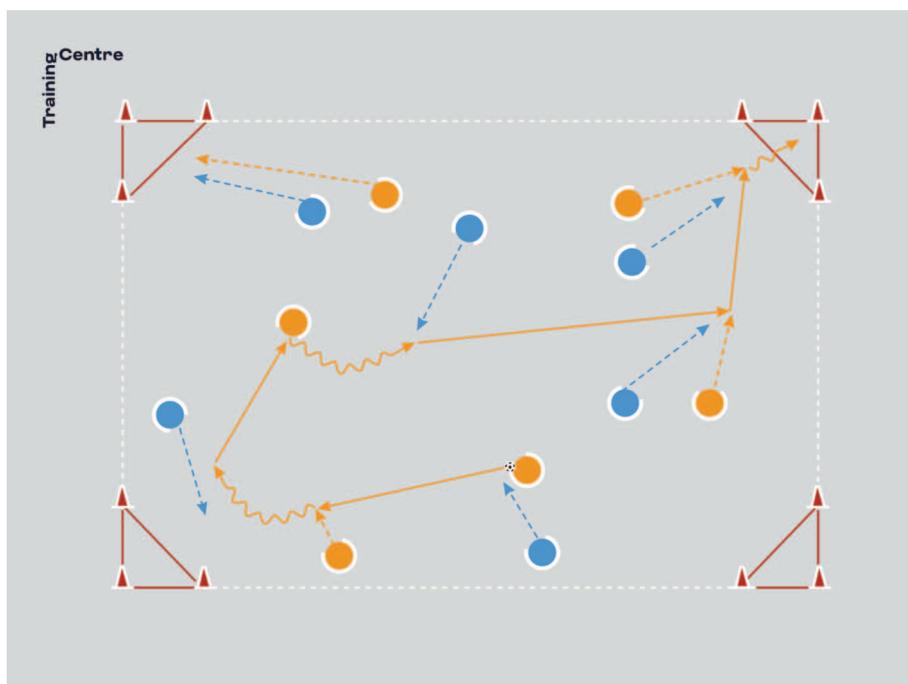
Great questions to ask the players

- What is more important: accuracy or speed?
- Can you think about how you aim your pass?
- Can you show me how you can pass accurately using your feet?
- How can you keep the ball safe from the other team?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 6V6, 4 GOALS (TARGET ZONES) IN THE CORNERS, STOP BALL TO SCORE



Organisation

- Organise a 6v6 and mark four target areas in the corners of the playing area
- The objective is for the teams to work the ball into a target area, either by passing it or by dribbling it, and to stop it in the target area to score a point
- The players can start by throwing and catching the ball, and then move on to using their feet

Ways to make the exercise easier

- Make more or bigger target areas

Ways to make the exercise harder

- Make fewer or smaller target areas

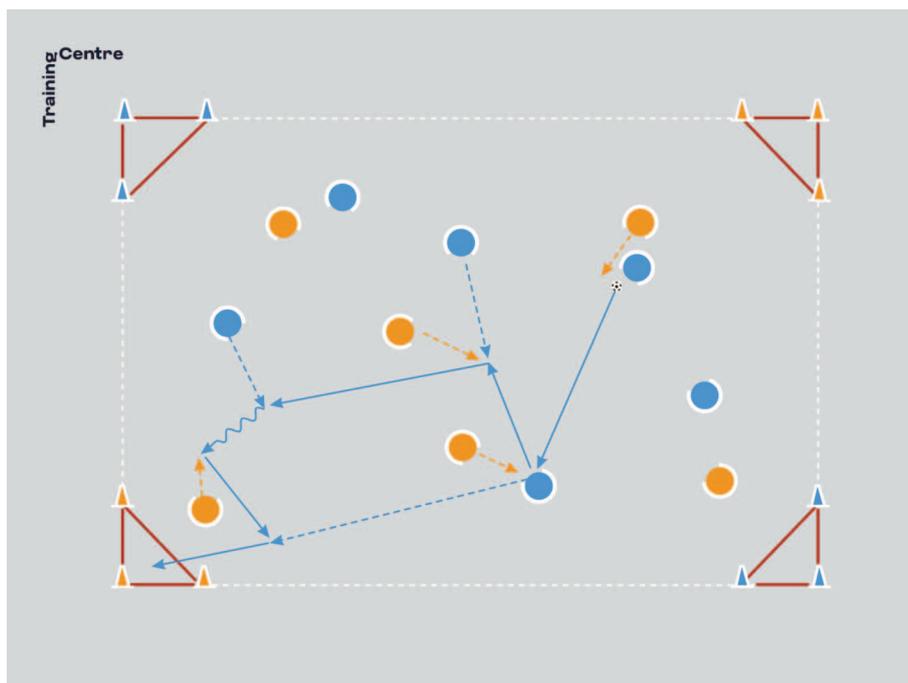
Great questions to ask the players

- Can you recognise the opportunity to play towards a free target area?
- Can you create space as a team by playing together?
- Should the defenders try to win the ball or defend the target areas?
- How can you keep the ball safe from the other team?

Safety tips

- Create a safe space to play

GAME APPLICATION: 6V6, 4 GOALS IN THE CORNERS



Organisation

- Organise the players into teams of 6v6 and create mini-pitches, each with four goals located opposite each other in the corners
- To begin with, each team can score in any of the four goals; after each goal is scored, the ball starts with the team that conceded
- The game can then be made directional, so the teams can respectively only score in two of the goals
- The game can also be played diagonally, so the teams attack opposite diagonal goals
- 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

Ways to make the exercise harder

- Each player in a team has to touch the ball before the team can score
- Give one team fewer players
- Add goalkeepers or allow the nearest defender to goal at any time to make saves with his/her hands

Great questions to ask the players

- Can you recognise the best goal to attack?
- Can you take up positions on the pitch that create space?
- Can you react quickly to defend when the other team gains possession?
- How can you keep the ball safe from the other team?

Safety tips

- Create a safe space to play