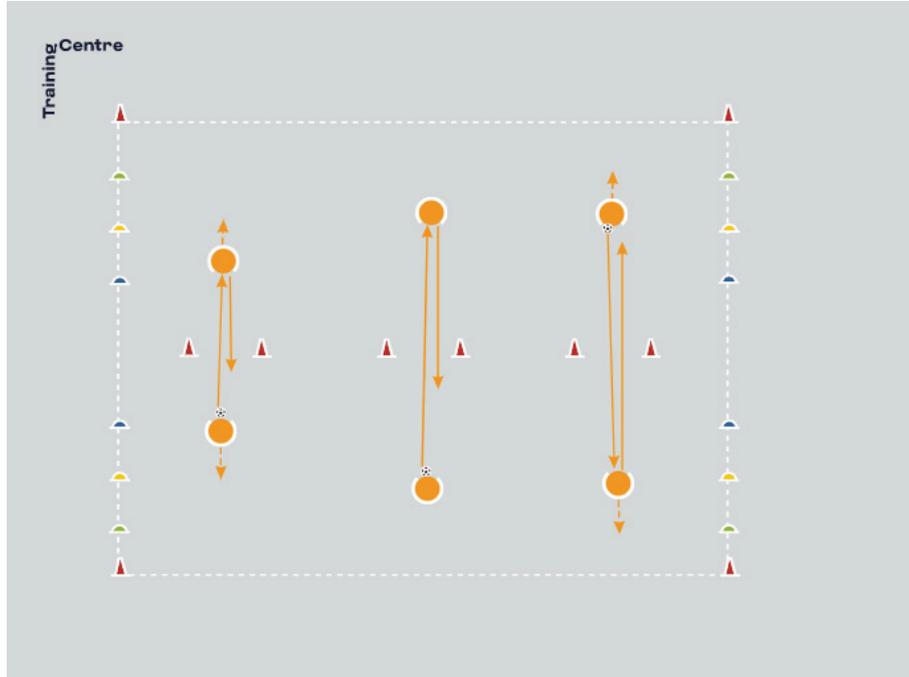


The final pass



WARM-UP: 1 VS 1 PASSING AND SHOOTING



Organisation

- The players play in pairs opposite each other and pass to each other through a gate in the middle
- They start just 1m either side of the gate and work backwards up to 6m away from the gate, passing the ball through the gate each time
- If they misplace the pass, hitting the gate or failing to pass through it, then they return to the 1m line
- The first pair to make it back to the 6m mark are the winners

Ways to make the exercise easier

- Make the gates large to begin with

Ways to make the exercise harder

- Make the gates smaller
- Require only the best pair to reach further away (e.g. 8m) to make it harder for them
- Challenge the players to have a go using just one touch or their weaker foot only

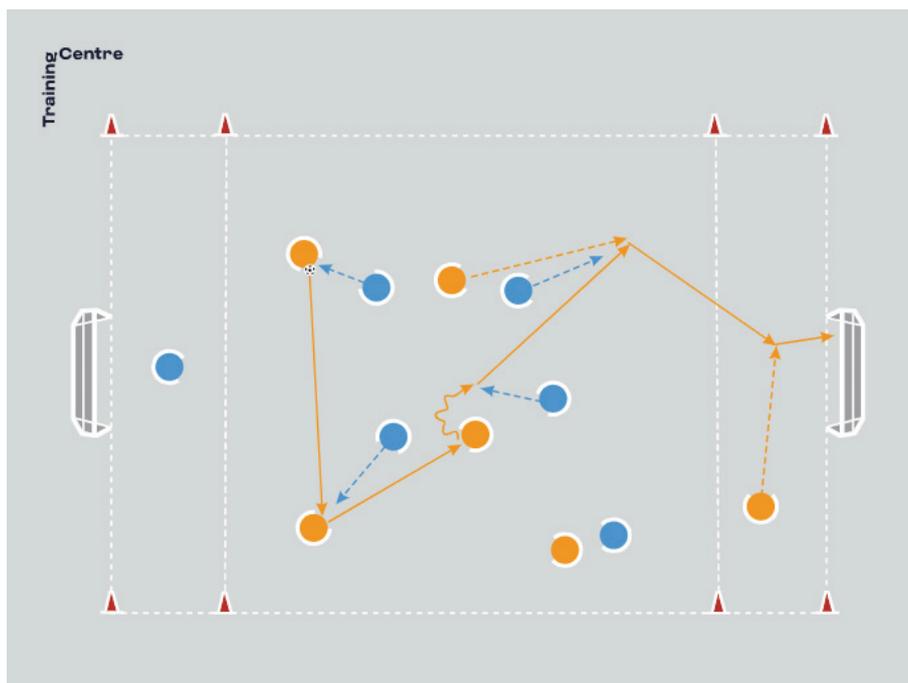
Great questions to ask the players

- 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 with a good body position?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 6V6, BALL TO CAPTAIN, 2 GOALS



Organisation

- Organise two teams on a pitch with three zones: play 5v5 in the middle zone, while the “team captain” is positioned in each end zone and is the only player allowed to score
- The teams have to combine to get the ball to the captain to score
- Rotate the captains after each goal or attempt at goal

Ways to make the exercise easier

- No defenders allowed into the end zone

Ways to make the exercise harder

- Allow one defender to enter the end zone when the captain receives the ball and to try to prevent goals
- Add a goalkeeper at each end

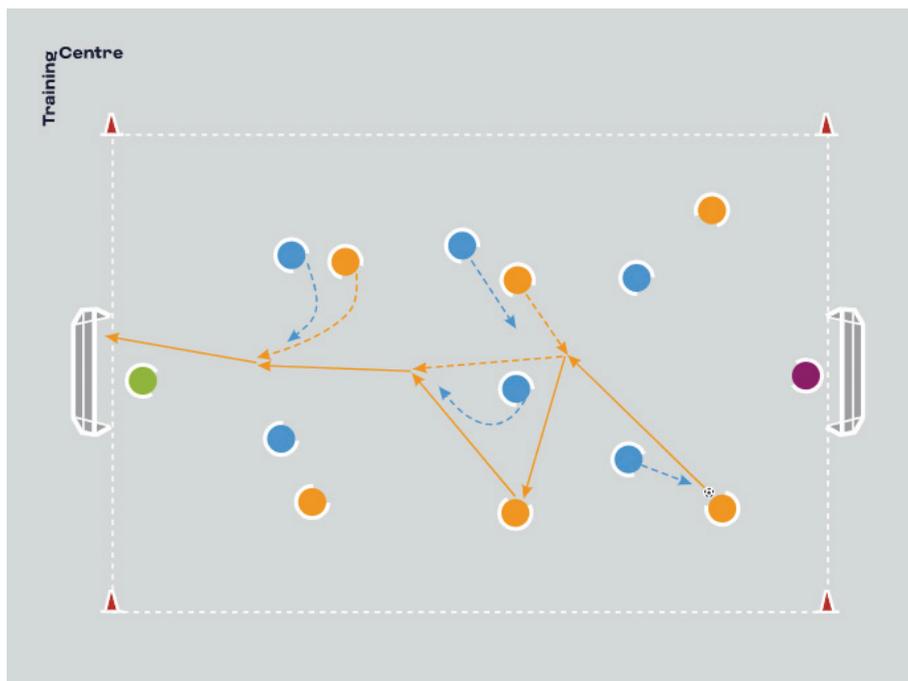
Great questions to ask the players

- Can you find ways to reach the captain with a good pass?
- (To the captain) Can you move into spaces to make yourself more available?
- (To the captain) Can you score quickly before being challenged by the defender?

Safety tips

- Create a safe space to play

GAME APPLICATION: 7V7, 2 GOALS



Organisation

- Organise the players into teams of equal numbers and create mini-pitches for games of no more than 7v7
- Let the players play and encourage them to try different positions 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
- Add conditions to the game – e.g. requiring goals to be scored in certain ways (e.g. with first-time finishes, headers, volleys, etc.)
- Give one team fewer players

Great questions to ask the players

- Can you organise yourselves as a team?
- Can you all take turns to have a go in goal?
- Can you decide on a condition for how each team has to score goals?

Safety tips

- Create a safe space to play