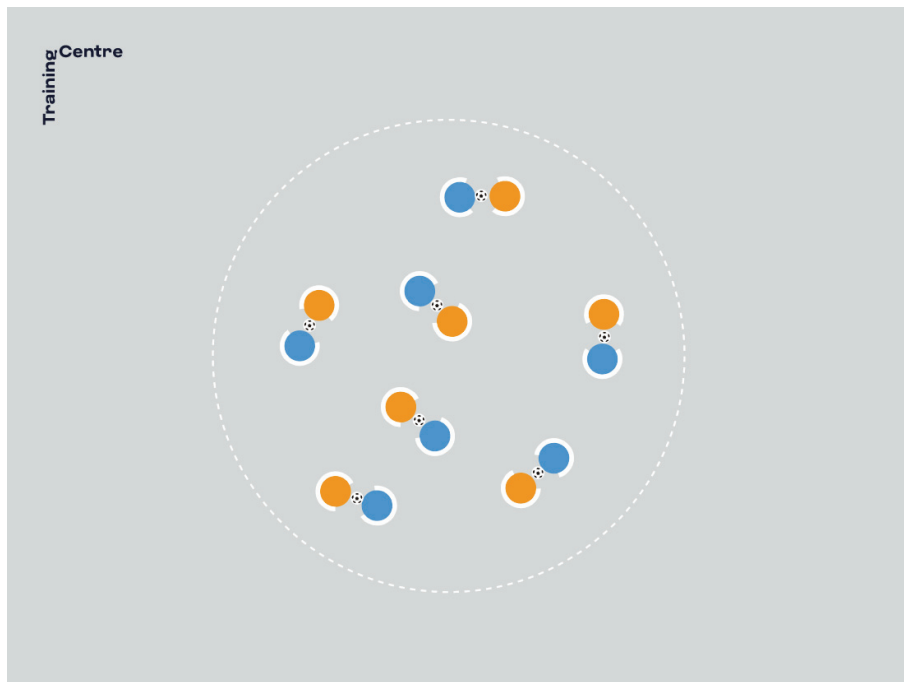


Growing with —●— *every task*

WARM-UP: 1V1, OPPOSITION



Organisation

- The players organise themselves into pairs and try different ways to be stronger than their partners. Suggest activities to improve core strength and to provide fun challenges for your players
- While letting them pick their own partners, also challenge them to pick someone they think is stronger and see if they can compete

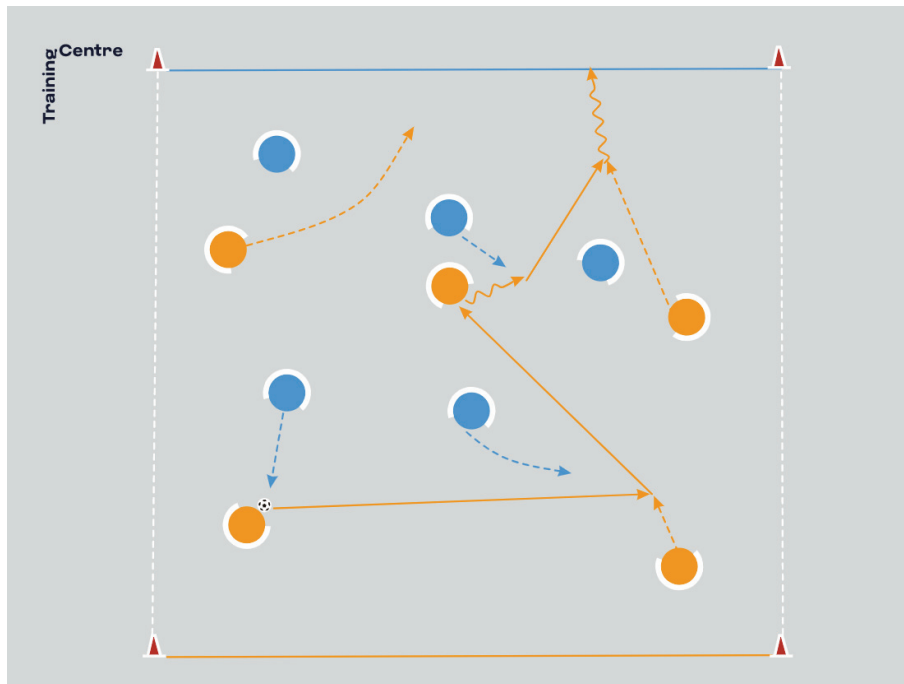
Great questions to ask the players

- Can you find a body position that maximises your strength and balance?
- Even if you are weaker, how long can you resist for?
- Can you think of ways to improve your strength? Discuss with a partner

Safety tips

- Encourage the players to be balanced and keep their heads back

SKILL DEVELOPMENT: LINE GAME, NO GOALS



Organisation

- Organise teams of five
- Two teams play at a time and have to combine to pass and receive the ball at the end line to score a point

Ways to make the exercise easier

- Give one team more players
- Allow the players to start by throwing and catching the ball

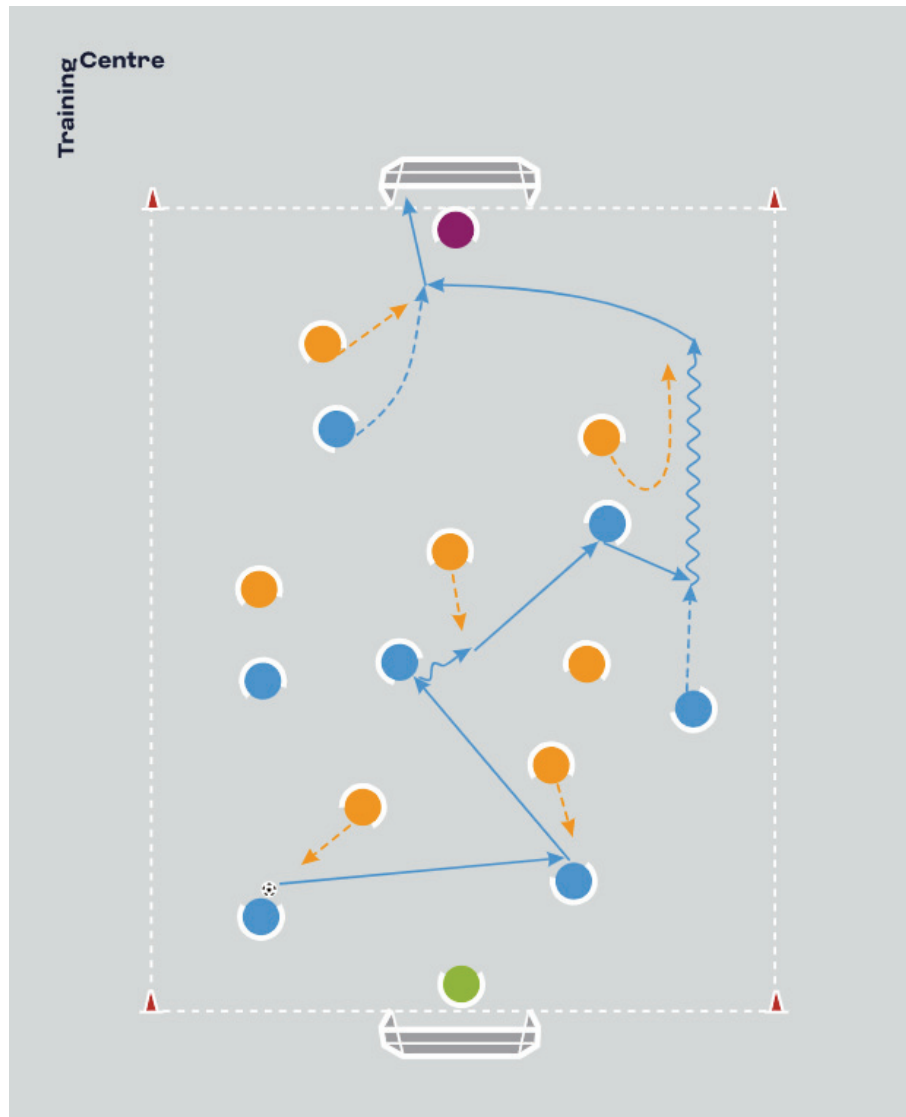
Ways to make the exercise harder

- Give one team fewer players
- The players cannot dribble to the end line – they must receive a pass

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?
- Can you move to a position at the end line ready to receive a pass?

GAME APPLICATION: 8V8 INCLUDING GOALKEEPERS, WALKING FOOTBALL



Organisation

- Organise two teams on a pitch with goalkeepers
- It's a normal game – the only difference is that the players must walk at all times
- Give the players time to work out the best way to play the game
- Highlight the importance of accurate passes, team shape and using space off the ball

Ways to make the exercise easier

- Have fewer players on each team
- Reduce the size of the pitch

Ways to make the exercise harder

- Limit the number of touches per player
- Make the pitch bigger
- Give one team more players

Great questions to ask the players

- How important is it to pass accurately?
- Can you spread out quickly as a team when you have possession?
- Can you predict play in order to intercept passes?

Safety tips

- Create a safe space to play