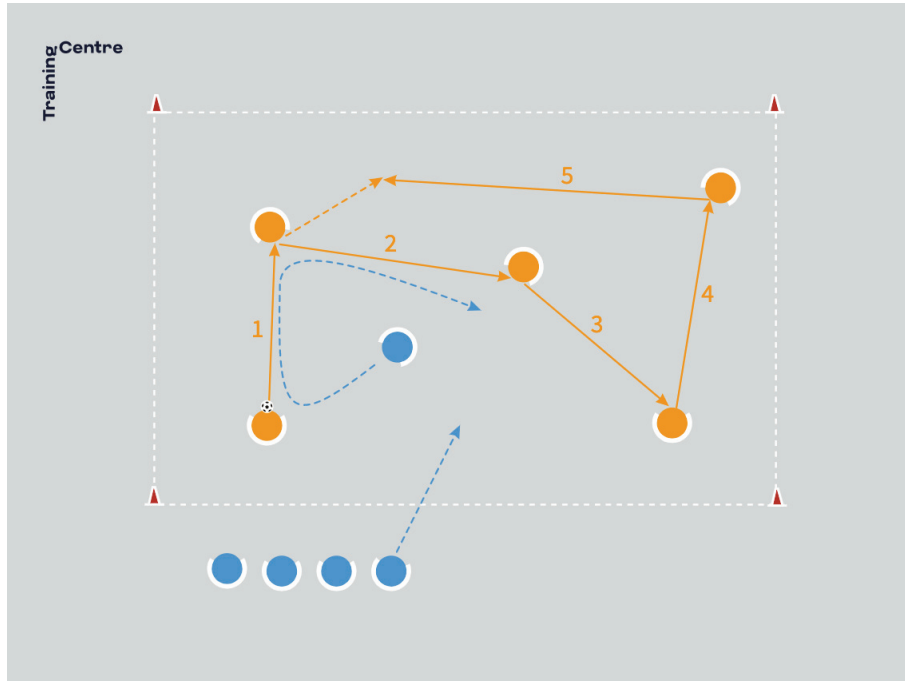


## Adjusting to —●— *changing team sizes*

### WARM-UP: POSSESSION GAME



#### Organisation

- Organise two teams of 5v5 and start with 5v1 on the pitch
- The team in possession has to complete five or more passes as a team and the defending team can then bring on the next player. Each time a new player is added, start from 0 and try to reach the required number of passes. See which team can complete the full number of passes the quickest, all the way up to 5v5
- Play the game by throwing and catching and then with feet

#### Ways to make the exercise easier

- Make the area larger

#### Ways to make the exercise harder

- Make the area smaller

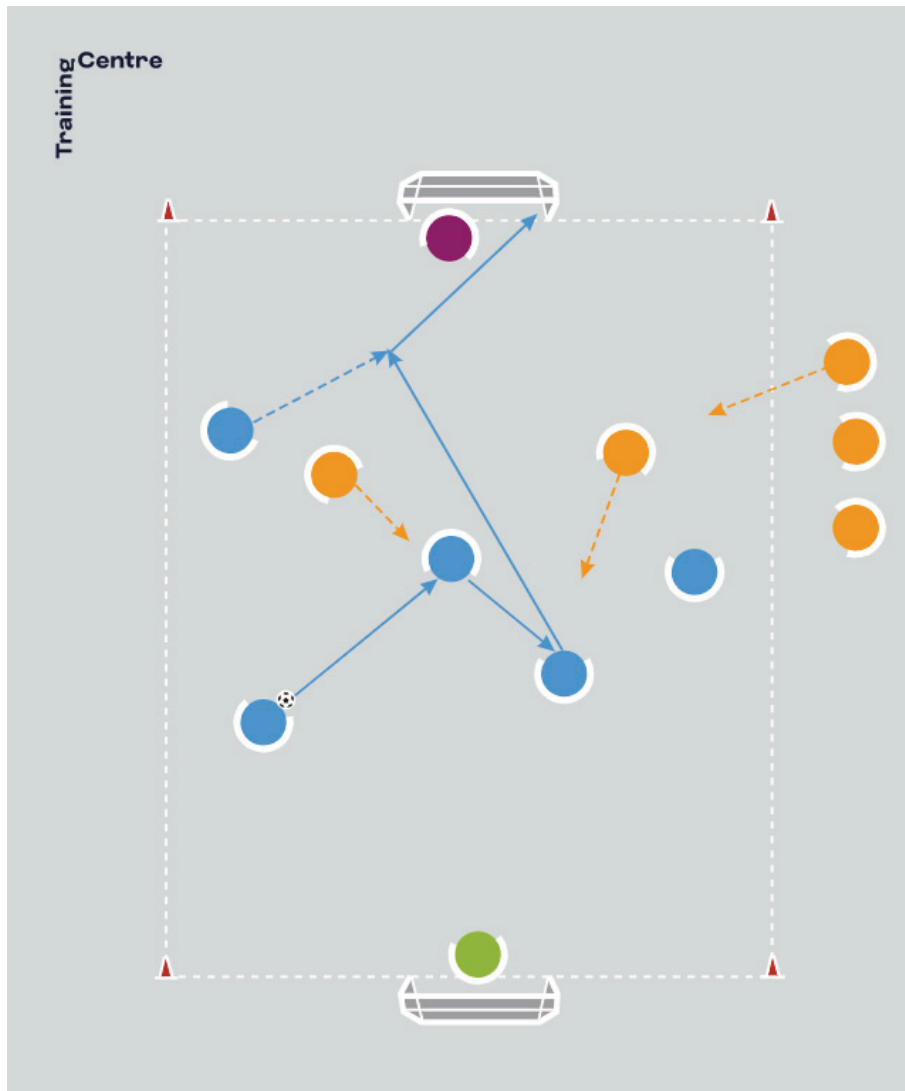
#### Great questions to ask the children

- Can you spread out as a team and try to use all the available space?
- Can you call for the ball?
- Can the defenders try to delay passing for as long as possible?

#### Safety tips

- Defenders can only intercept the ball when it is being thrown or caught
- Create a safe playing area

## SKILL DEVELOPMENT: GAME WITH CHANGING TEAM SIZES



### Organisation

- Start with 6v3 and three waiting. Time the team with six players on how long they take to score against three, four, five, then six players
- Both teams have a turn at starting with six players, the quickest team to score the four goals wins
- Add 30 seconds to their time for each goal they concede!

### Ways to make the exercise easier

- You can start with 6v1 and build up to 6v4 maximum

### Ways to make the exercise harder

- You can put conditions on the type of goal scored
- You can say that a different player has to score each goal

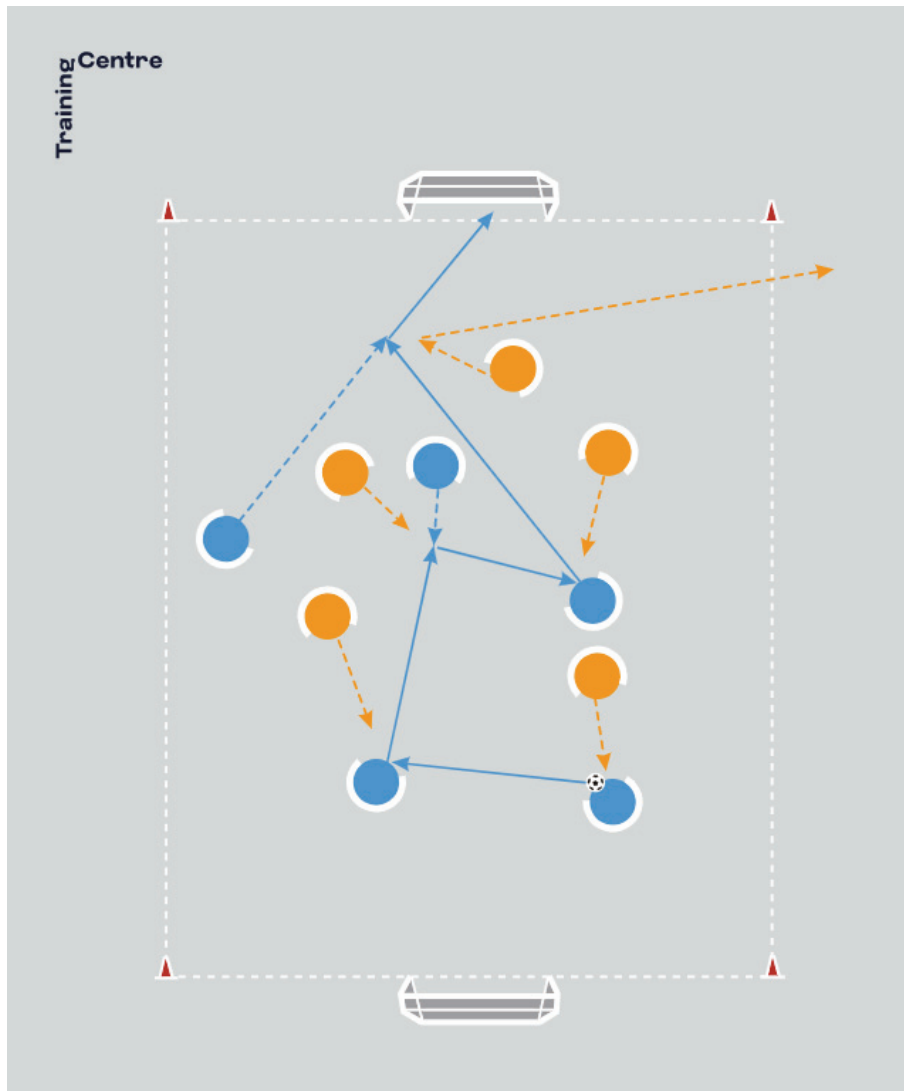
### Great questions to ask the children

- How can you take advantage of having extra players on your team?
- How important is it that we don't let the other team score?
- If you are defending when outnumbered, how can you delay a goal for as long as possible?

### Safety tips

- Create a safe playing area

## GAME APPLICATION: GAME 5V5 WITHOUT GOALKEEPERS



### Organisation

- Start with 5v5 or 6v6 with or without goalkeepers
- After a team scores a goal, the other team loses a player
- After each goal, players continue to leave the pitch until one team has no players left. The team left on the pitch wins
- The winners stay on to face a new team and repeat

### Ways to make the exercise easier

- One team can start with more players
- Play with no goalkeepers

### Ways to make the exercise harder

- Play with goalkeepers
- One team can start with fewer players – a good way to challenge the best players
- If a goal is scored when a team is down to three or fewer players, the team can have a player back on

### Great questions to ask the children

- How important is the first goal?
- Can you decide amongst yourselves which player has to leave the pitch?
- Can you try to score a goal when your team has fewer players?

### Safety tips

- Create a safe playing area