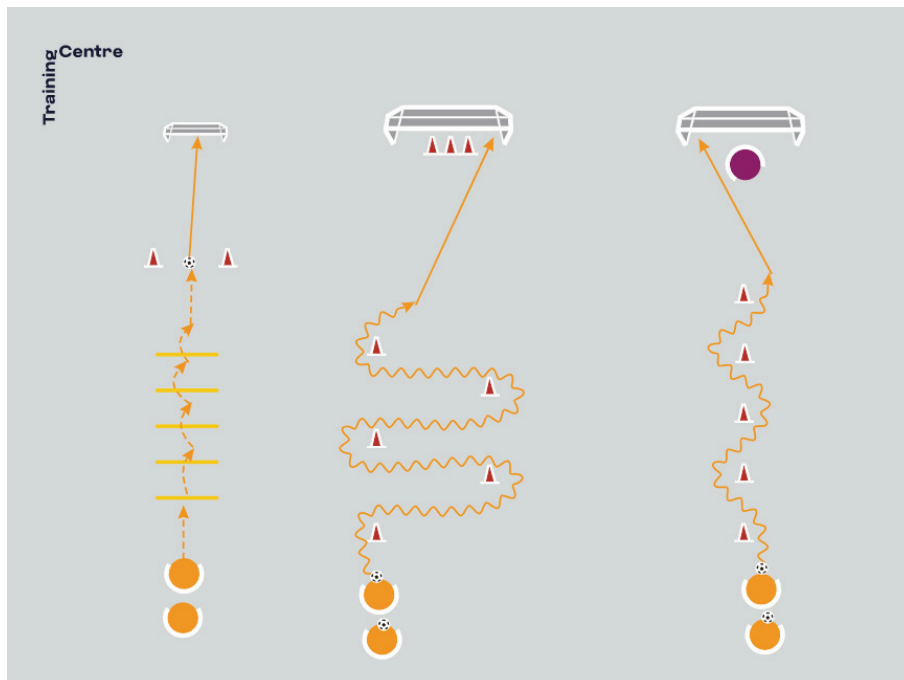


## Orientation and —●— *the game*

### WARM-UP: FINISHING CIRCUIT



#### Organisation

- Organise your group into three or four teams and create activities for each of them
- Set up dribbling courses or agility courses, ending with a shot at goal
- Be creative and resourceful and you can include the children in designing the activity
- Try to have more lines and goals, with fewer players in the lines, to reduce waiting time

#### Ways to make the exercise easier

- Create low-intensity activities

#### Ways to make the exercise harder

- Create high-intensity activities or races against other teams

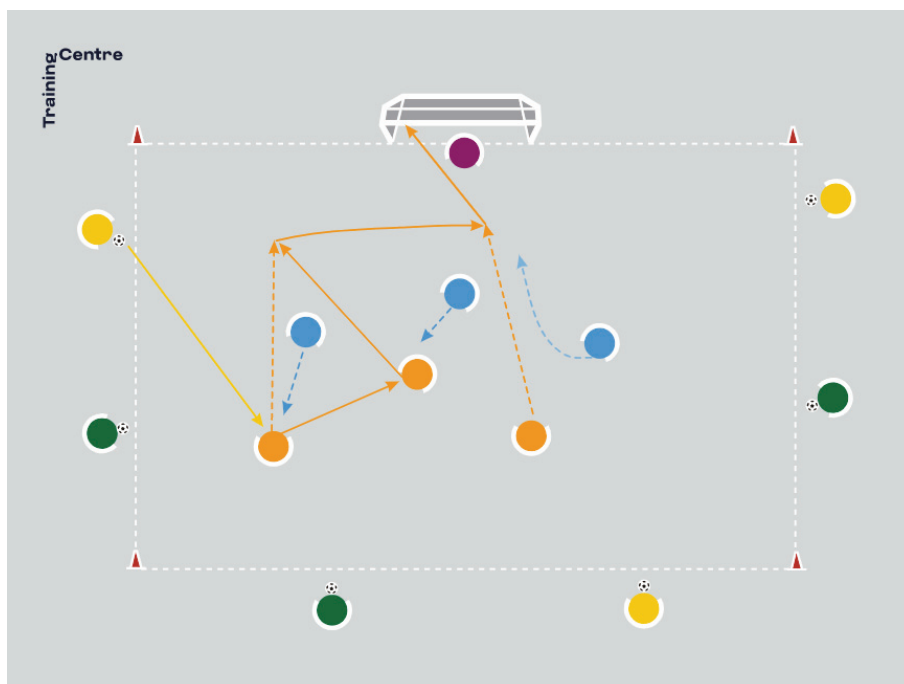
#### Great questions to ask the children

- Can you design a course that will challenge you?
- Can you race against each other to see who is the quickest?

#### Safety tips

- Create a safe playing area for each team

## SKILL DEVELOPMENT: 3V3 WITH ONE GOAL



### Organisation

- Organise teams of three
- Two teams start inside the penalty area, with other teams spread around the outside of the penalty area with balls
- One player at a time randomly “serves” the ball into the penalty area and the two teams compete to score a goal
- After one team scores five goals or after three minutes, change the teams inside the area
- Or you could play that the winning team stays on for up to a maximum of three wins before coming off

### Ways to make the exercise easier

- Give one team more players inside the box

### Ways to make the exercise harder

- Require players to score with a one-touch finish

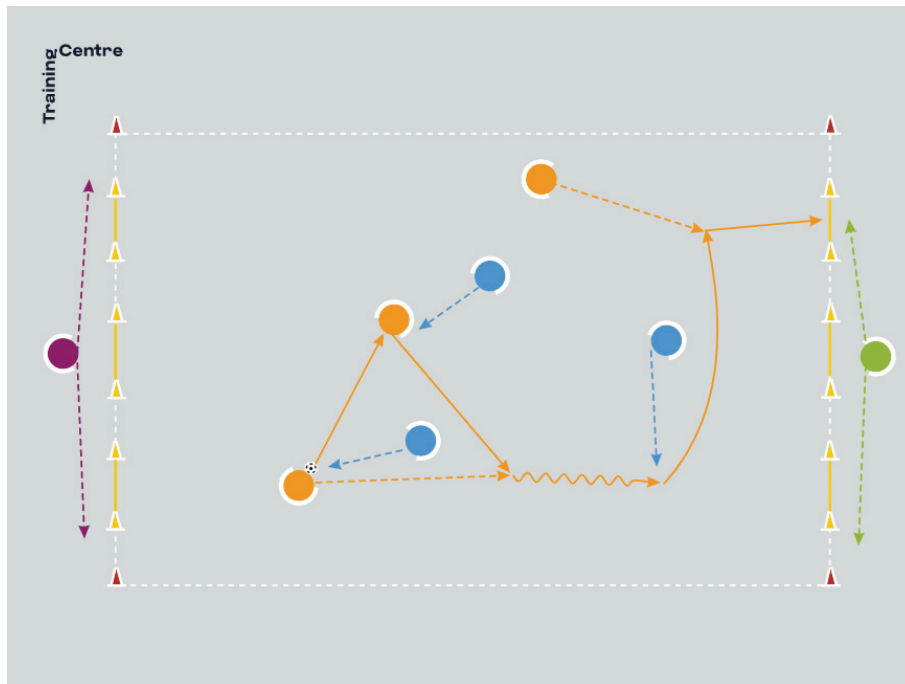
### Great questions to ask the children

- Can you try to shoot as early as possible?
- Can you follow up any shots in the hope of a rebound?
- Can you try to deflect a shot so that it becomes your team’s goal?

### Safety tips

- Make sure the players are all ready before each new ball is served
- Create a safe playing area

## GAME APPLICATION: 4V4 ON 6 GOALS



### Organisation

- Organise teams of four: they play 3v3 in the middle and have a roaming goalkeeper who tries to block off three goals
- The attacking team can only score in the empty goals; if a goalkeeper blocks off one, then there must be two empty ones to move to quickly and score
- The goalkeeper runs behind the goals: this indicates the goal is blocked, so the goalie does not have to save shots

### Ways to make the exercise easier

- Space the goals further apart

### Ways to make the exercise harder

- Reduce the space between the goals and the size of the goals
- Let the goalkeeper play in front of the goals as an extra player and block passes and save shots

### Great questions to ask the players

- Can you recognise which goals are available to score in?
- Can you change the direction of play quickly to find the empty goals?
- If you are defending, can you make play predictable and force the opposition in one direction towards a blocked goal?

### Safety tips

- Rotate the roaming goalkeeper every three minutes, as it's hard work!
- Create a safe playing area