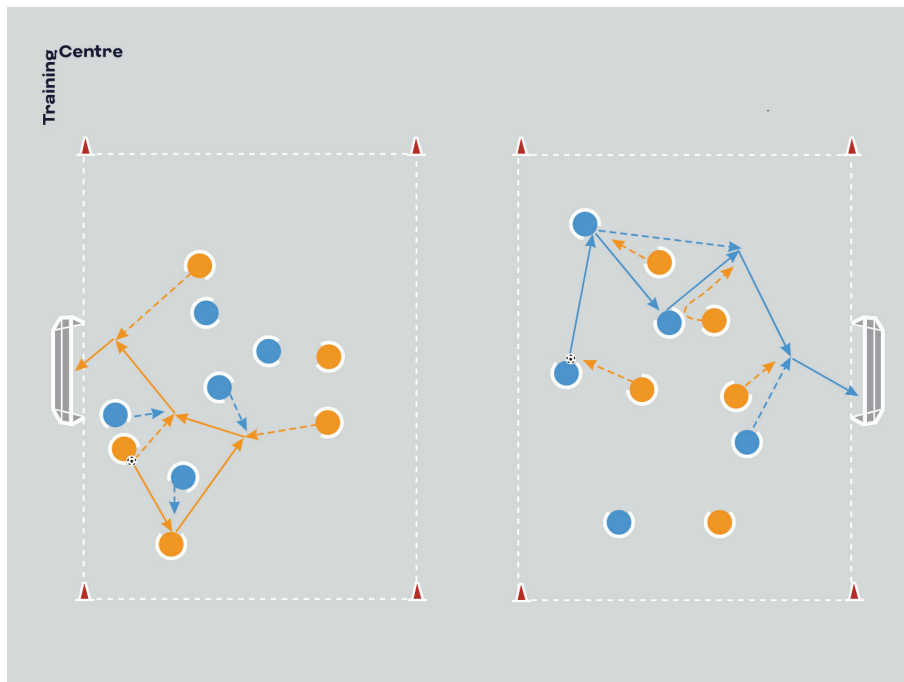


## Different ways to score

WARM-UP: 5V5 ON ONE GOAL, NO GOALKEEPER



### Organisation

- Organise pitches for 5v5 or 6v6, with one goal
- Players play handball in the area but can only score into the goal with a header – the ball can be teed up by a team-mate or players can throw the ball to themselves to head
- Players can defend attempts at goal using their heads, but not their hands

### Ways to make the exercise easier

- Do not let the defending team defend the header

### Ways to make the exercise harder

- Add a goalkeeper to each team

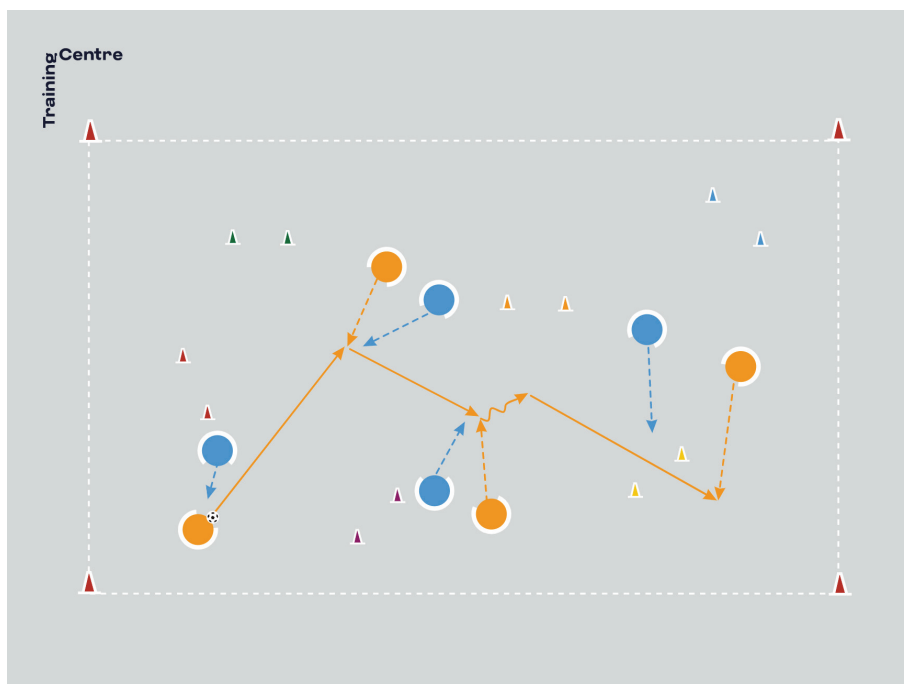
### Great questions to ask the children

- Can you tee up a team-mate in a position to head for goal?
- Can you show me the best techniques for attacking headers?
- Can you be brave and score with a diving header?

### Safety tips

- Create a safe playing area

## SKILL DEVELOPMENT: 4V4 WITH PASSING GATES



### Organisation

- Organise two teams of 4v4 or 5v5 and create a pitch that has several small gates
- Each team has to try to score by passing through a gate to a team-mate
- The defending team tries to win the ball and also to block the opportunities to pass through a gate
- The first team to pass through five gates is the winner
- You can also colour the gates and ask teams to play through certain colours to score a point
- You can also alternate ways to score, e.g. ask the players to dribble through and then pass through

### Ways to make the exercise easier

- Increase the number of gates available

### Ways to make the exercise harder

- Decrease the number of gates or make them smaller

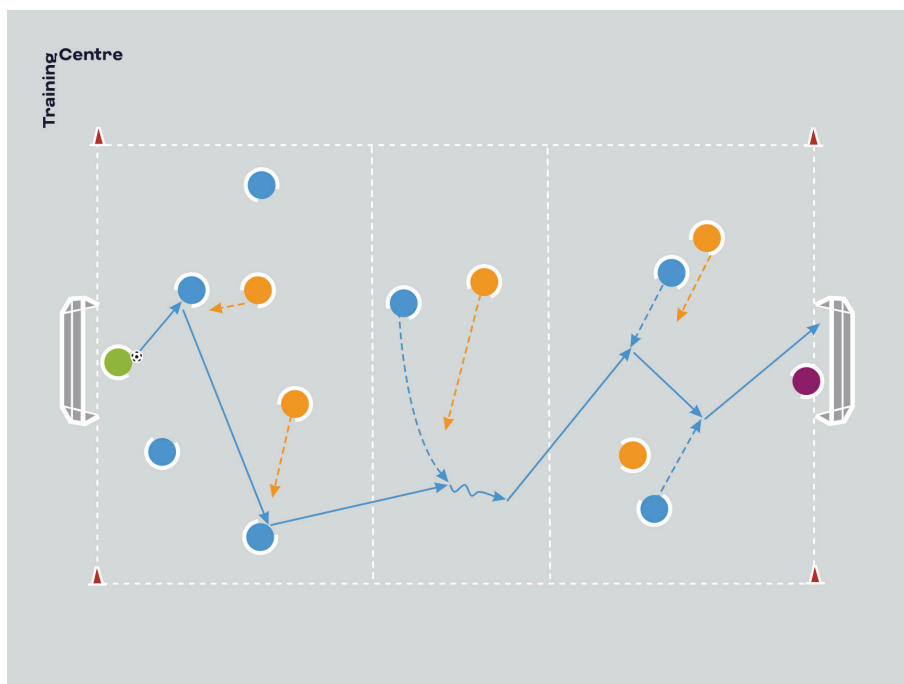
### Great questions to ask the children

- Can you find positions behind a gate ready to receive a pass?
- When you have the ball, can you lift your head up and recognise which gates are available to pass through?
- Can each player in your team pass through a gate to win the game?

### Safety tips

- Create a safe playing area

## GAME APPLICATION: ZONAL 8V6



### Organisation

- Organise two teams of 8v6 and divide the pitch into three zones
- Ask the team with eight to decide how many players they want to put in each zone – then ask the team of six to do the same
- After a few minutes, give them a chance to review and change formations
- Teams have to play through the zones to score
- Players are restricted to their own zone
- Rotate players through each zone after a goal is scored

### Ways to make the exercise easier

- Allow teams to score from any zone
- Let them play straight to the end zone if it's possible

### Ways to make the exercise harder

- Give both teams eight players

### Great questions to ask the children

- Do you have to always play forward from the middle zone?
- Can you try to find positions in your zone to support the player on the ball?
- Which zone do you prefer to play in and why?

### Safety tips

- Create a safe playing area