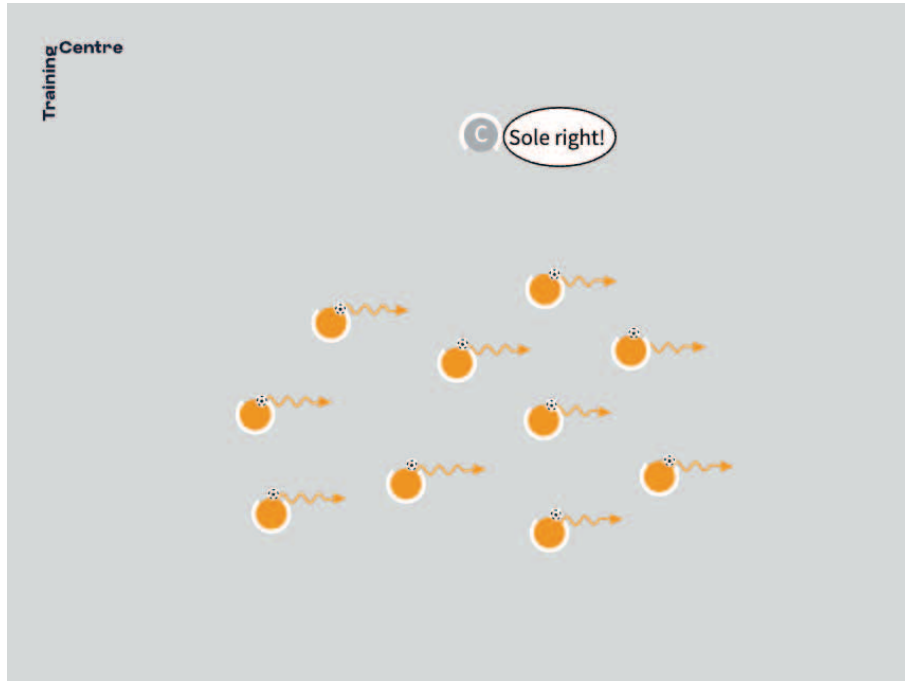


How's your touch?



WARM-UP: ON THE COACH'S COMMAND



Organisation

- Children all have a ball each, or share in groups if not enough balls
- Children copy the coach or follow instructions or use visual cues
- Lots of opportunities for children to manipulate the ball
- If you are not confident about the different moves, ask the children to show you
- Ask the children to listen to you and watch you

Ways to make the exercise easier

- Children can stand still and practise in the same spot
- Children can move slowly with the ball and try basic movements

Ways to make the exercise harder

- Children can weave in and out of each other
- Children can race against each other to a place or you can place a limit on the number of touches
- Increase the difficulty of the task

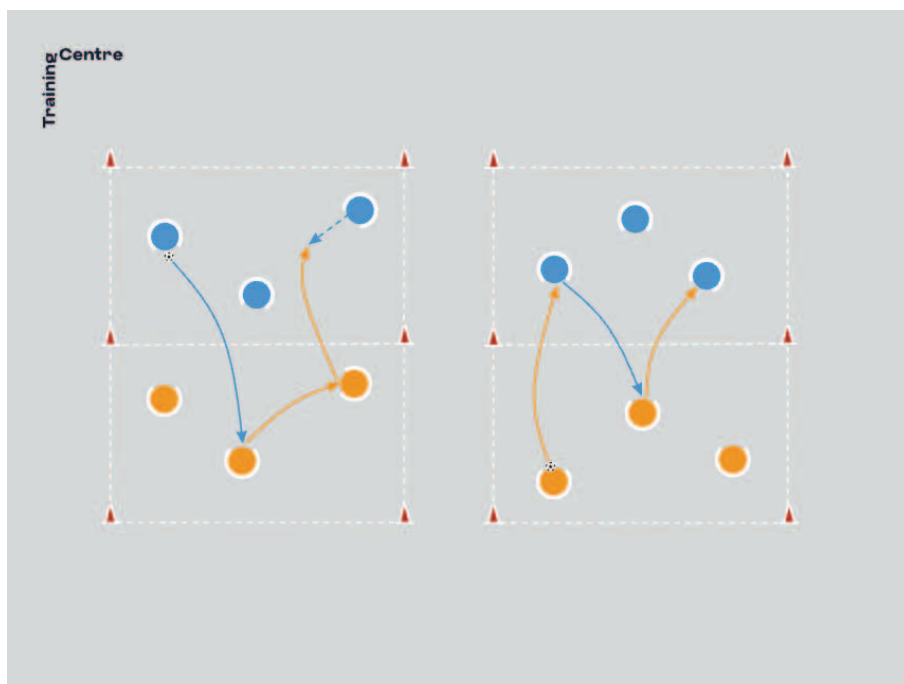
Great questions to ask the children

- Can you feel the ball at your feet?
- Can you treat it like your best friend and keep it close to your body?
- Can you try with your weaker foot?

Safety tips

- Children must be aware of others around them and keep their heads up

SKILL DEVELOPMENT: FOOTBALL-TENNIS



Organisation

- Create mini-pitches for 3v3 with a net or middle zone
- Play the game like a tennis match
- Players need to ensure the ball touches the ground in the opponent's half to score a point, after either one or two bounces
- Players can throw the ball, kick it, volley it, head it, etc.
- First team to ten points wins: when a team wins the point, it serves

Ways to make the exercise easier

- Underarm throw and catch to start with
- One bounce on the ground to score a point

Ways to make the exercise harder

- Players have to play the ball with their feet or body, no hands allowed
- Players have to try and play without the ball touching the ground

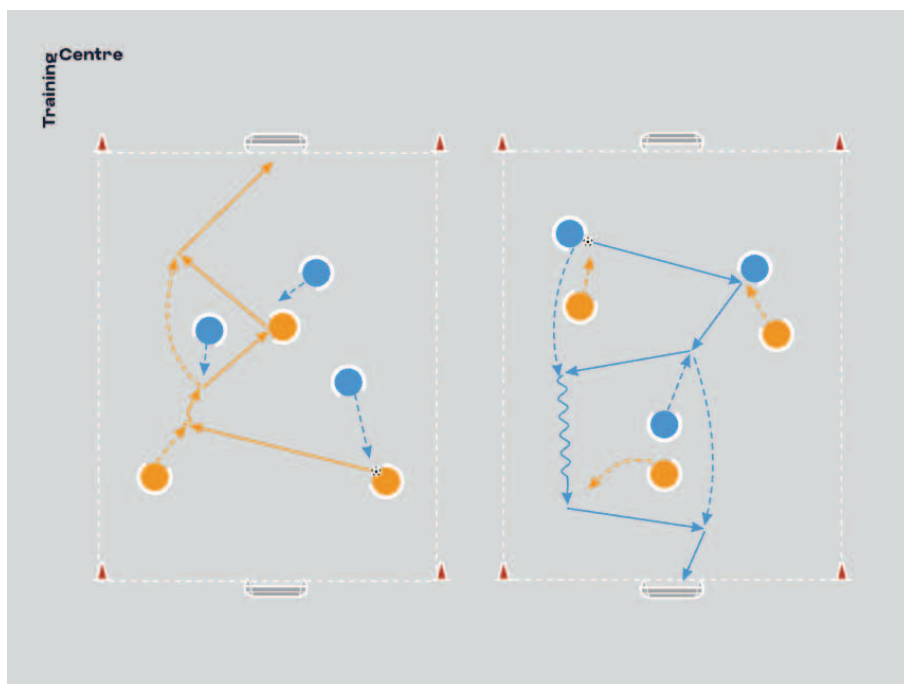
Great questions to ask the children

- Can you spread out as a team to defend your half?
- Can you try to ensure the ball hits the ground in the other half?
- Can you show me your tricks and skills to juggle the ball and keep it off the ground?

Safety tips

- Players on each team must remain in their own half
- Create a safe zone between the mini-pitches

GAME APPLICATION: 3V3 ON TWO GOALS



Organisation

- Two equal teams – 4v4 maximum
- Impose conditions on the game
- When the player has the ball, see if he/she can touch it at least three times before passing
- See if the player can stay on the ball for at least three seconds
- The ball can only be passed forwards
- Ask players to make runs ahead of the ball to receive it

Ways to make the exercise easier

- Play a normal game with no conditions
- Only impose conditions on some players – not all

Ways to make the exercise harder

- Limit the number of touches
- Ask the players to stay on the ball for five seconds
- They can only score with a one-touch finish

Great questions to ask the children

- Can you show me how to protect the ball when in possession?
- Can you show me how to make runs ahead of the ball?
- How can you make the pitch as big as possible?

Safety tips

- Create safe zones between pitches