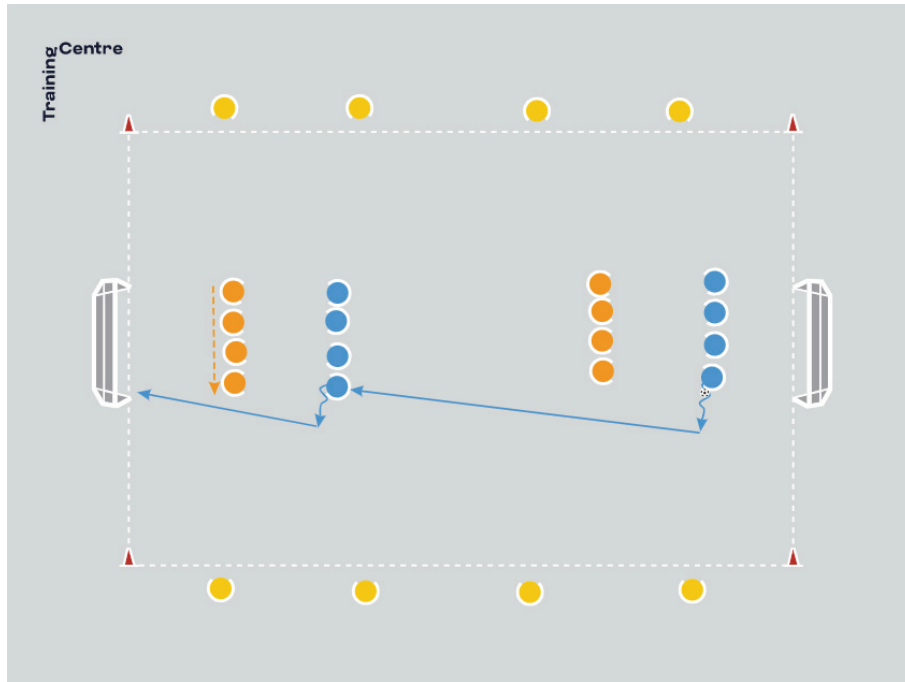


Non-verbal communication

WARM-UP: TEAMWORK AND COMMUNICATION



Organisation

- Organise two teams of 8 plus players to play on the outside of the pitch
- Each team makes two lines of 4 on the pitch and links together like in table football
- Players can move sideways and one step forwards or backwards
- Try to link with your team mates to score goals and defend your goal
- Players on the outside act as rebound players to keep the ball in play
- Each team celebrates their success in a certain way (e.g. adopting a cheer or team name) and seeks to 'beat' the other team.

Ways to make the exercise easier

- You can have 3 groups of 3 players, so more coverage and more mobile

Ways to make the exercise harder

- Add goalkeepers

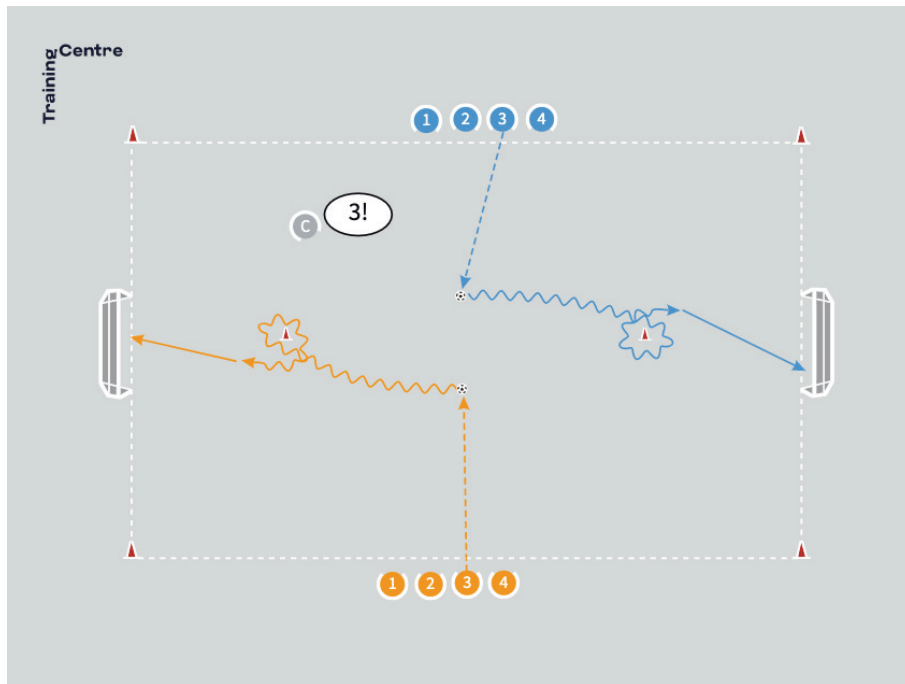
Great questions to ask the players

- Can you work as a team to move quickly to the ball?
- How does it feel when your team is doing well and winning? How do you celebrate?
- How do you feel about the other team?

Safety tips

- Ball must be kept below head height
- Create a safe space to play
- No harm must be done to the other team

SKILL DEVELOPMENT: RUNNING WITH THE BALL



Organisation

- Two teams line up on opposite sides of the pitch and each player is given a number in sequence – When the coach calls your number race against your opponent, the first player to score wins the point for their team.
- Introduce a second number who chases the attacker and puts pressure on them
- Each team cheers on their individual player during the exercise, backing him/her to win
- Each team celebrates their success in a certain way (e.g. adopting a cheer or team name) and seeks to 'beat' the other team.

Ways to make the exercise easier

- A straight run to the goal with no other challenge

Ways to make the exercise harder

- Increase the distance
- Add a goalkeeper

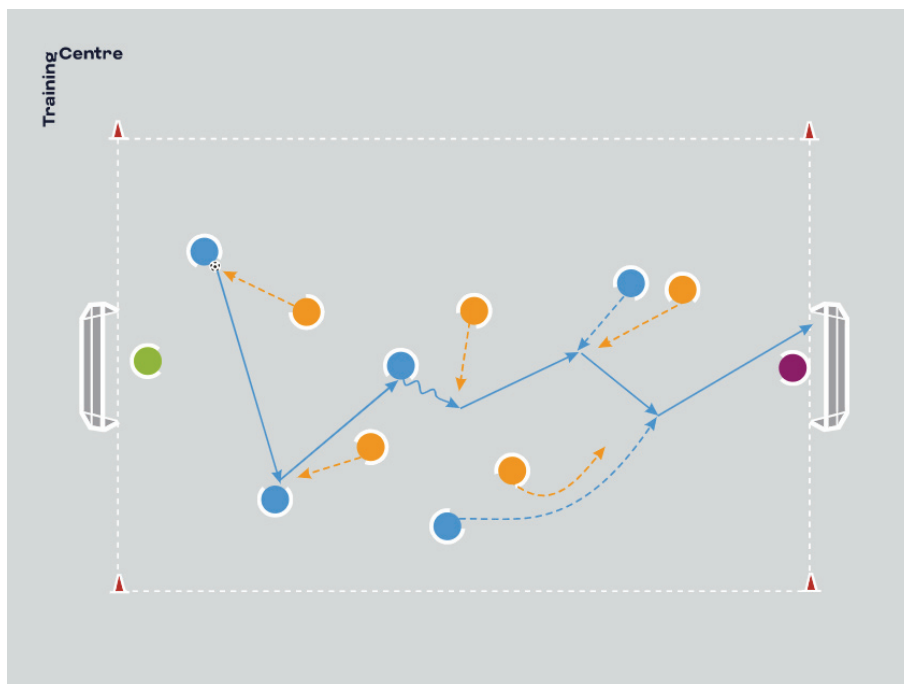
Great questions to ask the players

- How can you run quickly with the ball?

Safety tips

- Make sure the area is clear before you call the next number
- Create a safe space to play
- No harm must be done to the other team

GAME APPLICATION: SMALL SIDED GAME – SILENT COMMUNICATION



Organisation

- Organise a normal game of 6v6 or 7v7. Only rule is that children cannot speak or make a noise
- Encourage children to be more animated as they play – Can they point or put their arm in the air when they want to receive the ball? Can they make eye contact with the person on the ball? Can they make runs to receive the ball in the eyeline of the player on the ball?
- Players can celebrate their success by giving high-fives or making certain signals but no noise
- Each team celebrates their success in a certain way (but now it has to be done without noise) and seek to 'beat' the other team.

Ways to make the exercise easier

- Allow only the goalkeeper to communicate for the rest of the team

Ways to make the exercise harder

- Allow one team to speak and one team can't

Great questions to ask the players

- Do you realise now, the importance of communication between team mates?
- How were you able to communicate and celebrate with your team without speaking?
- Which way worked best for you and why?

Safety tips

- Create a safe space to play
- No harm must be done to the other team