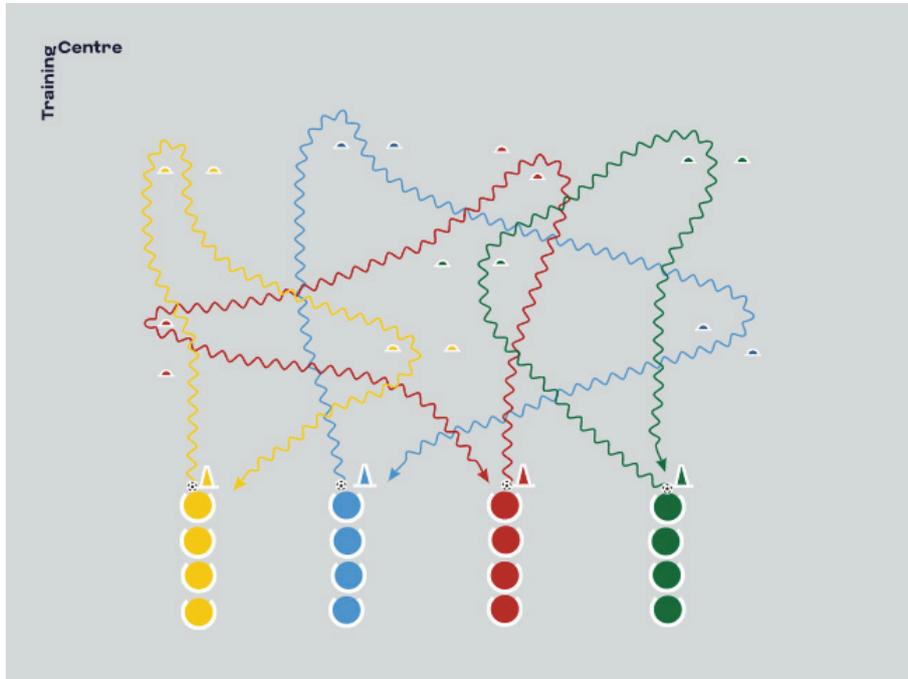


Speed and control

WARM-UP: RELAY RACE



Organisation

- Create equal teams of players to play relay games
- Each team has a colour and gates with the same colour inside the area
- Each player has to dribble through their coloured gate and return to the next player in a relay race
- Each team has to complete its own colour and then another colour, etc.

Ways to make the exercise easier

- You can start with a simple race and no balls
- You could also introduce different physical movements such as hopping, skipping, jumping, etc.

Ways to make the exercise harder

- Increase the number of coloured gates in the square
- Make the gates smaller

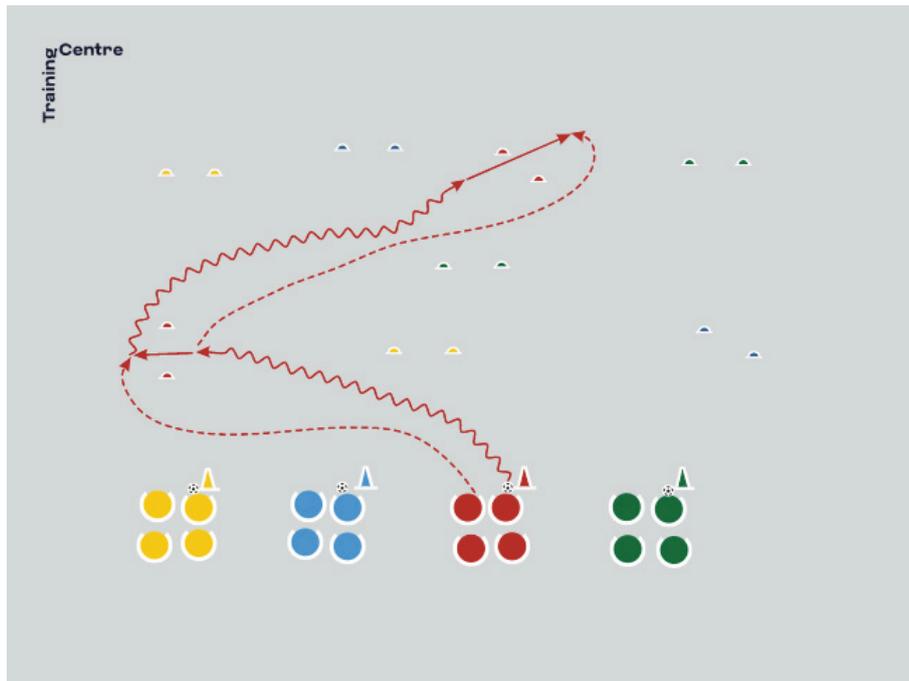
Great questions to ask the players

- Can you show me how quickly you can dribble with the ball under control?
- Can you show me a trick where you turn on the ball when you return to your corner?
- Can you keep your head up when dribbling so that you avoid others?

Safety tips

- Only one player or pair to go at a time from each team

SKILL DEVELOPMENT: RELAY RACE IN PAIRS



Organisation

- Create equal teams to play some relay games
- Each team has a colour and gates with the same colour inside the area
- Two players from each team have to dribble the ball to their coloured gates and pass through the gate to each other before returning to their team
- Players then have to make a double pass through each gate before moving on to the next one
- Create variations of tasks for players to attempt while dribbling as a pair
- Make it a race – first team to finish wins

Ways to make the exercise easier

- You can start with a simple race and no balls
- You could also introduce different physical movements such as hopping, skipping, jumping, etc.

Ways to make the exercise harder

- Increase the number of coloured gates in the square
- Make the gates smaller
- If a player touches the cones with the ball, they have to do it again

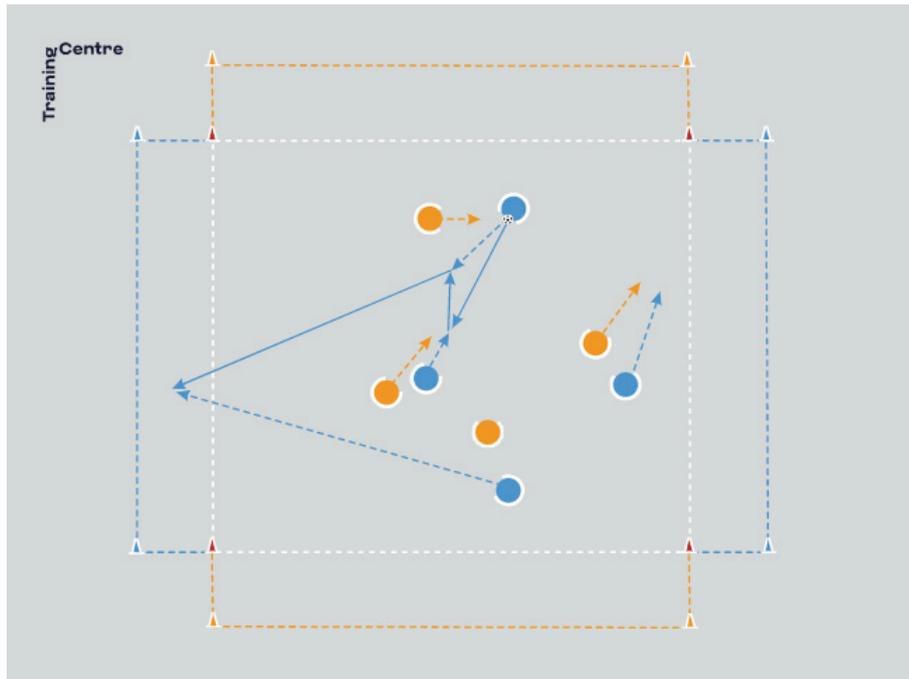
Great questions to ask the players

- Can you show me how quickly you can dribble with the ball under control?
- Can you show me how to make a quality pass through the gate?
- Can you keep your head up when dribbling so that you avoid others?

Safety tips

- Only one player or pair to go at a time from each team

GAME APPLICATION: 4V4 END ZONE GAME



Organisation

- 4v4 in the middle area, each team has two end zones on opposite sides
- Players have to dribble the ball into an end zone to score and put their foot on the ball to show that it is under control
- Players can also receive a pass in the end zone to score a point
- A dribble is worth two points and a pass is worth one
- Make several pitches and rotate players so they have varied opposition

Ways to make the exercise easier

- Make the end zone wider
- One team can have more players

Ways to make the exercise harder

- Make the end zone very narrow
- One team can have fewer players

Great questions to ask the players

- Can you spot an opportunity to dribble the ball into the end zone and be positive and go for it?
- Can you pass to another player who has a 1v1 chance to dribble and score?
- As a team, can you think of the best way of defending against a team of dribblers and did you try to play that way? Did it work?

Safety tips

- Create safe zones between each pitch