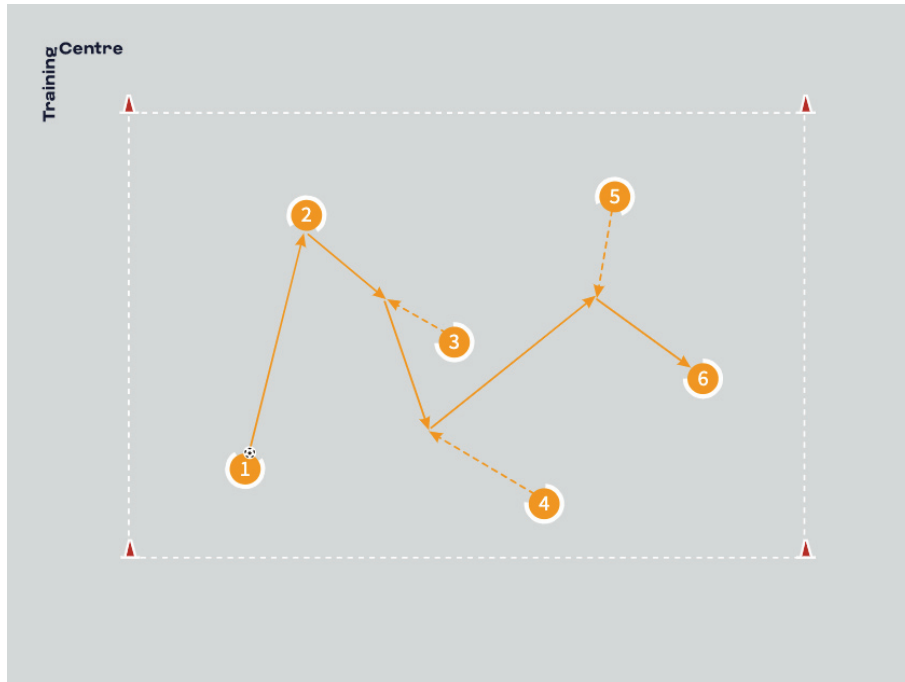


## Give and go

### WARM-UP: PASS AND MOVE GAME



#### Organisation

- Create small groups of up to six players. Each player is given a number in sequence
- Players have to pass in sequential order by hand and as a team, they must not drop the ball
- Encourage players to move after each pass, then add the condition that they must run around at least one cone
- Players must then run around the whole square after their pass
- Create races between groups: first to reach a number of passes without dropping the ball – if they drop it then start again from zero
- Ask players to be creative when throwing and catching, show that there are different ways to pass the ball by throwing

#### Ways to make the exercise easier

- Players can start by standing still and passing in the right order

#### Ways to make the exercise harder

- Players have to be moving all the time
- They can only throw and catch with one hand
- You could add one blocker to each group from another team

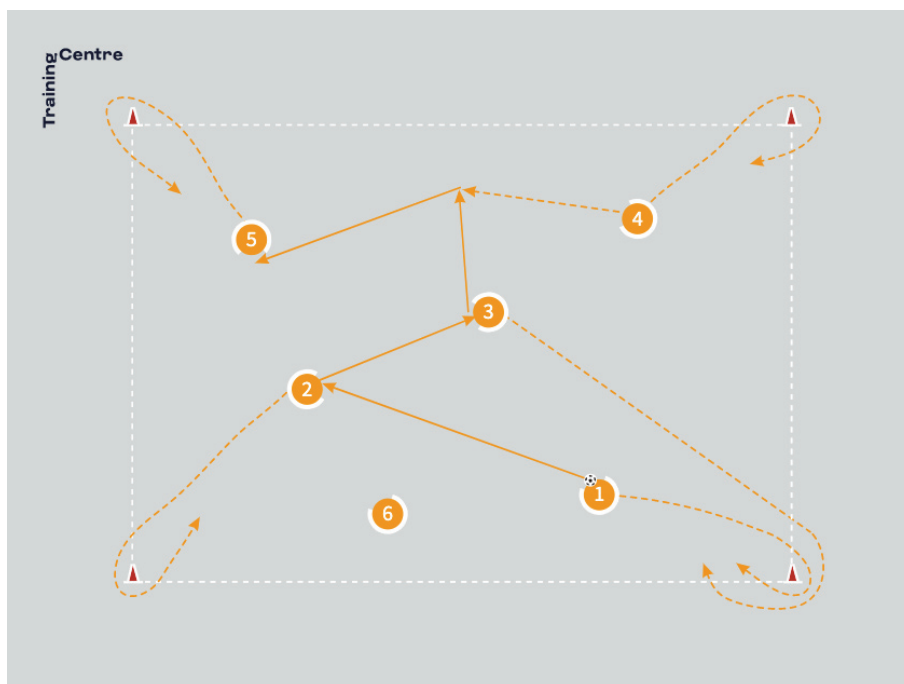
#### Great questions to ask the players

- Can you focus on making an accurate pass to your next player?
- Can you try and experiment with different ways of throwing the ball?
- How can you help each other to pass the ball quickly without dropping it?

#### Safety tips

- Keep your head up all the time so that you can see your team-mates and don't run into each other

## SKILL DEVELOPMENT: PASS AND MOVE



### Organisation

- Create small groups of up to six players. Each player is given a number in sequence
- Players have to pass in sequential order by foot and as a team, they must not let the ball leave their square
- Encourage players to move after each pass, then add the condition that they must run around at least one cone
- Players must then run around the whole square after their pass
- Create races between groups: first to reach a number of passes without losing the ball in the square – if it goes out, then start again from zero
- Ask players to be creative when passing and use different parts of the foot

### Ways to make the exercise easier

- Players can start by standing still and passing in the right order

### Ways to make the exercise harder

- Players have to be moving all the time
- They can only use their weakest foot, or have to play one-touch only
- You could add one blocker to each group from another team

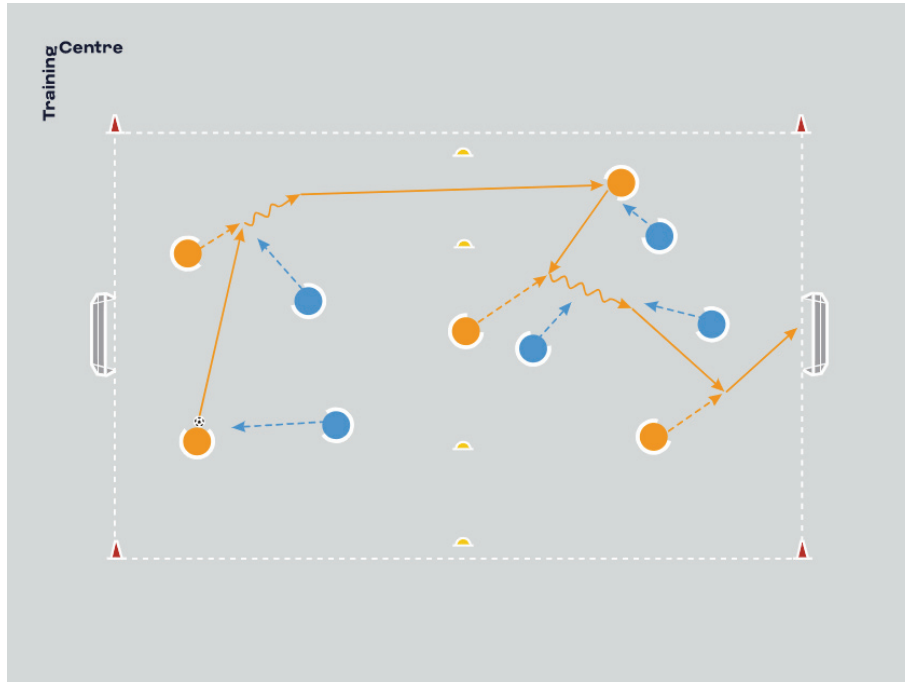
### Great questions to ask the players

- Can you focus on making accurate passes?
- Can you try to experiment with different ways of passing the ball?
- How can you help each other to pass the ball quickly as a team?

### Safety tips

- Keep your head up all the time so that you can see your team-mates and don't run into each other

## GAME APPLICATION: SMALL SIDED GAME - GAME RELATED OUTCOMES



### Organisation

- Create small pitches for up to 5v5
- Mark out two gates in wide areas on the pitch
- Each team can only score a goal after playing through at least one of the gates in the build-up
- The gates encourage the players to have width in their team and to spread out
- Encourage players to either dribble through a gate or to get in a position to receive a pass through it
- Start with normal rules, and then rotate teams if there is more than one pitch to vary the opposition

### Ways to make the exercise easier

- You could add more gates

### Ways to make the exercise harder

- Reduce the size of the two wide gates

### Great questions to ask the players

- Can you try to play through a gate as early as possible?
- Why do you think we have put the gates in wide positions?
- Can you think of the best way to defend in this game? Should you try to protect the gates or the goal?

### Safety tips

- Create safe zones between any additional pitches