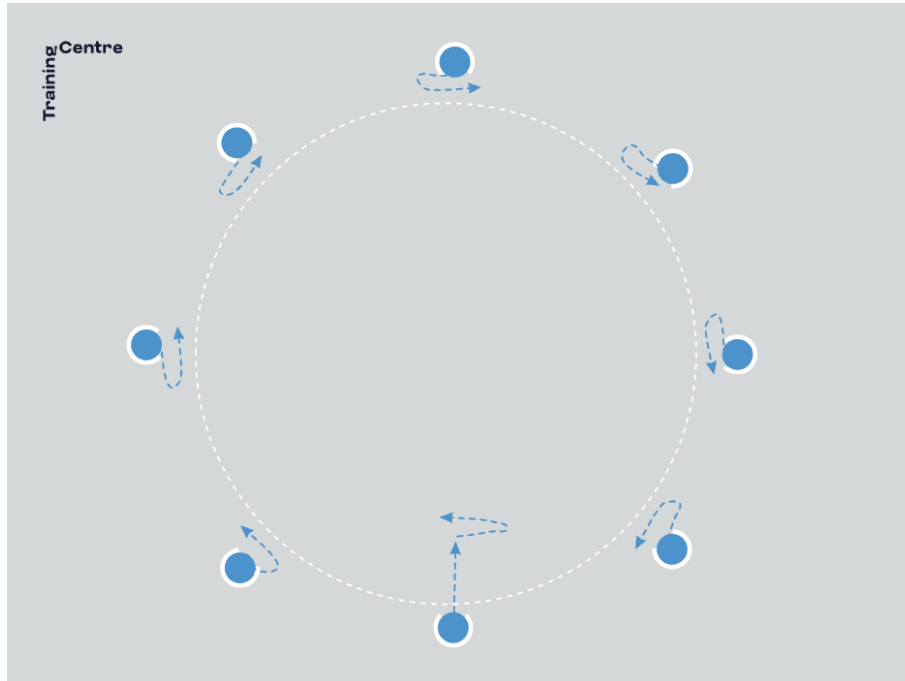


## Know your —●— *next move*

### WARM-UP: DECISION-MAKING WARM-UP



#### Organisation

- Organise the players into a large circle; each player gets a turn to share a physical movement or a ball skill with the rest of the group, who have to copy it
- Encourage the players to come up with something creative, challenging and fun

#### Ways to make the exercise easier

- Give the players time to think about what they will show the others
- If a player is stuck for ideas, he/she can ask a friend for help

#### Ways to make the exercise harder

- Pick players at random to show a movement/skill, instead of following an obvious order

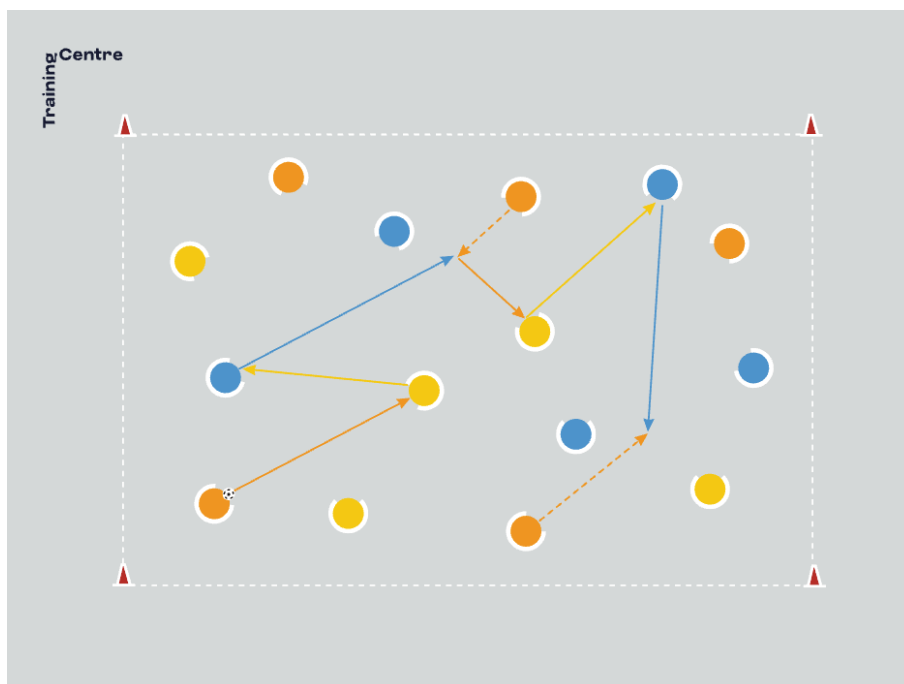
#### Great questions to ask the players

- Can you show the others what to do?
- Can you clearly explain what to do?
- Can you copy what is being demonstrated?

#### Safety tips

- The purpose is not to embarrass the players – if you think there is the potential for that, only pick players to demonstrate who you know have confidence in front of others, or ask for volunteers

## SKILL DEVELOPMENT: COLOUR-COMBINATION GAME IN 3S



### Organisation

- Organise three groups, each member of which is assigned one of three colours
- The players in each group have to pass the ball in sequence to each colour; each group starts with a ball, so three balls are moving from one colour to the next simultaneously
- Progress so that the players in two colours play together and keep one ball away from the others; when the defending players win the ball, they swap with the colour that lost it
- Next, everyone plays in the middle area and after five successful passes, the three players of one colour can break, chased by one defender of another colour, and try to score a goal

### Ways to make the exercise easier

- Allow the attackers to break with no chasing defender

### Ways to make the exercise harder

- More than one defender can chase the attacking three

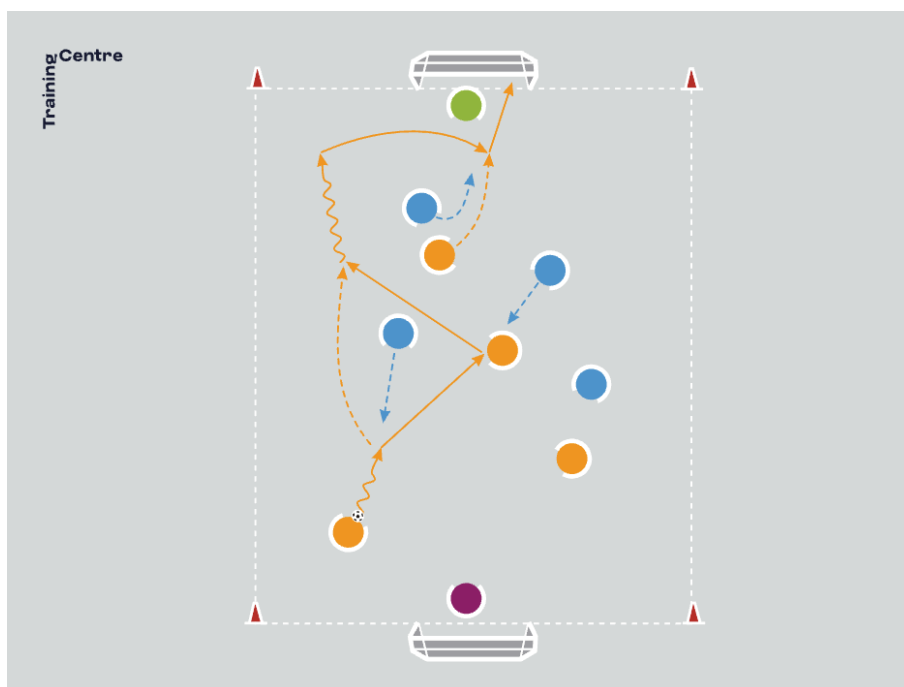
### Great questions to ask the players

- Can you break quickly when you attack the goal?
- Can you react quickly to become a defender?
- Can you follow up any shots for rebound opportunities?
- Were you able to express your opinion before and during the activity?
- Did the other players provide the space for you to voice an opinion?

### Safety tips

- Create a safe space to play

## GAME APPLICATION: 5V5, NORMAL PLAY FOLLOWED BY CONDITIONED GAME



### Organisation

- Organise the players into teams of 5v5 and create mini-pitches. Have three teams per pitch and rotate, or two teams per pitch and rotate teams between pitches
- If a team is waiting, it can also play 3v2 or complete a mini-skills challenge to stay active
- Just let the players play
- Allow them to learn through playing and the different challenges posed by new opposition
- Let the players referee their own games
- Set conditions for how to score, e.g. headers and volleys only, and let the players find the solutions

### Ways to make the exercise easier

- Give a team one or more extra players if you have uneven numbers or a weaker team

### Ways to make the exercise harder

- Limit the number of touches
- Add further conditions to the game

### Great questions to ask the players

- Can you organise yourselves as a team?
- Can you all take turns to have a go in goal?
- Can you create passes or crosses that enable your team to score in the air?
- Were you able to express your opinion before and during the activity?
- Did the other players provide the space for you to voice an opinion?

### Safety tips

- Create a safe space to play