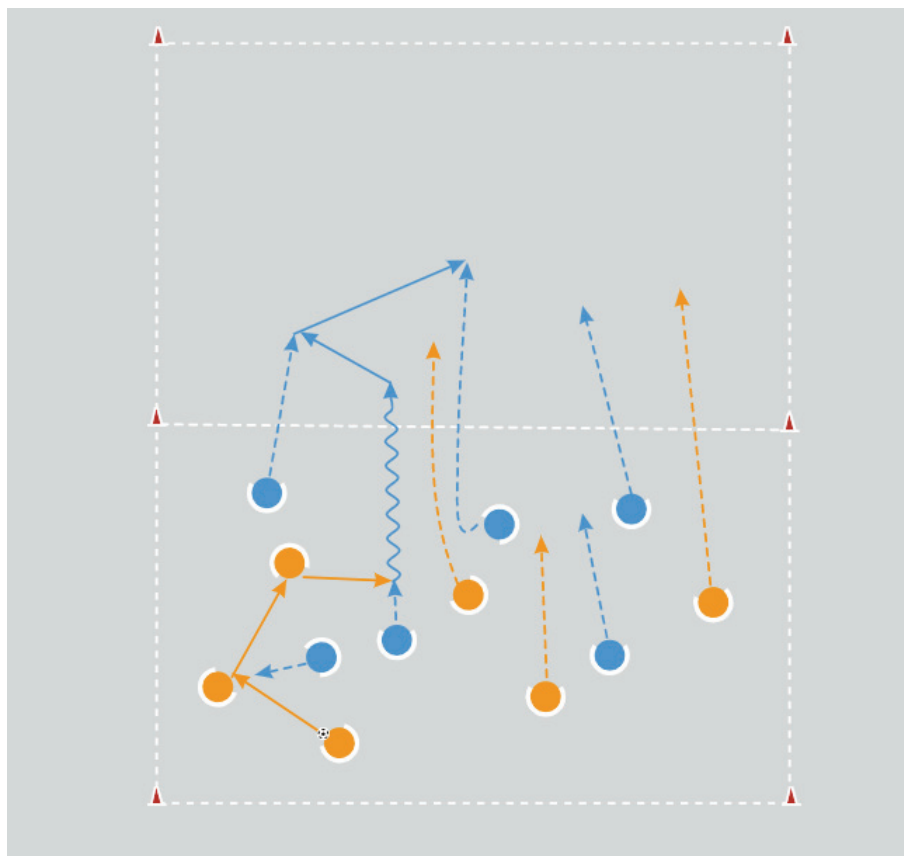


## Adapt to —●— *new situations*

**WARM-UP: 6V6 WITH NO GOALS, BALL POSSESSION GAME, THROW-INS AND CATCHING**



### Organisation

- Organise two teams of six, and each team has its own half of the pitch
- To score a point, a team has to complete five passes in its own half using the throw-in technique
- Encourage the players to try long throws and to remember to keep both feet on the ground when they throw and to throw the ball from behind the head
- No running with the ball

### Ways to make the exercise easier

- Start by allowing any kind of throws, not just the throw-in technique

### Ways to make the exercise harder

- Only passes that cover at least 5m count towards winning points, or shorter passes are penalised

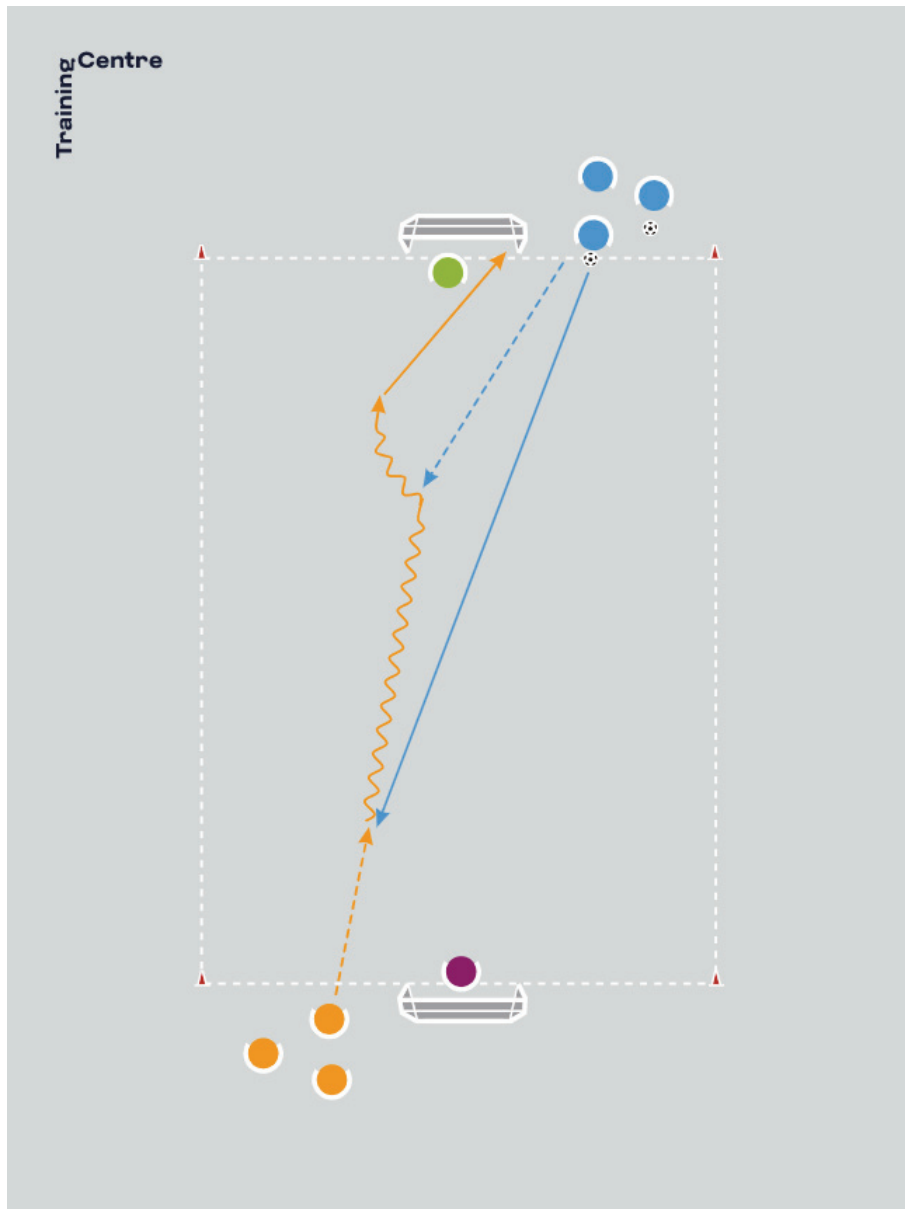
### Great questions to ask the players

- Can you create space as a team?
- Can you show me how to do this?
- When you win the ball in the other half, can you work quickly as a team to get the ball back into your scoring half?

### Safety tips

- Create a safe space to play

## SKILL DEVELOPMENT: 6V6, NORMAL GAME WITH EXTRA THROW-IN PRACTICE



### Organisation

- Organise a normal game, but all restarts are made with throw-ins
- Encourage the players to practise correct throw-in technique
- Ask a player to provide a demonstration of a correct throw-in
- The coach can stop play at any time and award a throw-in

### Ways to make the exercise easier

- Make the pitch narrower

### Ways to make the exercise harder

- Make the pitch wider

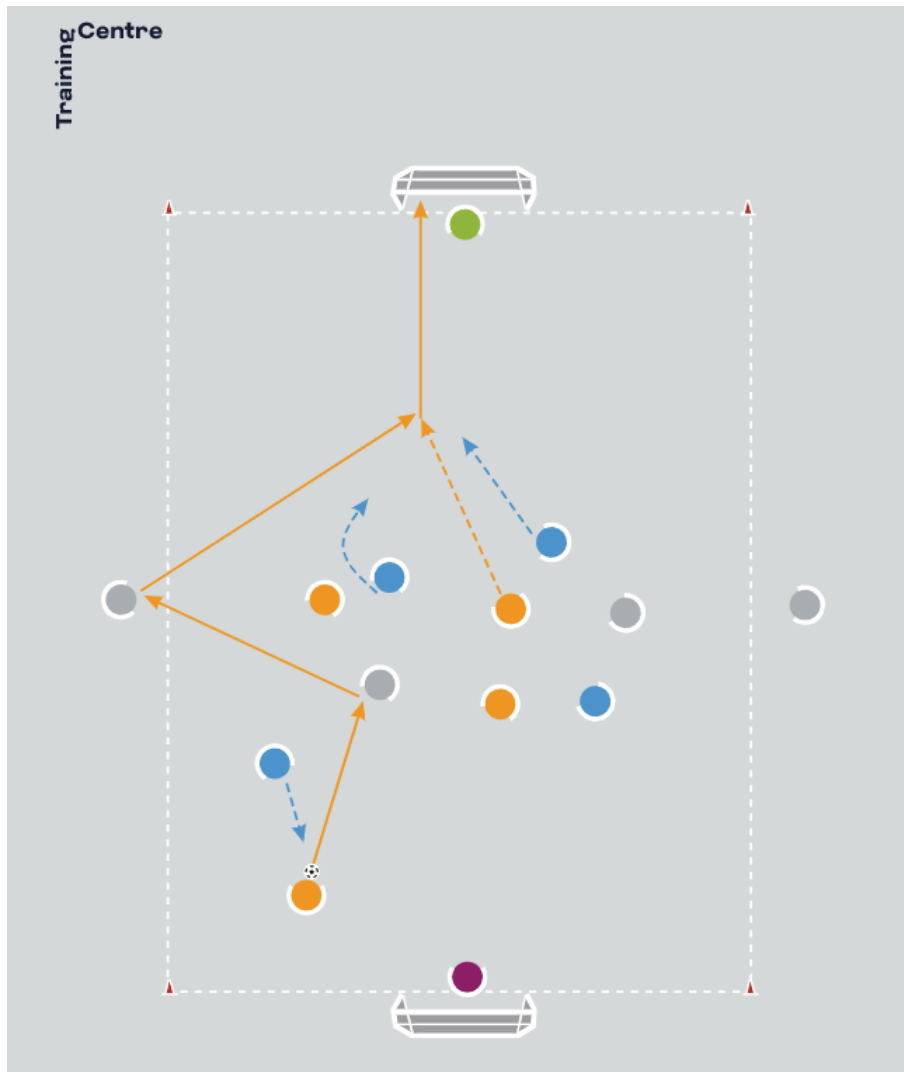
### Great questions to ask the players

- Can you use throw-ins like a free kick or corner?
- Can you find good positions to receive and control the ball from a throw-in?
- How should you defend against throw-ins? Can you show me?
- What changes do players have to be ready for in the game?
- How can players adapt well to changes in the game?

### Safety tips

- Create a safe space to play

## GAME APPLICATION: 6V6 + 1 GOALKEEPER, 1 GOAL IN MIDDLE OF PITCH



### Organisation

- Create a pitch for 6v6 with one goal (guarded by a goalkeeper) in the middle
- Both teams can score in the goal from either side of the pitch
- Good practice for the goalkeeper; encourage different types of shots. Rotate the keeper

### Ways to make the exercise easier

- Make the pitch narrower

### Ways to make the exercise harder

- Make the centre circle a goalkeeper-only area, so shots have to be taken from a longer distance

### Great questions to ask the players

- Can you use the whole pitch to create space and opportunities to shoot?
- Can you think about how you might score with deflections or from rebounds?
- If your team is not in possession of the ball, can you get in line with potential shots to block them?
- What is it like to change positions in the game (e.g. become the goalkeeper or change teams)?
- How can players adapt well to these changes?

### Safety tips

- Rotate the goalkeeper every few minutes
- Create a safe space to play