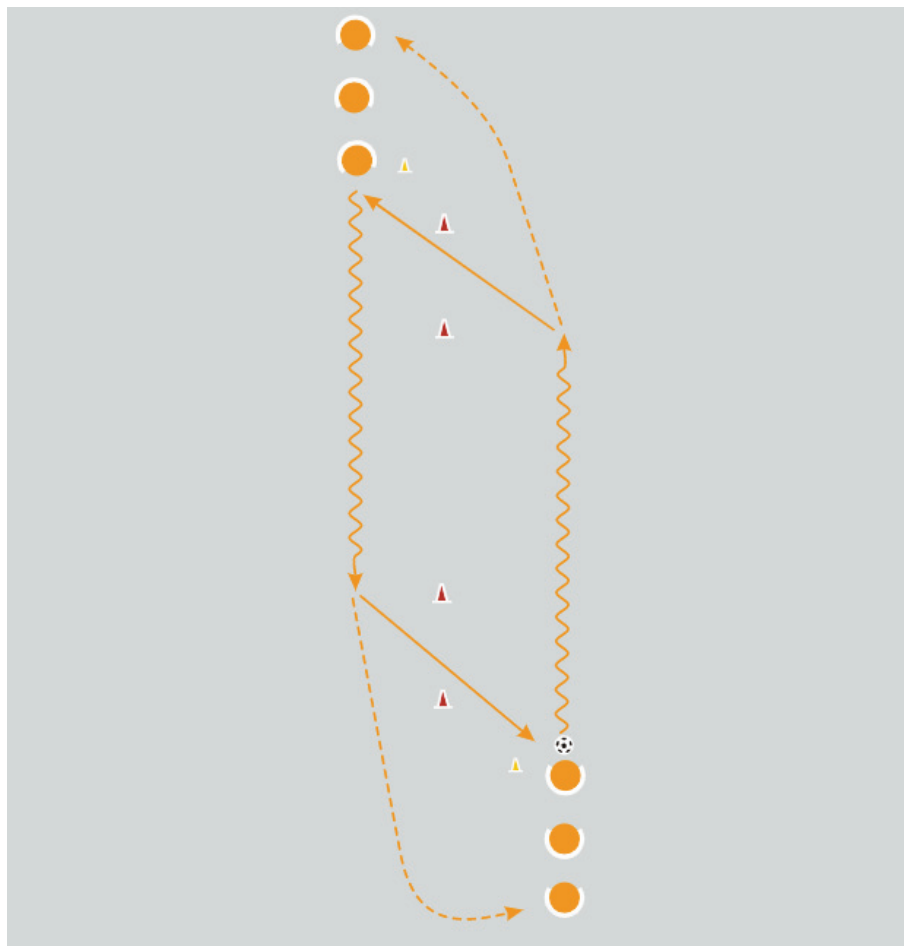


## From 3v3 to 7v7

### WARM-UP: DRIBBLING AND PASSING



#### Organisation

- Organise teams of no more than six and set up two teams opposite each other
- Invite the players to decide how the teams should be selected
- Create an area that the players have to run across before making an accurate pass to the opposite team
- After passing the ball, they should use a different running movement to complete the remaining distance
- Encourage them to focus on the accuracy and weight of their passes
- The first team to complete ten successive accurate passes wins; if a pass is misplaced (e.g. it hits the gate or does not go to the receiver), the team starts again from zero

#### Ways to make the exercise easier

- Make the gate to pass through bigger

#### Ways to make the exercise harder

- Make the gate to pass through smaller, meaning increased accuracy is required
- Challenge the receiver to push the ball away from his/her feet with his/her first touch and take a maximum of three touches before passing the ball through the gate

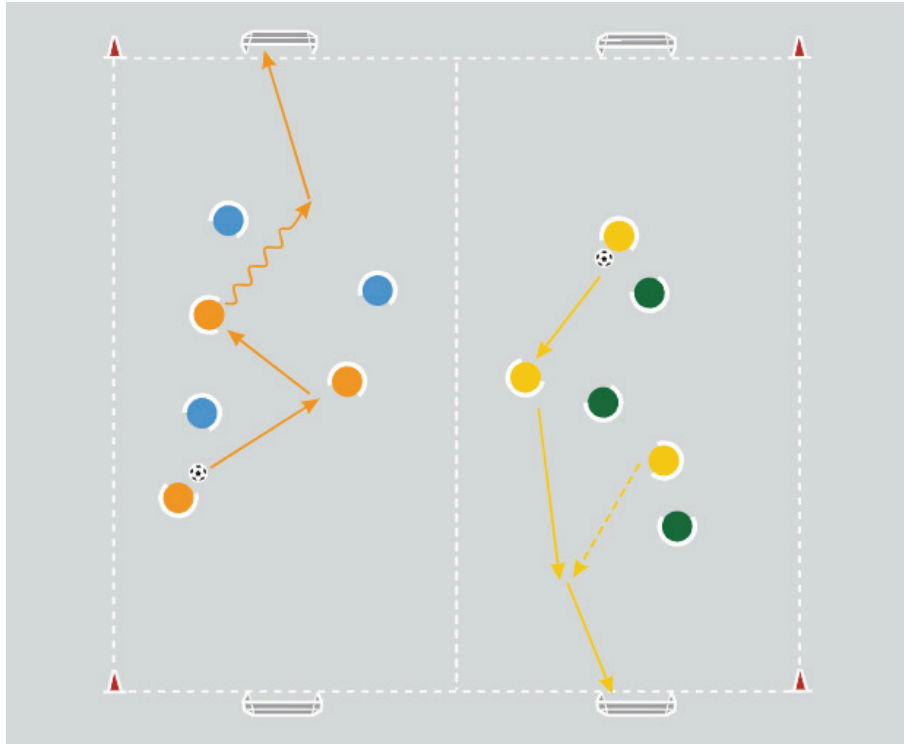
## Great questions to ask the players

- Can you focus on accurate passing?
- What's the best way to pass over this distance?
- Can you try different types of passes to see what works for you best?
- What running movement did you choose after you passed the ball?
- What choices did you have?

## Safety tips

- Create safe zones between each pair of teams

## SKILL DEVELOPMENT: 3V3, 2 GOALS



## Organisation

- 3v3 mini-matches – organise multiple pitches
- Invite the players to pick the teams and set up the pitches
- If you don't have enough goalposts, targets or gates can be used instead
- Encourage the players to reflect on the fairest process for arranging the teams

## Ways to make the exercise easier

- No goalkeepers

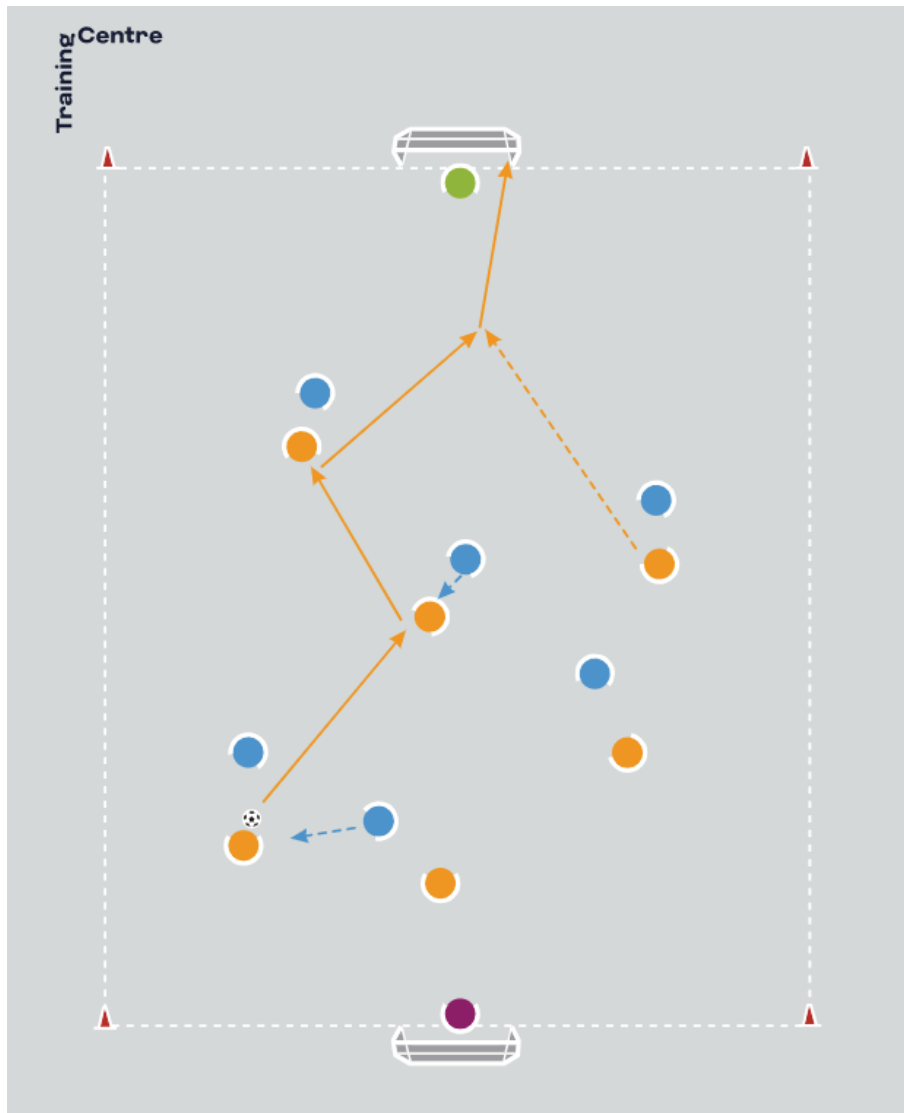
## Ways to make the exercise harder

- Allow the nearest defending player to goal to use his/her hands
- Allow any defending player to use his/her hands if within 2m of the goal

## Safety tips

- Make sure the players leave spaces between pitches and any goals are safe

## GAME APPLICATION: 7V7, NORMAL GAME



### Organisation

- Organise two equal teams of up to 7v7
- Invite the players to decide how the teams should be selected
- Normal rules, but let the players decide how to restart the game (e.g. kick-ins instead of throw-ins)
- Ask the players to referee their own games
- Allow the teams to vote on who will be the referee
- If there are several teams, rotate every few minutes
- Encourage all the players to take a turn in goal

### Ways to make the exercise easier

- Give one team more players

### Ways to make the exercise harder

- Give one team fewer players
- Add conditions to the game (e.g. a minimum number of passes before goals can be scored); give the players the chance to decide

### Safety tips

- Watch all pitches from a central position in case of injuries and rotate to give players the opportunity to rest when needed