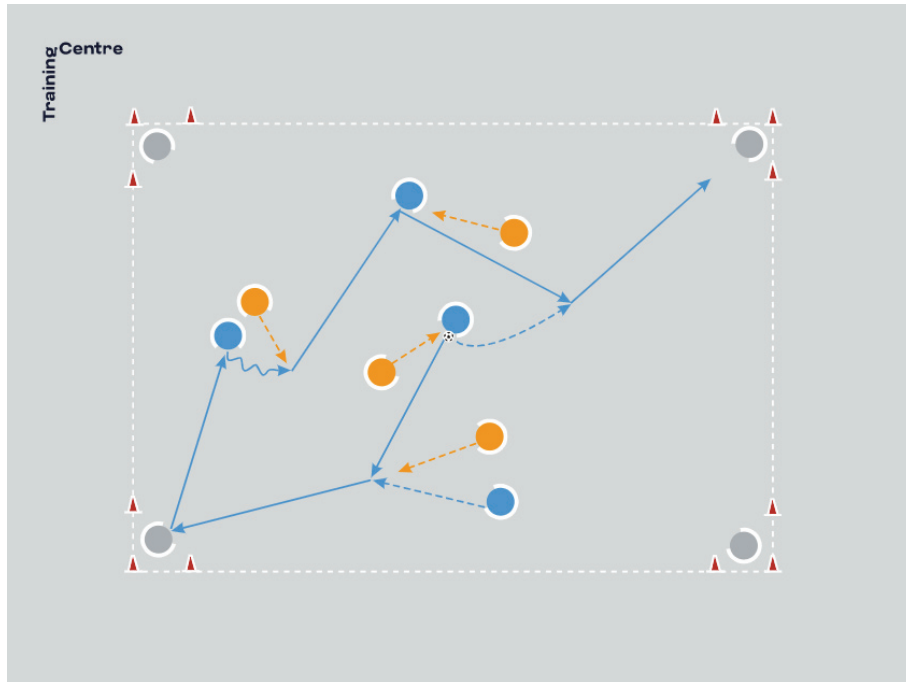


## Dominate possession

### WARM-UP: PASSING AND POSSESSION



#### Organisation

- 4v4 in the middle with one more team of four occupying the corners in safe zones
- Two teams play in the middle to keep the ball and pass to any corner to begin with to earn a point for the team
- Change it so each team can only pass to two of the corners, same side or diagonal
- Ask the players to discuss in their teams what might be the best approach for this game? (encourage conversations and actions)
- Players in the corner give the ball back to the same team that gave it to them
- Ask the players passing the ball back in to the middle teams to pass it with a positive message of encouragement. This promotes good cooperation and sets a good example to others
- Rotate the winning team with the team from the corners
- The first team to ten points are the winners
- Ask the 'corner' players to join in the celebration with the winning team! (These players are neutral anyway). Ask the players that won the game to stand in front of the other players in the group to tell the story of why they thought their team were successful

#### Ways to make the exercise easier

- Start by playing throw and catch
- Tell the players in the corner to give the ball back to the opposing team, not the team that gave it to them

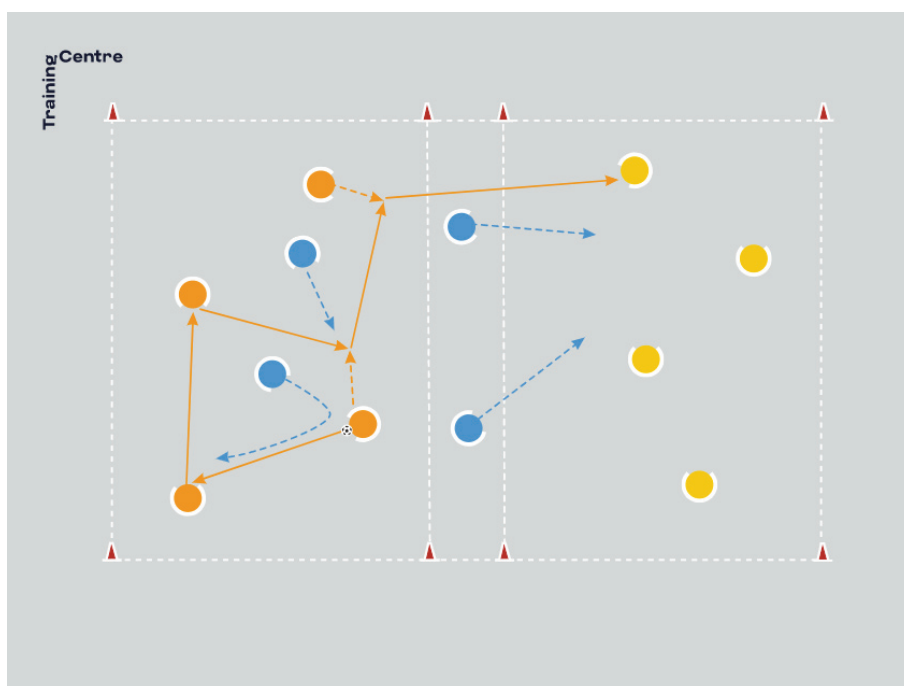
#### Ways to make the exercise harder

- Players have to pass to consecutive corners, i.e. numbers 2/3/4, without losing the ball in order to score a point
- Players have to pass the ball into the corner players' hands, with the ball in the air

#### Great questions to ask the players

- Can you identify the best time to pass to a player in the corner?
- Can you keep your head up while on the ball and change direction to create space for yourself?
- Can you communicate as a team?

## SKILL DEVELOPMENT: PASSING AND DEFENDING



### Organisation

- Three teams of four – a team in each end zone and four in the middle
- On the first touch in the end zone, two defenders from the middle try to win the ball in the end zone
- Attackers try to make four passes and successfully pass to the other end, bypassing the two close defenders and the two defenders in the middle zone
- As the ball reaches the other end, the two defenders from the middle are released, and the other two defenders return to the middle zone
- To enable the game to run smoothly, encourage the players to cooperate through voice and body language. Remind and support the small teams to work together to achieve the outcome
- Remind the players that by positive communication and active listening (body language) your actions can influence others behaviour.
- Repeat this pattern as the ball transfers from end to end
- Each time the defenders win the ball, their team wins the point
- After a few minutes or when a team reaches ten points, change the team that is defending

### Ways to make the exercise easier

- Start with just one defender closing down the ball in the end zones, with three staying in the middle zone

### Ways to make the exercise harder

- Limit the number of touches that attacking players can take
- Require a larger number of passes in the end zone before the ball can be transferred

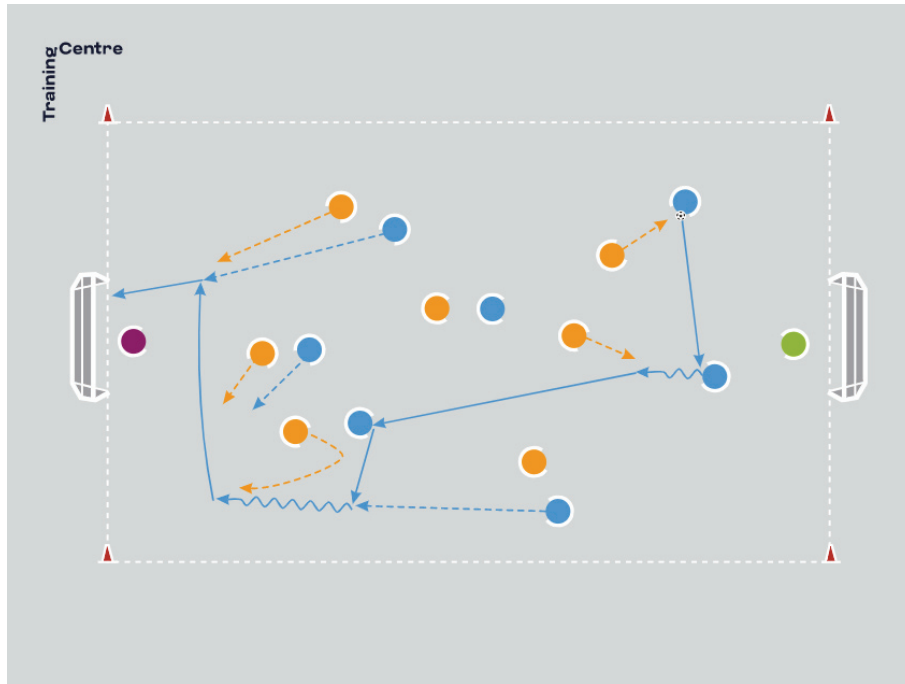
### Great questions to ask the players

- Can you find space to pass into and receive the ball when 4v2?
- What type of passes can you make over a longer distance?
- In the earlier football game, you were encouraged to cooperate and actively listen to your team mates (body language etc.)
- If you are cooperative and are a good listener, how might these skills support you as an influential community member when advocating for positive regenerative behaviours?
- How can you defend effectively as a pair when trying to win the ball?

### Safety tips

- Create safe zones between pitches

## GAME APPLICATION: SMALL SIDED GAME



### Organisation

- Organise two equal teams of up to 8v8
- Inform the teams they will be asked to 'report' to the coach or their peers at the end of the/each game in an energetic and inspiring - 'storytelling' way! In this 'report' they will tell a story of their team mates as having done something in the game that is really inspiring OR contributed well
- Start with normal rules; let the players decide how to restart the game
- Ask the players to referee their own games
- Remind the players that this skill is concentrated on promoting cooperation among players
- If there are several teams, then rotate every few minutes
- Encourage all players to take a turn in goal
- Also, ask for different roles to be discussed and allocated too.
  - By appointing a captain, you are encouraging people to respect one another
  - By appointing a storyteller, you are encouraging the creation of safe spaces for people to learn to public speak
- Try to use large goals, if possible
- If you have an odd number, it's fine to play with uneven teams

### Ways to make the exercise easier

- Give one team more players

### Ways to make the exercise harder

- Make one team play with fewer players
- Add conditions to the game

### Great questions to ask the players

- Do you want to add any special rules to this game?
- Which player on your team will be responsible for refereeing decisions if needed?
- Can you organise yourselves into positions on the pitch?

### Safety tips

- The coach should watch all pitches from a central position in case of injuries and to rotate and rest players when needed