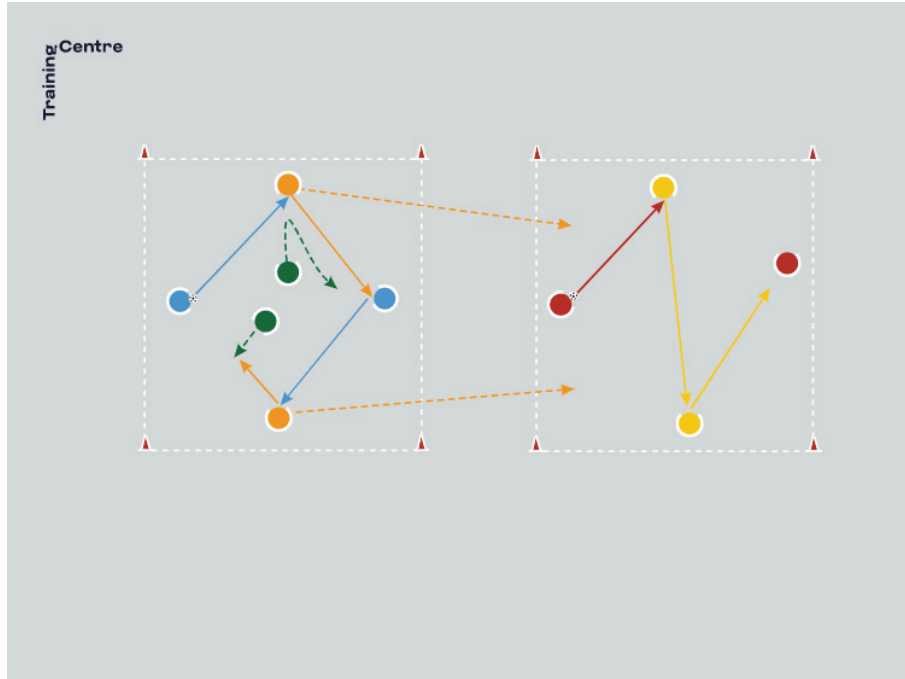


## Finish your chances



### WARM-UP: 4V2, POSSESSION GAME



#### Organisation

- Two groups of four pass the ball between them inside a square – one group has two defenders trying to win the ball
- When the defenders win or intercept the ball, then the pair who lost the ball run to the other group to try to win the ball
- Repeat the process, so the defenders become a part of the four when they win the ball, and the pair who lost it always have to go and hunt the ball in the other group
- The pair who end up as defenders most often lose the game

#### Ways to make the exercise easier

- Allow the players to throw and catch the ball to begin with
- Each pair can have “extra lives” before they become defenders: for example, only change roles after a pair lose the ball twice

#### Ways to make the exercise harder

- Challenge the defenders to win the ball back within six passes after entering the square

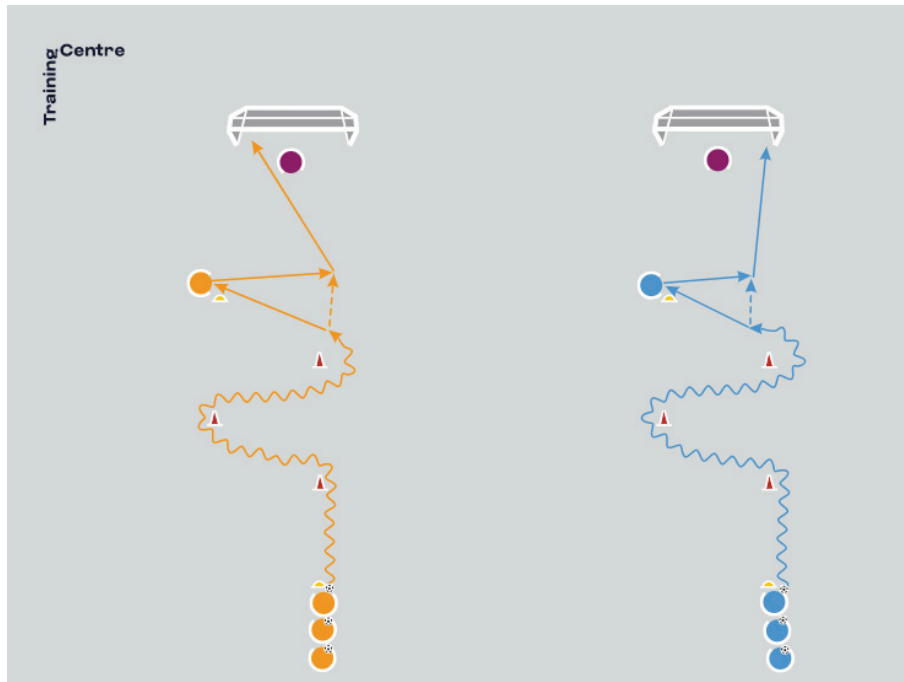
#### Great questions to ask the players

- What do you prefer? Having the ball or chasing the ball?
- Can you show me ways to disguise your passes when 4v2?
- Can you show me how you can defend as a pair to win the ball back quickly?
- What was the goal/aim of the game?
- What strategies did you use to achieve it?

#### Safety tips

- Create safe zones between multiple pitches

## SKILL DEVELOPMENT: 1V1, DRIBBLING, PASSING AND SHOOTING DRILL



### Organisation

- Organise teams of no more than six , plus dribbling areas
- At the end of each dribbling area, there is a goal and a goalkeeper
- Encourage the players to dribble through the cones quickly, then play a one-two before shooting
- Make it a race between the teams: only the first goal counts, or the first team to ten goals wins
- Remind the players to follow up in case of rebounds

### Ways to make the exercise easier

- Have no goalkeepers to start with
- Do not require a one-two: allow the players to take more touches when passing, or to just dribble and shoot

### Ways to make the exercise harder

- The receiver of the pass can become a defender and try to close down the dribbler

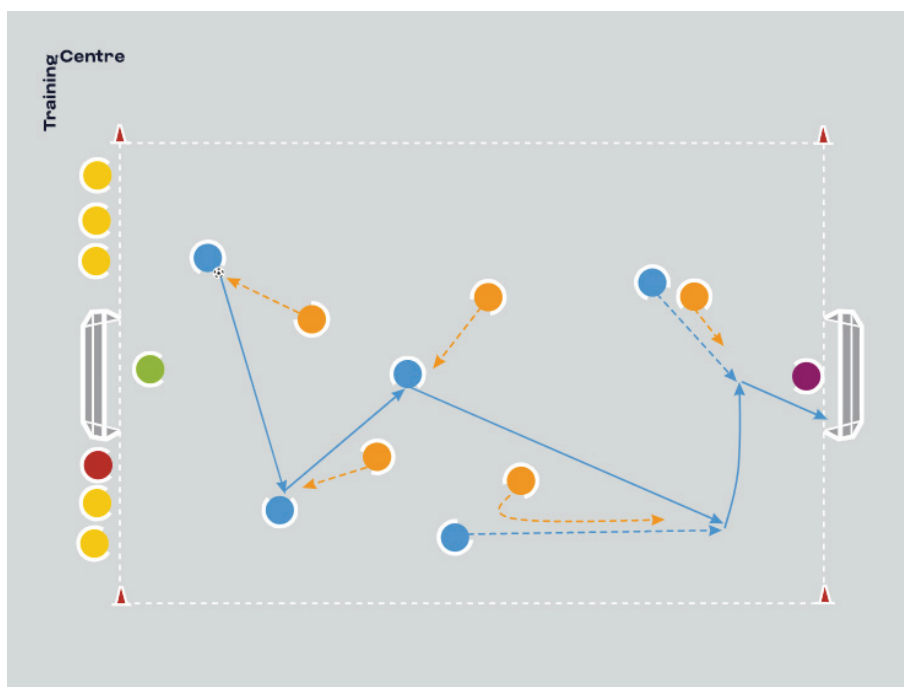
### Great questions to ask the players

- Can you show me the best way to dribble through the cones quickly?
- What types of shot can you choose from and why?
- Can you show me your different shooting techniques?
- What was the goal/aim of the game?
- What strategies did you use to achieve it?
- Were you successful?

### Safety tips

- Only one player from each team should go at a time, and make sure the goalkeepers are always ready

## GAME APPLICATION: 6V6, WAVE GAME, 3 TEAMS AND 2 GOALS



### Organisation

- Divide the group into three equal teams of no more than six players per team.
- Two teams play at any one time (the other rests); the same team starts with the ball for three attacking attempts
- After three attempts, the attackers become the defenders and the previous defenders rest, while the resting team becomes the attackers
- If the defending team wins the ball and then scores, it counts for two points, to reward the successful transition
- Keep rotating the teams after each set of three attempts, and each team should keep a count of its total point score

### Ways to make the exercise easier

- Use larger goals
- Give the attacking team more attempts before it has to change to become defenders

### Ways to make the exercise harder

- Limit the number of touches on the ball
- Limit the defending team to three passes to try to score a goal after winning the ball

### Great questions to ask the players

- Can you think about how you create space as an attacking team?
- Can you try to play the ball forwards into attacking positions?
- If you are defending and win the ball, can you break quickly as a team to score?
- What was the goal/aim of the game?
- What strategies did you use to achieve it?
- Were you successful?
- What other strategies could you try next time?

### Safety tips

- Create safe zones between multiple pitches