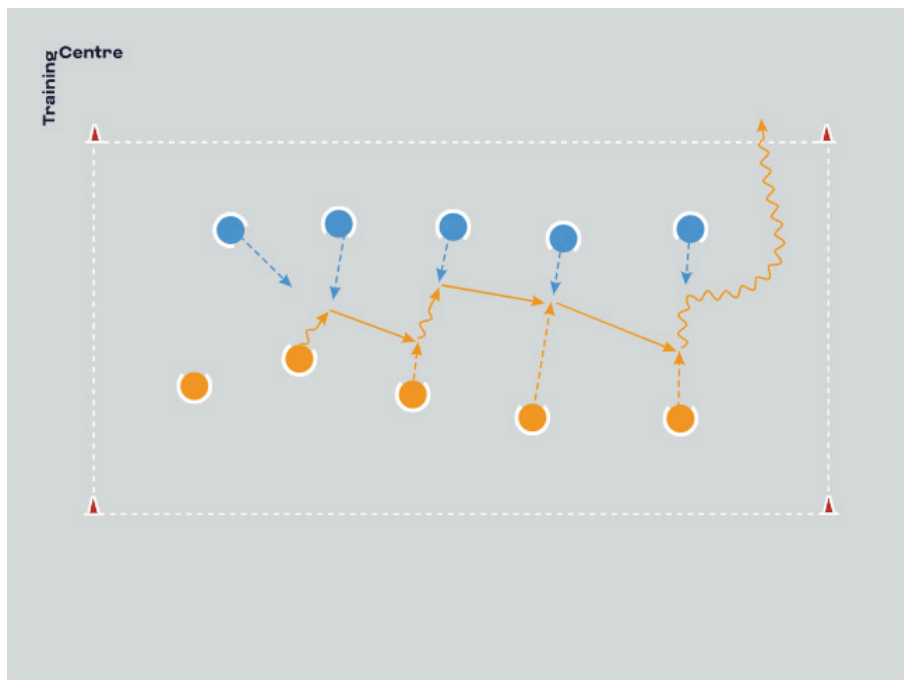


Stay calm



WARM-UP: RUGBY GAME, 5V5



Organisation

- The players are split into two teams and each team attacks the opposite end line
- Players can run with the ball but if they are tagged, they lose possession
- Players can only pass the ball sideways or backwards
- To score a point, a player must run over the end line without being tagged
- To promote team spirit, you can also form pairs

Ways to make the exercise easier

- Limit the number of taggers on each team

Ways to make the exercise harder

- Move on to use of the feet only

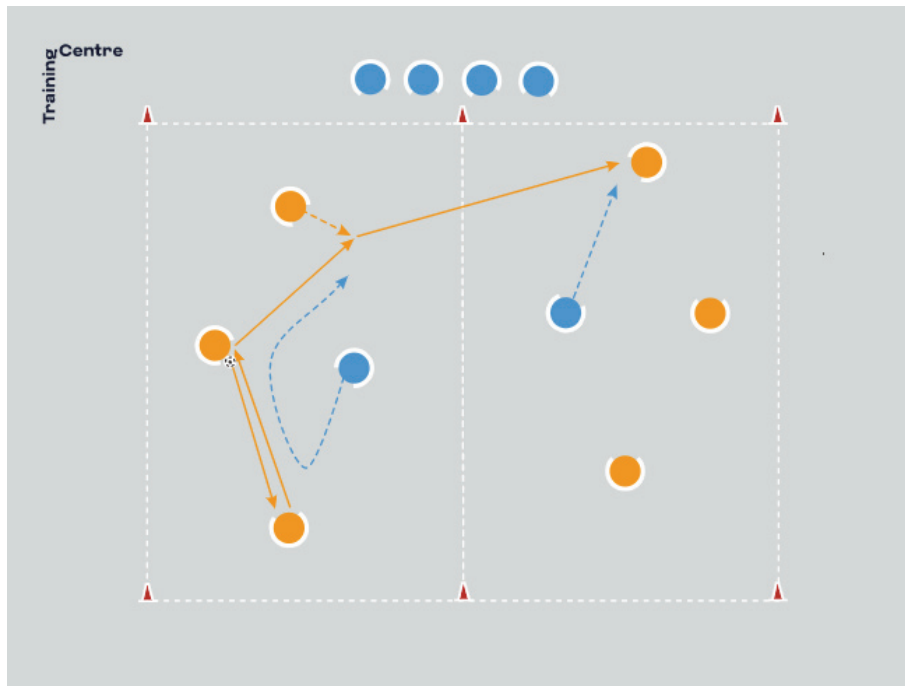
Great questions to ask the players

- Can you show me how you can change direction quickly?
- Can you escape the taggers by being clever?
- Can you show me how you can support the player on the ball by taking up a great position on the pitch either beside or behind the ball?
- What healthy behaviours help us become better footballers?

Safety tips

- Tagging should only be allowed on the back or the knees
- Create a safe space to play

SKILL DEVELOPMENT: 3V1 – 6V2, POSSESSION GAME



Organisation

- Organise the players into teams of 3v1 in both halves of the pitch
- The three players try to keep the ball for five passes, then have to transfer the ball to the other half of the pitch for their team-mates to do the same in order to score a point
- Have a competition between the teams: which team can reach the highest number of successful passes in both halves? Increase the target each time they successfully reach the last one
- Swap the defending team after each point is scored

Ways to make the exercise easier

- Make the area larger
- Make it 4v1 in each half

Ways to make the exercise harder

- Make the area smaller
- Limit the number of touches allowed
- Make it 3v2 in each half

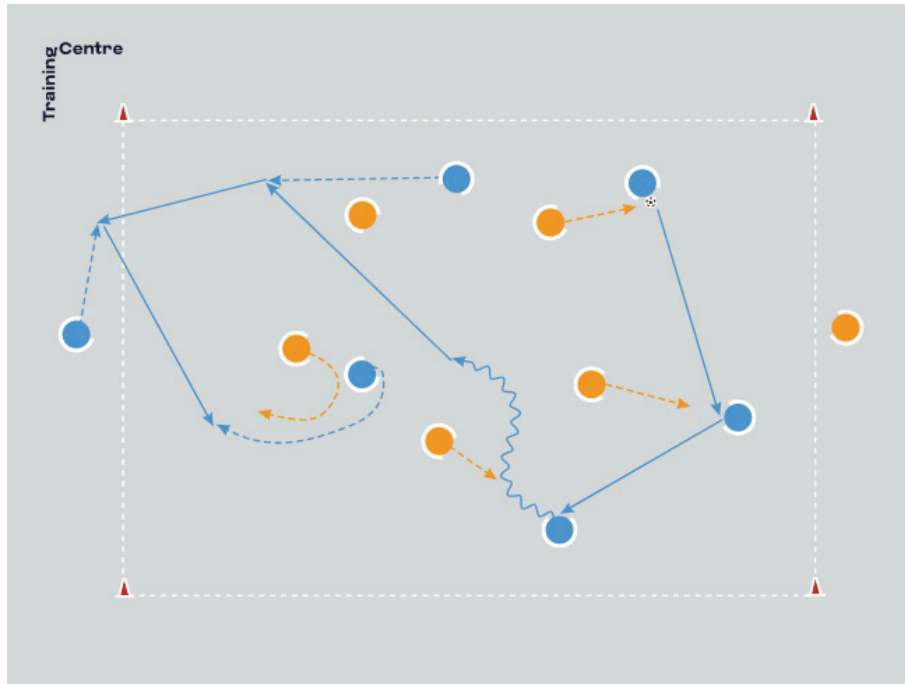
Great questions to ask the players

- Can you create an angle to receive a pass?
- Do you have to pass the ball if there is no pressure on you?
- Can you disguise your pass or movement?
- What unhealthy behaviours might negatively affect our performance in football?

Safety tips

- Create a safe space to play

GAME APPLICATION: 5V5 PLUS TARGET PLAYERS, NO GOALS



Organisation

- Organise two teams on a pitch with three zones; play 5v5 in the middle zone, while in each end zone, there is a target player who must be passed to in order to score a point
- The players should combine as a team to get the ball to the target players; when the target players receive the ball, they can then swap with the outfield player who passed it to them, so that the target players continually rotate
- To win the game, teams have to score a specific number of points. Alternatively, every player must play as the target player before a team can win, meaning that every player has to make a point-scoring pass

Ways to make the exercise easier

- The players can throw and catch the ball to begin with
- Do not allow any defenders in the end zone

Ways to make the exercise harder

- One defender can play in the end zone against the target player
- The target players have to catch the ball to score the point, so the pass has to be in the air

Great questions to ask the players

- Can you recognise opportunities to make an early pass to the target player?
- Can you find ways to reach the target player with a clever pass?
- Can the target players move into spaces to make themselves more available?

Safety tips

- Create a safe space to play