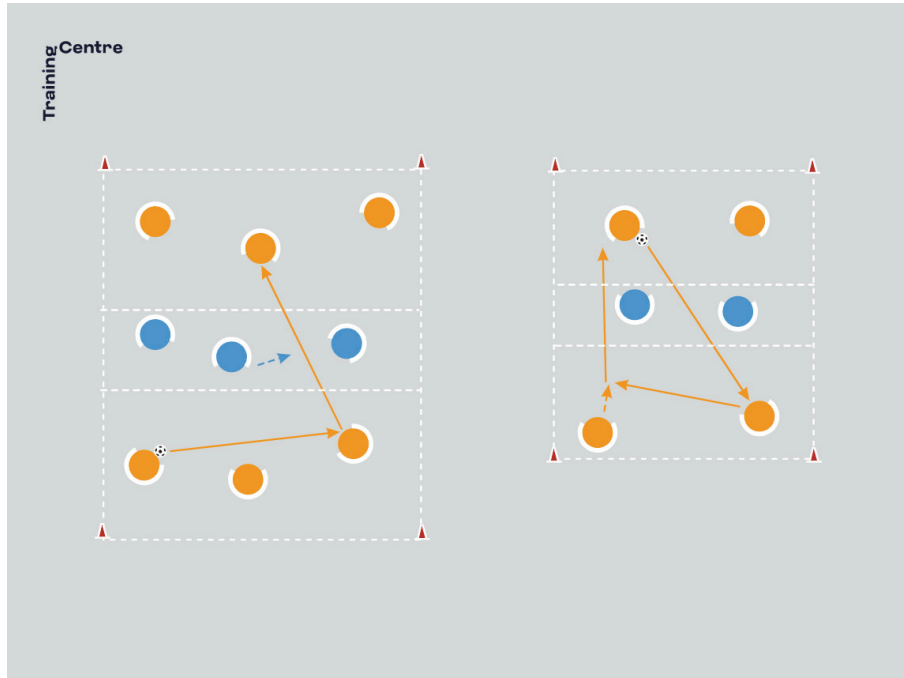


## Passing and movement

### WARM-UP: PASSING THROUGH DEFENDERS



#### Organisation

- Create a pitch with two end zones and a middle zone
- Start with 2+2v2 and then increase to threes or fours
- The aim is to pass the ball through the middle zone without it being blocked or intercepted
- Players in the end zones can pass to each other, try to create space and select the best time to pass through the middle to the other end
- If defenders intercept a pass, then they swap with the end who lost the ball
- Play a competition: start with ten points and teams lose a point every time they have to go in the middle – the game finishes when one team reaches zero
- Rotate opponents to vary the challenge

#### Ways to make the exercise easier

- Allow the players to start by rolling or throwing the ball

#### Ways to make the exercise harder

- Require a first-time pass through the middle zone

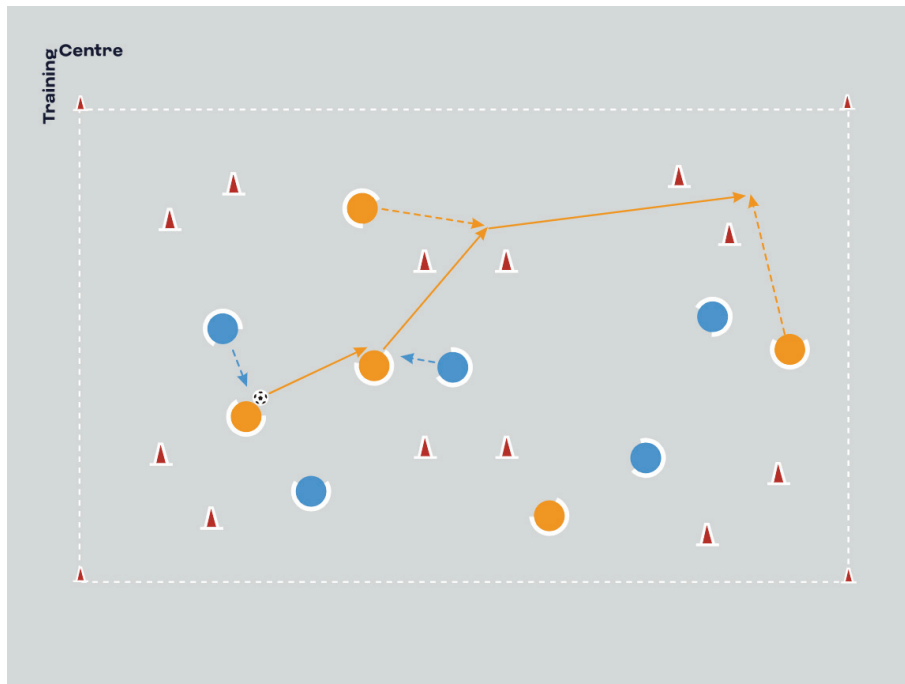
#### Great questions to ask the children

- How can you create space in the middle by passing in the end zones?
- What type of passes can you use to be successful?
- If you are defending, can you try to predict the pass?

#### Safety tips

- Create a safe zone between pitches

## SKILL DEVELOPMENT: 5V5 ON PASSING GOALS



### Organisation

- Make two equal teams and a number of small gates on a pitch
- Each team must try to retain possession of the ball and complete a successful pass through a gate to score each point
- The first team to ten points are the winners

### Ways to make the exercise easier

- Players can start by playing throw and catch
- Make the gates wider

### Ways to make the exercise harder

- Make the gates narrower
- Players have to pass through the gate with their weaker foot
- Add a second ball

## GAME APPLICATION: 2+2V2+2



### Organisation

- Organise four teams, each with its own goal to defend
- Play in teams of two, three or four depending on the size of the pitch
- Each team wears a different colour and has a goal of the same colour
- The coach chooses two colours to play together and try to score in the other two teams' goals
- You can also play three teams against the other one – the single team can score in any of the other three goals and its goals are worth three points, but it has three times fewer players. The three teams playing together have to find a way to score in the single goal

### Ways to make the exercise easier

- Use a large pitch and large goals
- The 2v2 format is the easiest option to start with

### Ways to make the exercise harder

- Each team can nominate a goalkeeper

### Great questions to ask the children

- Can you combine with others to score in the correct colour goals?
- Can you quickly recognise the goals you need to defend?

### Safety tips

- Create a safe zone between pitches