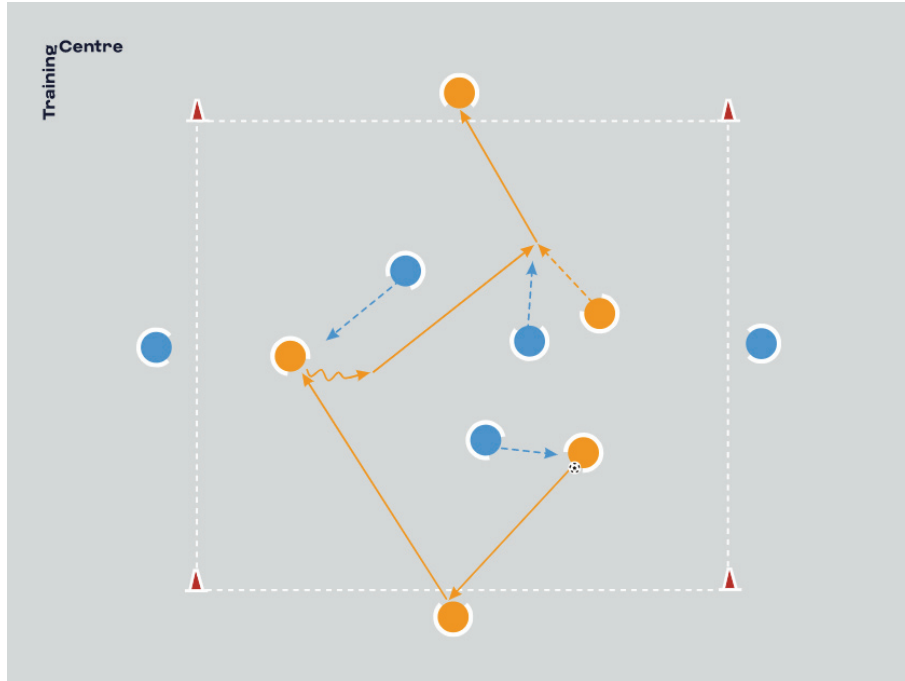


Experimenting with positional freedom

WARM-UP: 5V5 WITH SUPPORT PLAYERS, NO GOALS, POSSESSION GAME



Organisation

- Organise two teams of 5v5
- Two teams of three play in the middle and have to combine to pass to target players at both ends to score a point
- Change the target players every two minutes
- No problem if the teams have unequal numbers

Ways to make the exercise easier

- Give one team more players
- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Give one team fewer players
- Set a minimum number of passes in the middle before teams can pass to the support players

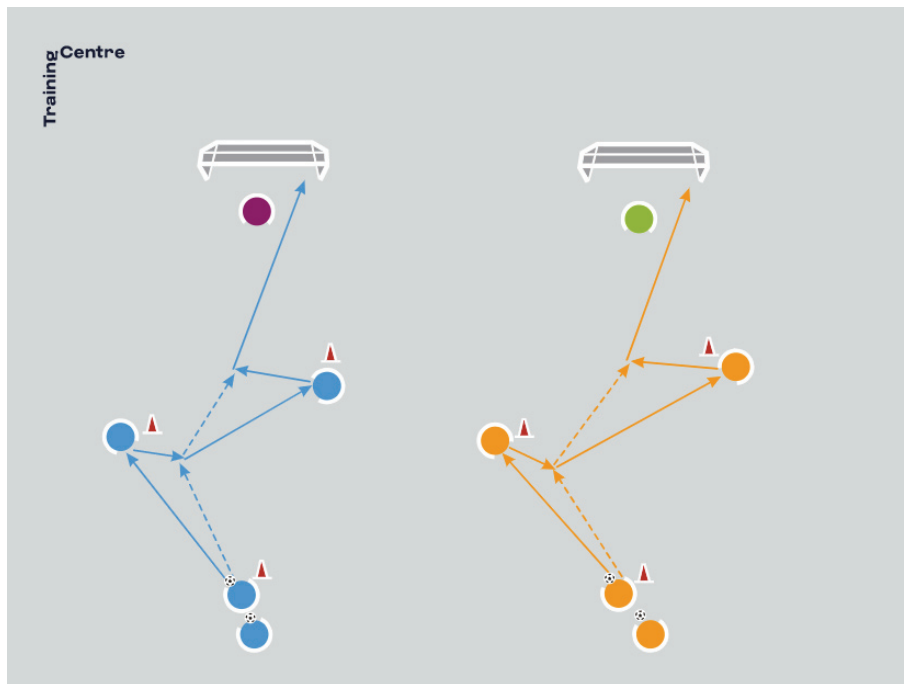
Great questions to ask the children

- Can you spread out as a team and try to use all the space available?
- Can you call for the ball?
- Can you try to find ways to intercept a pass to win the ball back for your team?

Safety tips

- If you start with throw and catch, players can only win the ball during this stage by intercepting passes
- Create a safe space to play

SKILL DEVELOPMENT: PASSING AND SHOOTING DRILL



Organisation

- Organise teams with no more than six per team
- The players combine with team-mates and then shoot; the first player to score a goal each time wins a point for his/her team
- The players start each time when the coach says “go”
- Remind the players that they can also score from any rebounds
- Rotate the goalkeepers

Ways to make the exercise easier

- Start with no goalkeepers, so it's a race to score into the open goal

Ways to make the exercise harder

- Increase the distance of the passes and from which shots are taken
- One player becomes a defender from each team
- Players have to shoot with their weaker foot only

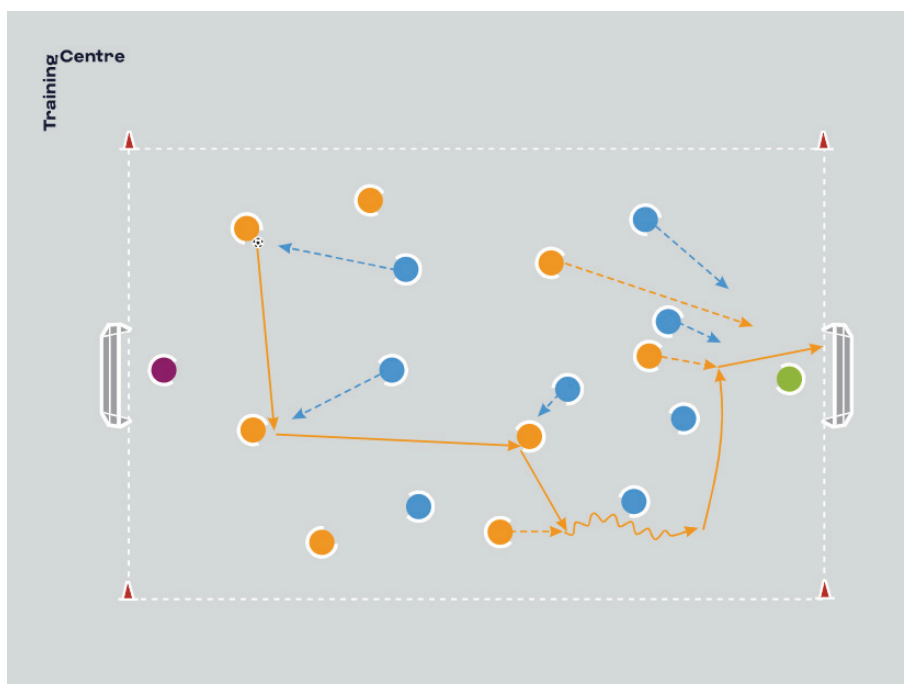
Great questions to ask the children

- Can you choose the right type of shot depending on the goalkeeper's position?
- Can you follow up your shot for any rebound opportunities?
- How does physical fitness help you play the game well? (E.g. being able to run fast or kick the ball hard.)
- How does mental fitness help you play the game well? (E.g. staying alert, concentration, coping with losing, remaining positive.)

Safety tips

- Create a safe space to play

GAME APPLICATION: 9V9, NORMAL GAME WITH POSITIONAL EXPERIMENTATION



Organisation

- Organise your players into two teams and create a pitch for 9v9
- Let the players play and encourage them to try different positions
- Let the players referee their own games

Ways to make the exercise easier

- Give a team one or more extra players if you have uneven numbers or a weaker team
- Use large goals

Ways to make the exercise harder

- Limit the number of touches
- Add conditions to the game – ways to score, for example (e.g. volleys only, one-touch finishes only, etc.)
- Give one team fewer players

Great questions to ask the players

- Can you organise yourselves into a formation outfield – for example, 3-3-2?
- Can you all play in at least two positions within the game?
- Can you choose a captain who is responsible for organising your team?
- How does physical fitness help you play the game well? (E.g. being able to run fast or kick the ball hard.)
- How does mental fitness help you play the game well? (E.g. staying alert, concentration, coping with losing, remaining positive.)

Safety tips

- Create a safe space to play