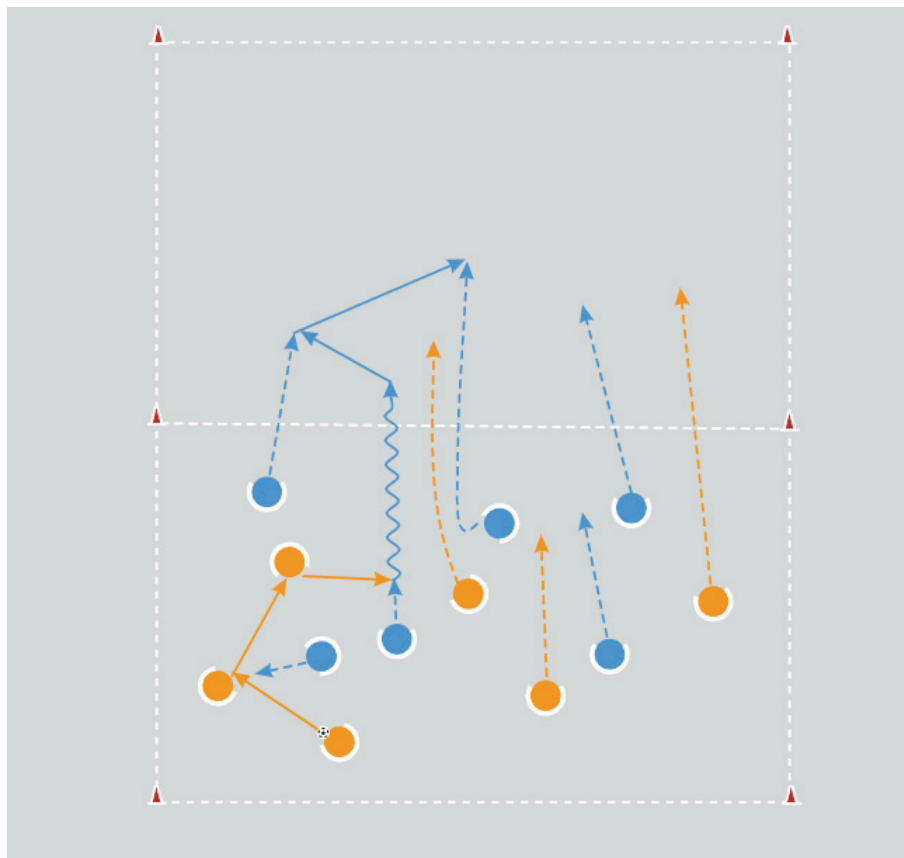


Take the risk



WARM-UP: 3V3, "LINE FOOTBALL"



Organisation

- Organise equal teams of up to 3v3
- Each team has to pass the ball and then try to receive/catch the ball in the end zone to score a point
- Challenge the players to throw the ball a certain way, for example using the throw-in technique or backwards over their heads
- Then move on to use of the feet only
- Play a mini-tournament of several teams

Ways to make the exercise easier

- Make the end zone wider
- Give one team more players

Ways to make the exercise harder

- Make the end zone narrower
- Give one team fewer players

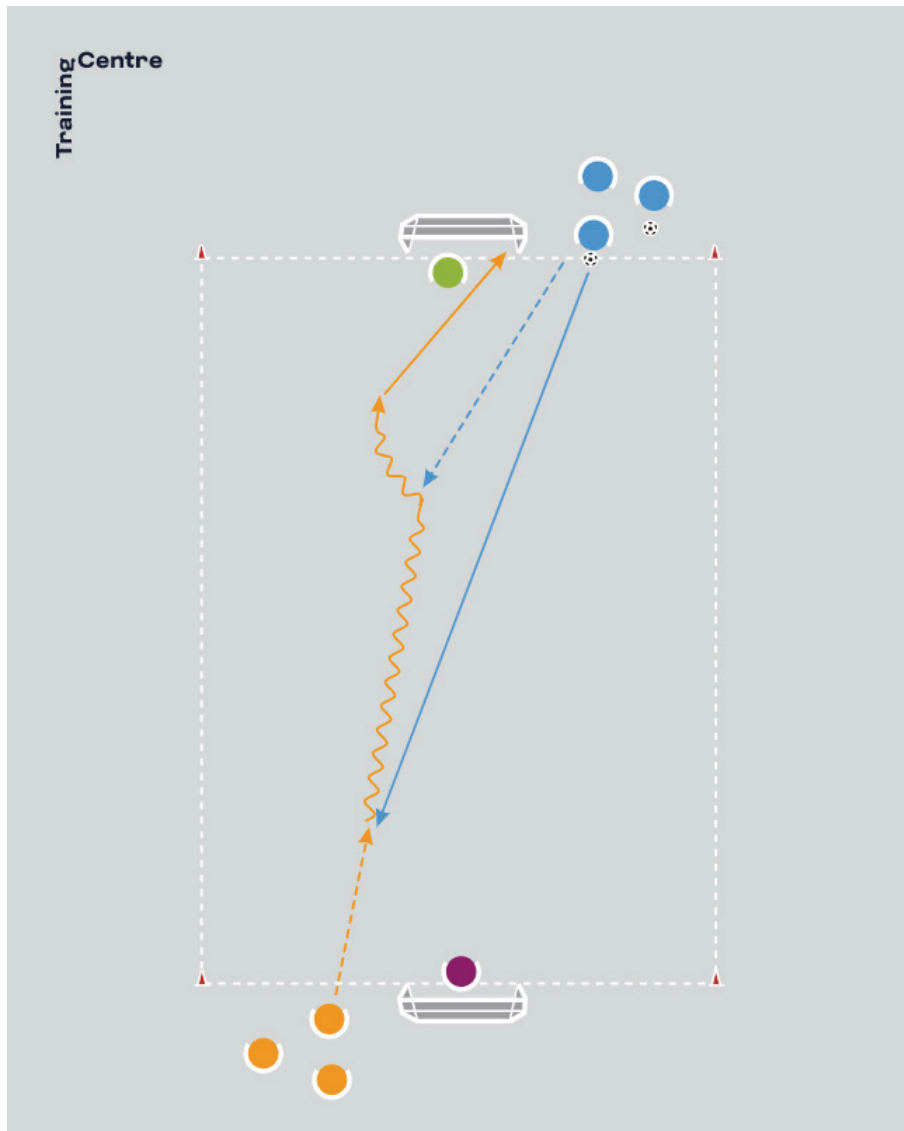
Great questions to ask the players

- Can you move to a position away from the ball, ready to receive a pass?
- Can you call for the ball when you are in a position to receive it?
- Can you show me clever and creative ways to pass the ball?

Safety tips

- Create safe zones between multiple pitches

SKILL DEVELOPMENT: 3V2 OR 4V3, NO GOALKEEPERS, 4 GOALS



Organisation

- Create mini-pitches with two goals in wide positions at each end
- One team has two or three players, the other has three or four, so it's uneven sides
- Encourage the team with more players to create space or attack/dribble when in 1v1 situations
- Encourage the team with fewer players to be patient, defend the space and attack quickly after winning the ball

Ways to make the exercise easier

- Add a central goal at each end too

Ways to make the exercise harder

- Have only one goal at each end

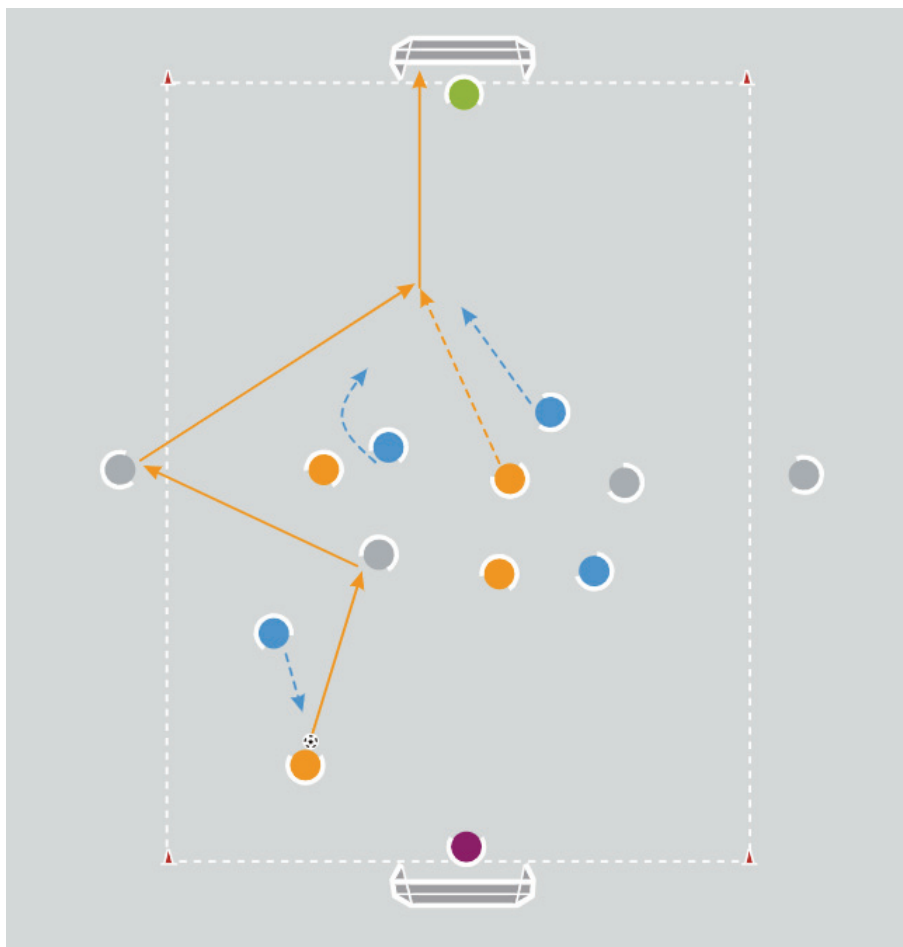
Great questions to ask the players

- Can you try to pass to the player who is not marked closely?
- Can you try to create 1v1 situations so you can take on the opposition?
- When you are outnumbered, can you try to be patient and defend the space?
- Are you aware of the opposition players trying to distract you and win the ball?

Safety tips

- Create safe zones between multiple pitches

GAME APPLICATION: 5V5, NO GOALKEEPERS, 4 GOALS



Organisation

- Organise two equal teams of up to 5v5, who play on a pitch with two goals in wide positions at each end
- Normal rules, but let the players decide how to restart the game (e.g. kick-ins instead of throw-ins)
- Ask the players to referee their own games
- If there are several teams, rotate every few minutes
- Try to use larger 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

- Give one team fewer players
- Add conditions on ways to score, e.g. types of finish

Great questions to ask the players

- Do you want to add any special rules to this game for how to score?
- Which player on your team will be responsible for refereeing decisions if needed?
- Can you organise yourselves into positions on the pitch?
- Did anything surprise you during the game?
- Why is it important to always be aware of the other team?

Safety tips

- Watch all pitches from a central position in case of injuries and rotate to give players the opportunity to rest when needed