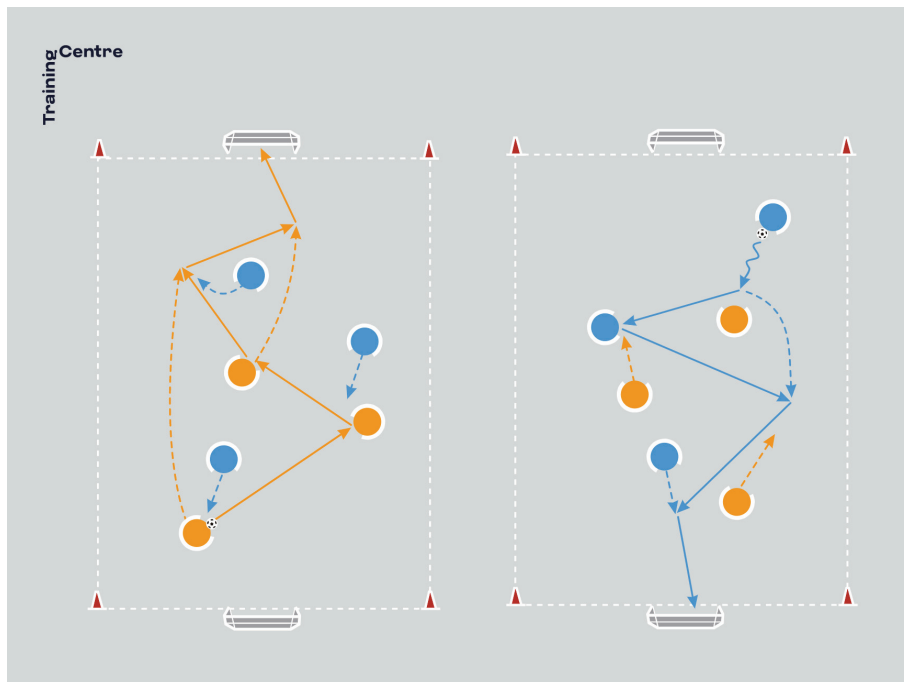


Third player runs

WARM-UP: 3V3 ON TWO GOALS



Organisation

- Organise mini-pitches for 3v3 matches, no goalkeepers
- Let each team play against each other for three minutes
- The team that scores the most goals in all of its matches wins

Ways to make the exercise easier

- Use bigger goals

Ways to make the exercise harder

- Use smaller targets instead of mini-goals
- Limit the number of touches
- Every time someone scores, it has to be a different player to the last scorer

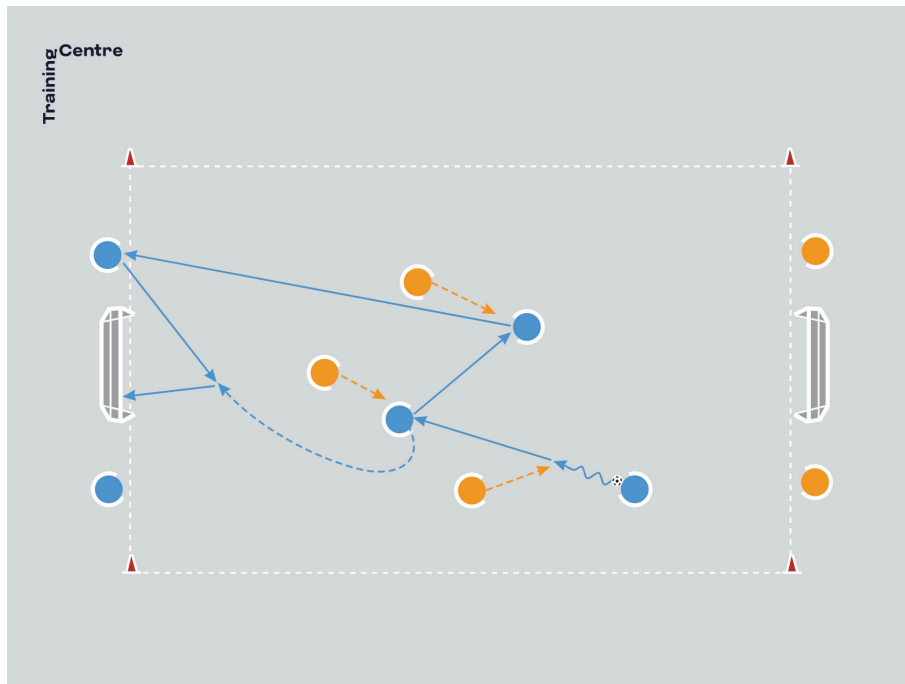
Great questions to ask the children

- Can you try to block the goal as a defender?
- Can you break quickly to score when your team wins the ball?
- Can you try to get between the ball and your own goal quickly when your team loses possession?

Safety tips

- Create a safe playing area

SKILL DEVELOPMENT: 3V3 + 2 TARGET PLAYERS



Organisation

- Organise two teams of three plus two target players
- The two target players play beside each of the goals and act as servers
- Each team has to combine with target players before it can score
- The servers can play the ball back in different ways
- Make sure you rotate the target players after each goal scored

Ways to make the exercise easier

- Servers can play the ball back in by hand

Ways to make the exercise harder

- Players have to score in the air from the servers
- Players have to score with their first touch from the servers
- Add goalkeepers

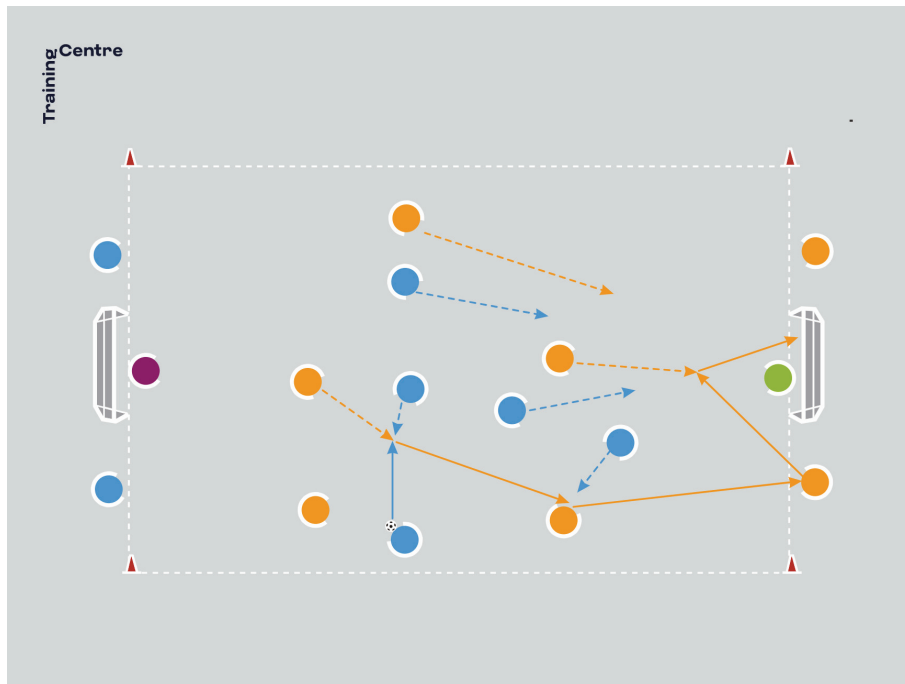
Great questions to ask the children

- Can you try to play the ball early to the target players?
- Can you try to time your run to receive a shooting opportunity from the target player's pass?
- Can you try to finish using just one touch when you receive the pass from the target player?

Safety tips

- Create a safe playing area

GAME APPLICATION: 11V11 WITH WIDE CHANNELS



Organisation

- Organise two teams of six plus two target players
- The two target players play beside each of the goals and act as servers
- The target players can play close to the goal, five to ten metres or 15-20 metres away
- Each team has to combine with target players before they can score
- The target players can vary the way the ball is played or crossed depending on the distance from the side of the goal
- Make sure you rotate the target players after each goal scored or every few minutes

Ways to make the exercise easier

- Servers can play the ball back in by hand

Ways to make the exercise harder

- Players have to score in the air from the servers
- Players have to score with their first touch from the servers
- Add goalkeepers

Great questions to ask the children

- Can you try to play the ball early to the target players?
- Can you try to time your run to receive a shooting opportunity from the target player's pass?
- Can you try to finish using just one touch when you receive the pass from the target player?

Safety tips

- Create a safe playing area