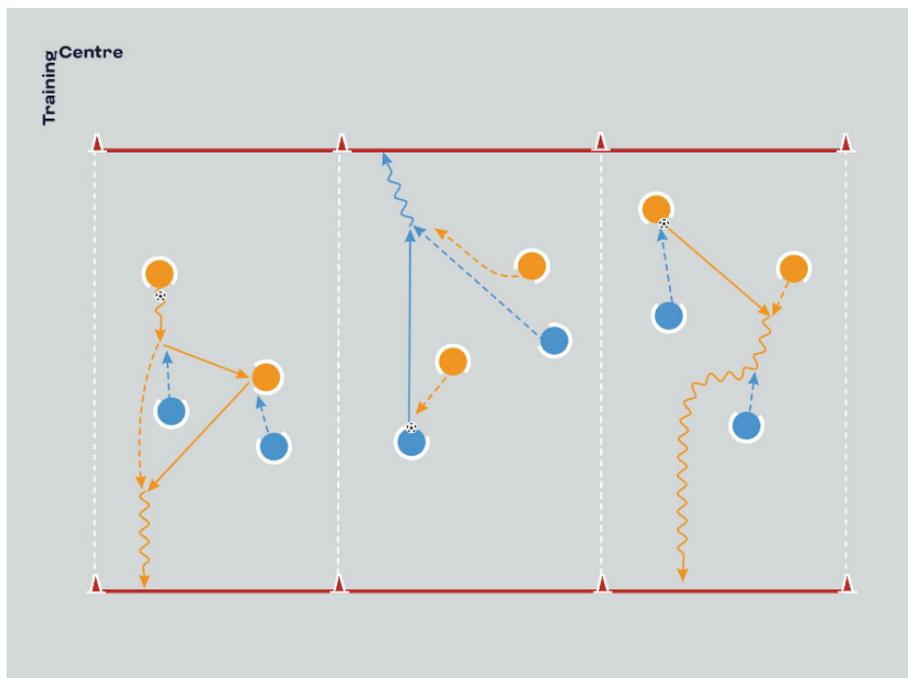


Towards the goal with —●— pace

WARM-UP: 2V2, "LINE FOOTBALL"



Organisation

- Organise mini-matches of 2v2 on multiple pitches
- Let the players pick their own partners or match them up by size and ability
- Play short matches (2-3 minutes) and create a league ladder
- Winners move up a pitch, losers move down
- Points are scored by stopping the ball on the end line

Ways to make the exercise easier

- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Make the pitch narrower

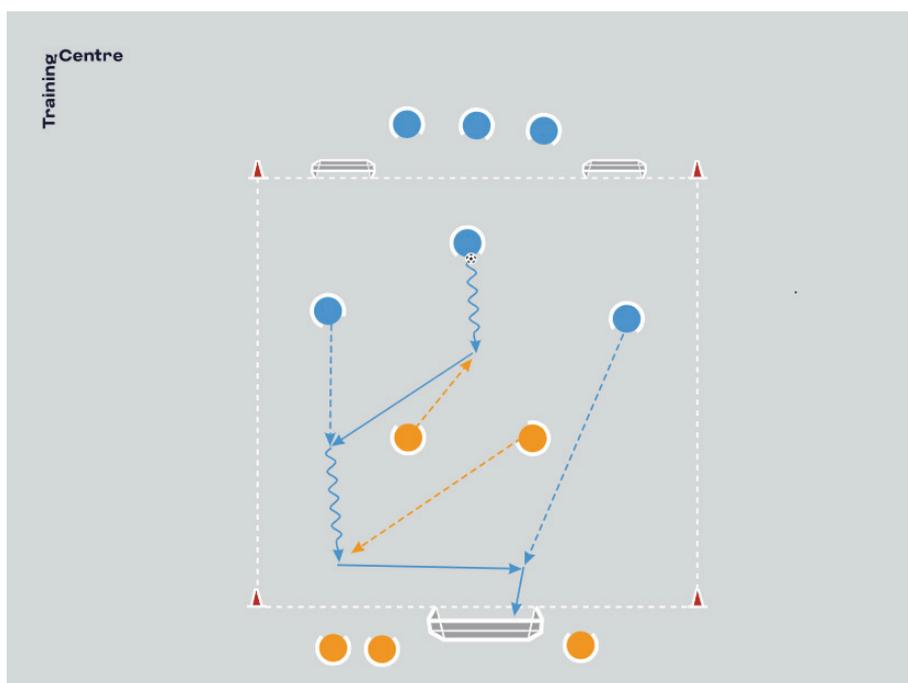
Great questions to ask the children

- Can you try to dribble past your opponent(s)?
- How can you help your partner when he/she has the ball?
- What should you do when you lose the ball?

Safety tips

- Create safe zones between pitches

SKILL DEVELOPMENT: 3V2, 3 GOALS, NO GOALKEEPERS



Organisation

- Organise a pitch for 3v2, with one central goal at one end and two smaller goals in wide positions at the other end
- The team with three players attacks the central goal, while the team with two players starts off defending; if they win the ball, the defenders can counter-attack and try to score in one of the smaller goals
- Rotate the teams on the pitch, and swap the roles regularly, so everyone gets to play as a three and as a two
- Encourage the three attackers to make the pitch big and try to use the extra player they have in space
- Encourage the two defenders to try to score quickly if they win the ball (e.g. within five seconds)

Ways to make the exercise easier

- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Add a goalkeeper to the central goal
- Limit the number of touches for the attacking team
- Require all three attacking players to touch the ball before their team can score

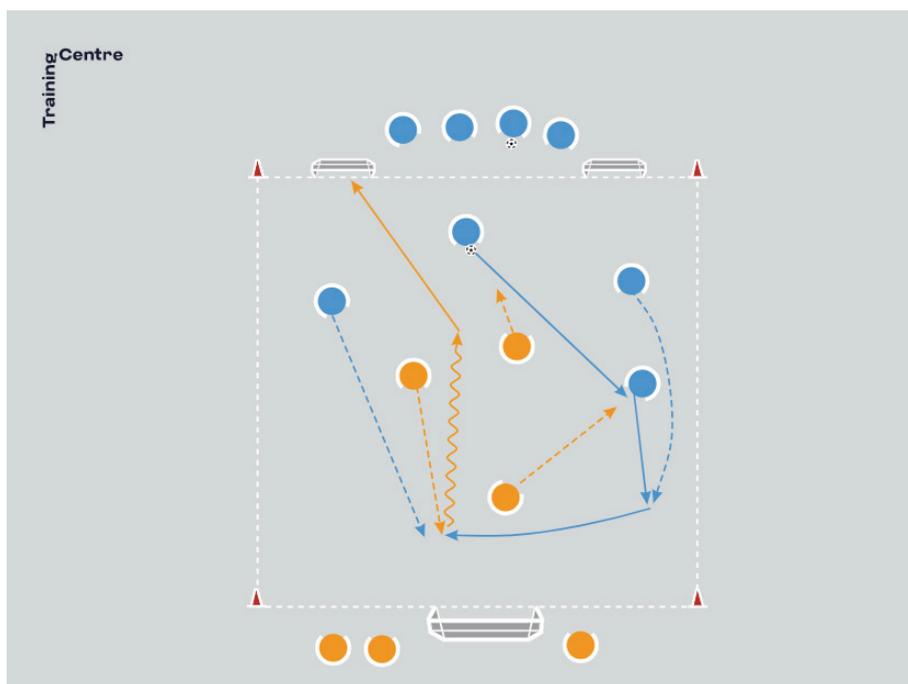
Great questions to ask the children

- Can you try to pass to the player who is unmarked?
- If the defenders win the ball, can you break and try to score quickly?
- If you lose the ball as a three, can you quickly recover and take up defensive positions?

Safety tips

- Create a safe space to play and rotate players to give them a rest

GAME APPLICATION: 4V3, 3 GOALS, NO GOALKEEPERS



Organisation

- Organise a pitch for 4v3, with one central goal at one end and two smaller goals in wide positions at the other end
- The team with four players attacks the central goal, while the team with three players starts off defending; if they win the ball, the defenders can counter-attack and try to score in one of the smaller goals
- Rotate the teams on the pitch, and swap the roles regularly, so everyone gets to play as a four and as a three
- Encourage the four attackers to make the pitch big and try to use the extra player they have in space
- Encourage the three defenders to try to score quickly if they win the ball (e.g. within five seconds)

Ways to make the exercise easier

- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Add a goalkeeper to the central goal
- Limit the number of touches for the attacking team
- Require all four attacking players to touch the ball before their team can score

Great questions to ask the players

- Can you try to pass to the player who is unmarked?
- If the defenders win the ball, can you break and try to score quickly?
- If you lose the ball as a four, can you quickly recover and take up defensive positions?
- How is the value of perseverance demonstrated in this game?

Safety tips

- Create a safe space to play and rotate players to give them a rest