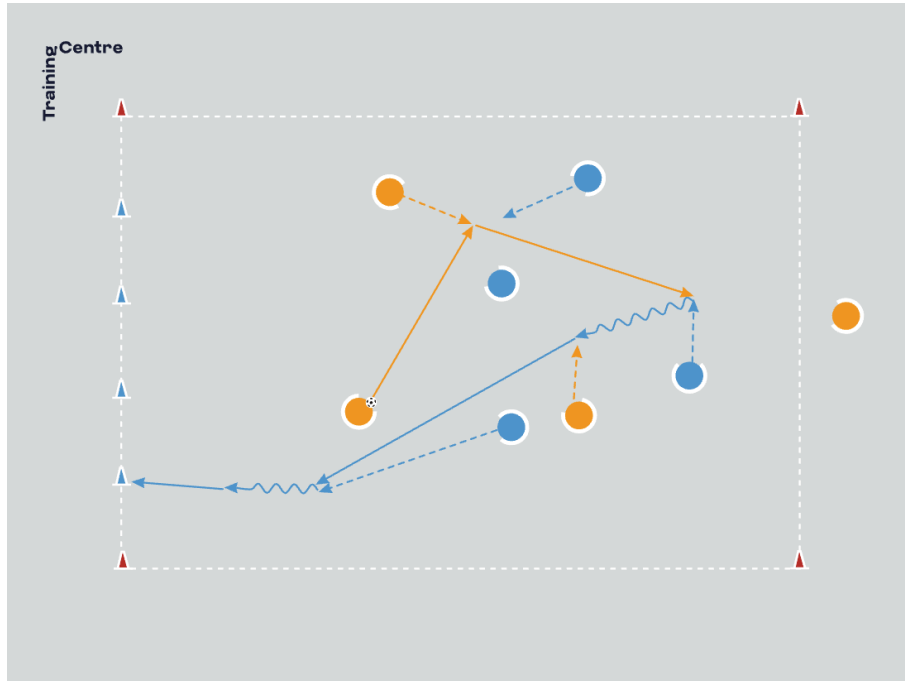


Transition

WARM-UP: 4V3+1 (TARGET PLAYER), 4 CONES, NO GOALS



Organisation

- Organise two teams of four
- One team attacks four target cones at one end, while the other team attacks the opposite end, where one of its players waits behind the end line to receive the ball; this means that the team attacking the targets has a one-player advantage in the playing area
- The winning team is whichever is first to complete its task, namely to knock down all the targets or pass to the end player five times

Ways to make the exercise easier

- Reduce the number of targets to knock down

Ways to make the exercise harder

- Increase the number of targets to knock down and/or the number of passes to the end player needed in order to win

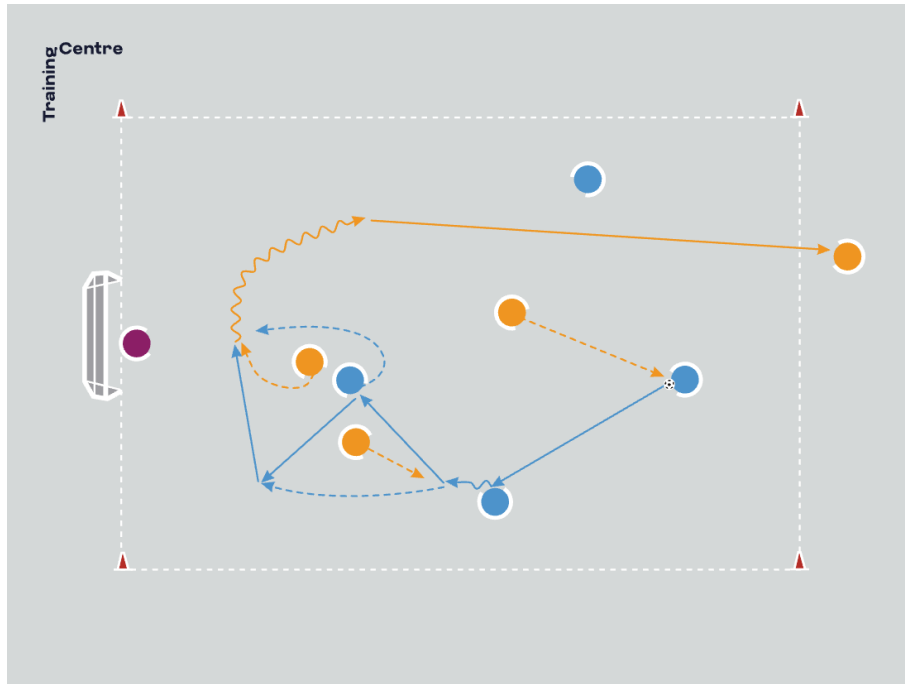
Great questions to ask the players

- Can you use the one-player advantage to find the player who has some space?
- Can you strike the ball at the targets accurately from a longer distance?
- (To the target player in the end zone) Can you try to make yourself available by moving along the line?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 4V3+1 (TARGET PLAYER), 1 GOAL, 1 FIXED GOALKEEPER



Organisation

- Organise two teams of four, plus a fixed goalkeeper
- One team attacks the end with the goal, while the other team attacks the opposite end, where one of its players waits behind the end line to receive the ball; this means that the team attacking the goal has a one-player advantage in the playing area
- The winning team is whichever is first to complete its task, namely to score three goals or pass to the end player five times
- Rotate teams, so they each get the chance to attack the goal

Ways to make the exercise easier

- Reduce the number of goals needed to win or make the goal bigger

Ways to make the exercise harder

- Increase the number of goals and/or the number of passes to the end player needed in order to win

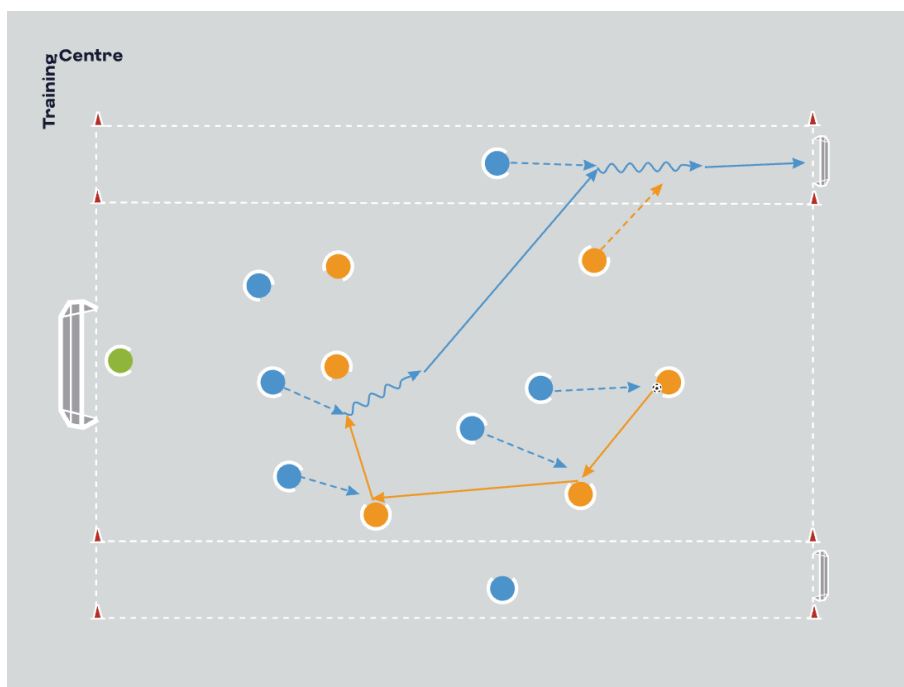
Great questions to ask the players

- Can you use the one-player advantage to find the player who has some space to shoot?
- Can you try to pass early and accurately to your target player when you win possession of the ball?
- (To the target player in the end zone) Can you try to make yourself available by moving along the line?

Safety tips

- Create a safe space to play

GAME APPLICATION: 6V6+2 (SUPPORT PLAYERS), 3 GOALS, 1 GOALKEEPER



Organisation

- Organise two teams: one with six players, and the other with eight, including two support players and a goalkeeper
- The team of six attacks the end with the large goal and goalkeeper, while the team of eight defends the goal; when the team of eight wins possession, it can try to score into the smaller goals at the other end by passing to a support player in either of the wide zones (channels)
- The team of six can release one defender into the channel after the ball has been passed into it
- Play normal football rules and keep score to find the winning team
- Rotate teams/ players so everyone gets the chance to attack and defend

Ways to make the exercise easier

- No defenders allowed into the channels

Ways to make the exercise harder

- One defender can enter the channels at any time, not only once the ball has been passed into them

Great questions to ask the players

- Can the team attacking the large goal combine to create scoring opportunities?
- Can the other team try to pass early and accurately to the support players after winning possession of the ball?
- (To the support players if defenders are allowed into the wide zone) Can you play positively and come out on top in the 1v1 situation to score?

Safety tips

- Create a safe space to play