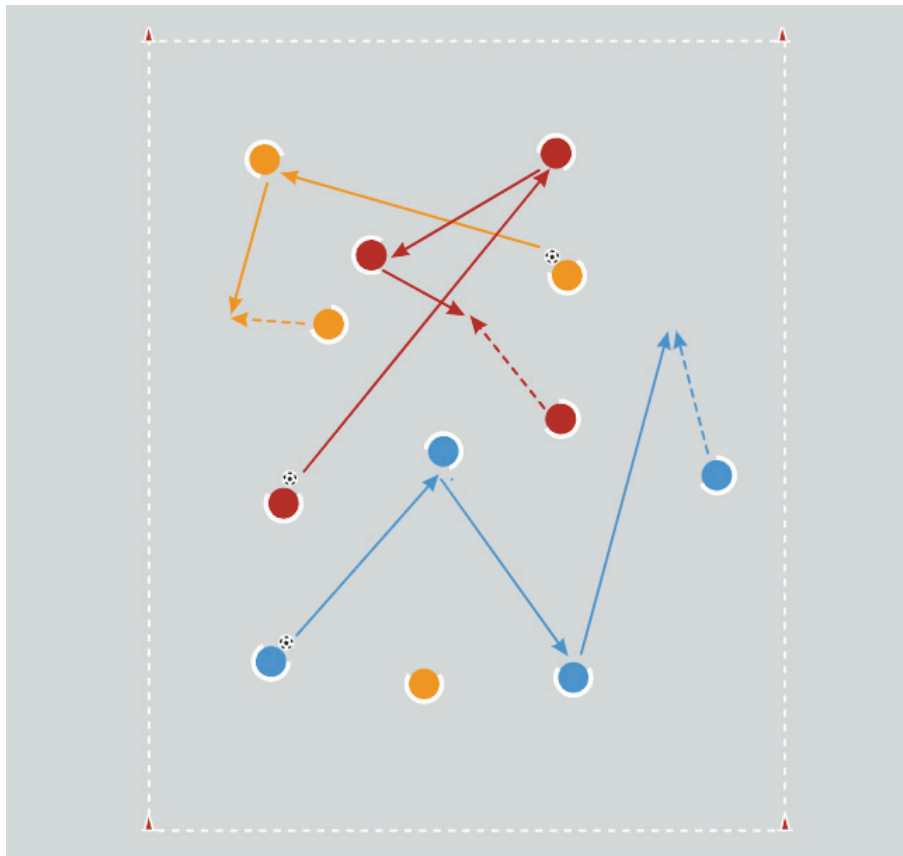


Attacking with *confidence*

WARM-UP: PASSING THROUGH DEFENDERS



Organisation

- Organise the players into three groups, each wearing a different colour
- If you have two or more goalkeepers, group them together; if there is only one, integrate him or her into a group of outfield players
- Teams can move anywhere around the pitch and pass the ball among themselves
- Each team should try to run through and around the other teams to cause interference
- Players should pass carefully through and around all moving players to ensure that their own team retains the ball and keeps moving
- Players can vary the way that they pass the ball between them
- Goalkeepers can also move to the goals, and as groups near the goal, they can pass to or shoot at the goalkeepers to include them in the warm-up

Ways to make the exercise easier

- Players can stay in their own divided area of the pitch to begin with

Ways to make the exercise harder

- Allow teams to pinch another team's ball if passes are not accurate and the ball is loose and not protected

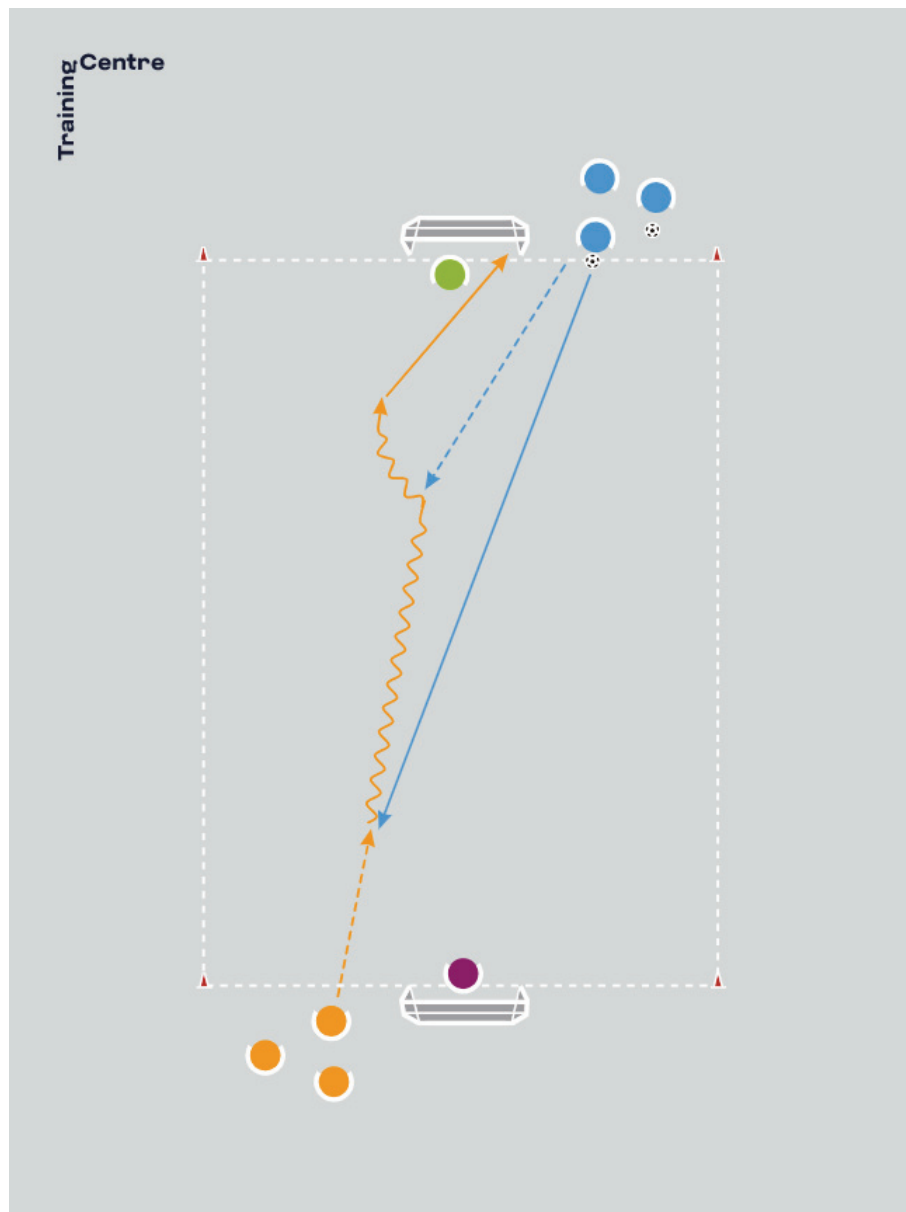
Great questions to ask the children

- Can you enjoy having the ball when in possession, without any direct pressure?
- Can you pick your pass carefully to ensure it reaches a team-mate?
- Can you vary the distance of your passes to practise different techniques?

Safety tips

- Players should keep their heads up and be aware of all other players in the space
- Create a safe playing area

SKILL DEVELOPMENT: 5V5 ON PASSING GOALS



Organisation

- Organise a mini-pitch and two teams, who wait beside the goals
- Each team has a goalkeeper, who stays on the pitch
- One team begins as the defending team and plays the ball across the pitch to one attacker, who then plays 1v1
- Rotate the players after each attempt
- If the defender wins the ball, he or she can try to score in the opposite goal

Ways to make the exercise easier

- Let the attacker start with the ball in his or her own half

Ways to make the exercise harder

- Increase the challenge to 1v2 – vary who starts with the ball

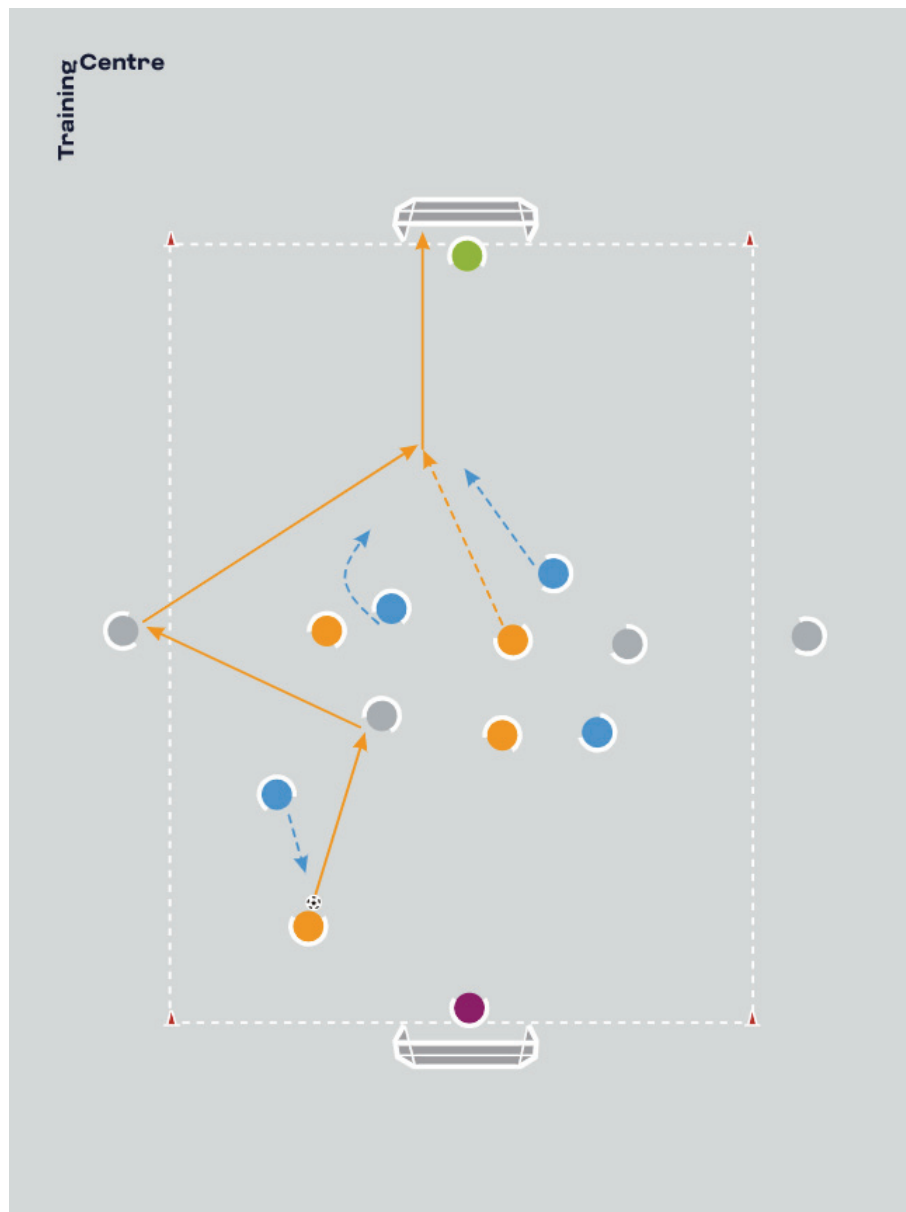
Great questions to ask the children

- Can you be positive when you receive the ball and attack at speed?
- Do you have to beat the opponent before you shoot at goal?
- If you win the ball, can you break quickly to score?

Safety tips

- Players should make sure the pitch is clear before the first pass is played
- Create a safe playing area

GAME APPLICATION: 2+2V2+2



Organisation

- Organise 14 players into three teams of four and two goalkeepers
- Two teams play 4v4 in the middle and the members of the third team are floaters – two play in the middle and two on the outside
- This means the team in possession has an 8v4 advantage
- The floaters always play with the team who passed them the ball and cannot tackle the opposition
- The floaters on the outside of the pitch cannot be tackled
- Don't forget to rotate the team of floaters

Ways to make the exercise easier

- Allow the floaters on the inside to score

Ways to make the exercise harder

- Reduce the number of floaters to two on the outside only

Great questions to ask the children

- When your team has the ball, can you create space as a team? How?
- How can you defend as a team when outnumbered?

Safety tips

- Create a safe playing area