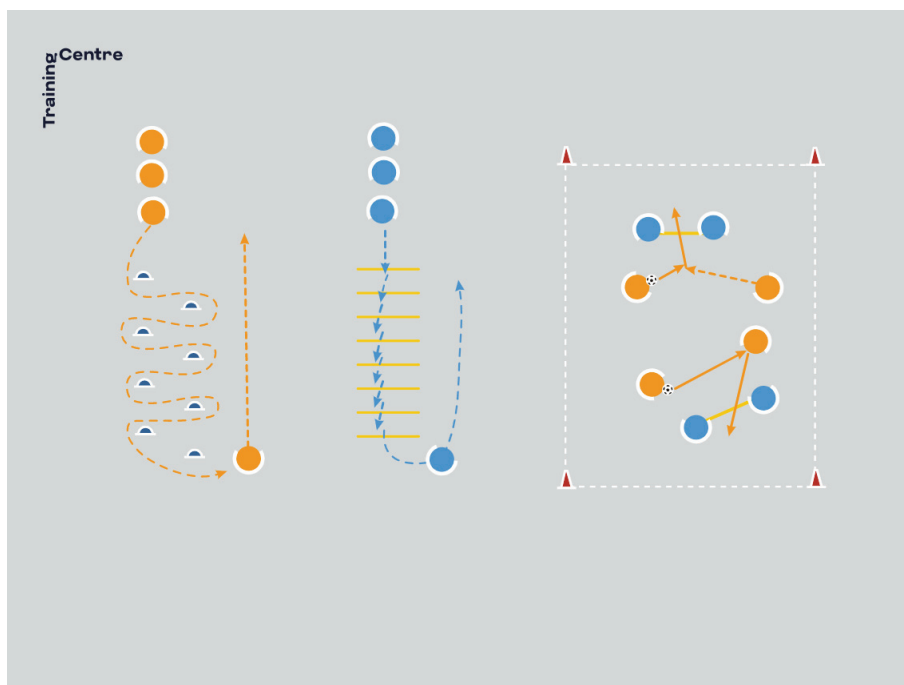


Find your role —●— on the pitch

WARM-UP: AGILITY COURSES AND 2V2 WITH MOBILE GOAL AND NO GOALKEEPERS



Organisation

- Organise separate working areas, with agility courses at one end and a playing area at the other
- Split your group into two – half do the agility exercises and half compete 2v2
- The players doing the agility tasks take turns to complete the courses that you have set up and rotate between them
- The other half work in pairs to score by passing through mobile goals
- The mobile goals can be two players holding a stick, a skipping rope or two bibs tied together, etc.
- After a few minutes, swap the players over

Ways to make the exercise easier

- Require the players who serve as the mobile goals to walk to begin with – i.e. they cannot run away
- Make the mobile goals bigger

Ways to make the exercise harder

- Challenge the players to race each other through the agility tasks
- Make the mobile goals smaller, or require goals to be scored with a first-time pass

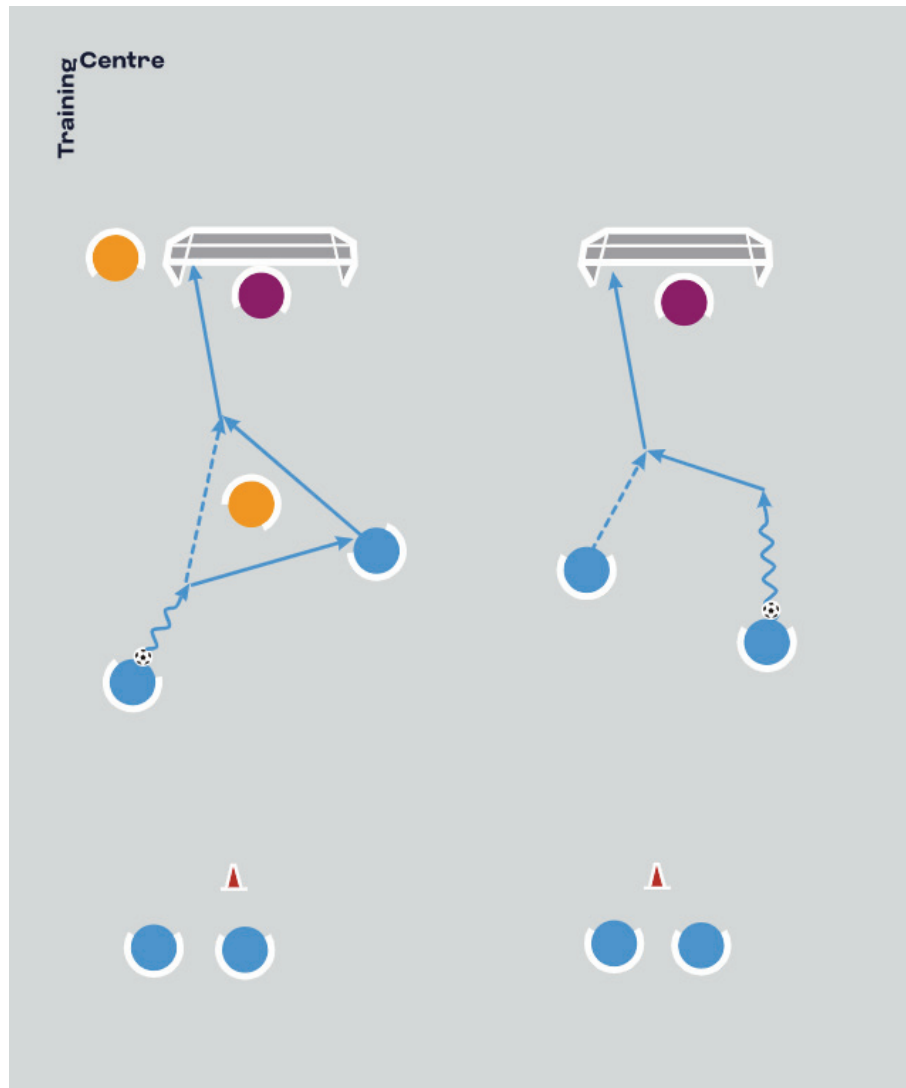
Great questions to ask the players

- Can you challenge yourselves to move as quickly as possible?
- Can you keep your heads up as you chase the mobile goals?

Safety tips

- Make sure that the agility courses are spaced out, so there are no collisions
- Passes through the mobile goals should be played along the floor

SKILL DEVELOPMENT: ROTATING 2V2 AND 2V1, 1 GOAL PER PITCH



Organisation

- Make mini-pitches for 2v1 and 2v2, with one goal per pitch; for 2v1, the two members of a pair should take turns to play alone, while the other one waits off the pitch
- The two attacking players start with the ball and try to score
- Rotate the players, so they all get to attack, defend and play in goal
- Each team has five balls and sees how many goals it can score from five attempts, to make a competition

Ways to make the exercise easier

- Use bigger goals

Ways to make the exercise harder

- Use smaller goals
- Limit the number of touches that the attacking players can have

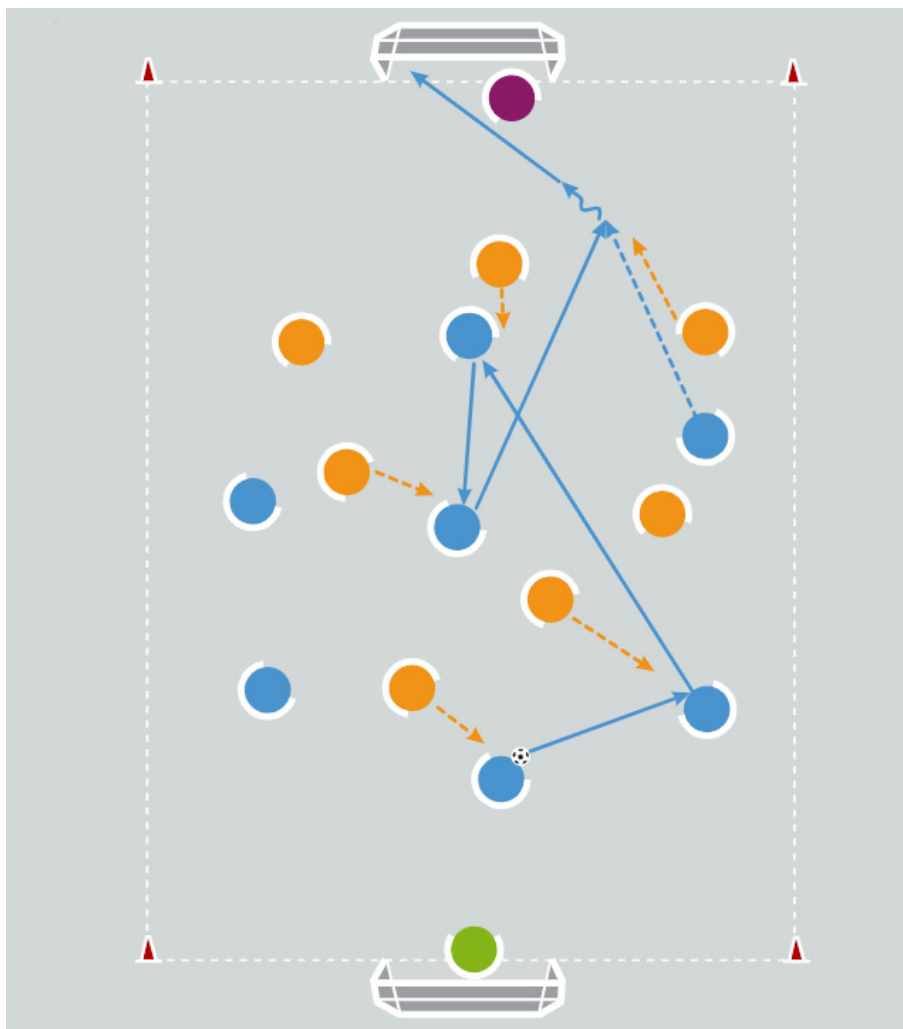
Great questions to ask the players

- Can you combine and shoot as soon as possible?
- Can you follow up any shots in case of rebounds?
- Can you experiment with different types of shots?

Safety tips

- Waiting players should stand away from the goals

GAME APPLICATION: 8V8, NORMAL GAME WITH POSITIONAL ROTATION



Organisation

- Organise two equal teams of 8v8, including goalkeepers
- Normal rules, but let the players decide how to restart the game (e.g. kick-ins instead of throw-ins)
- Ask the players to make their own team formation, or start them in a 3-3-1 (plus the goalkeeper) and give them the chance to adjust their shape after a few minutes
- If you have several teams, rotate every few minutes or make multiple pitches
- Try to use large goals if possible
- If you have an odd number of players, it's fine to play with uneven teams or one player can be a floater and play for both teams

Ways to make the exercise easier

- Give one team more players

Ways to make the exercise harder

- Teams have to play through each third of the pitch (i.e. a defender, midfielder and attacker has to touch the ball) before they can score
- Give one team fewer players

Great questions to ask the players

- Can you discuss and agree on a formation as a team?
- Can you try to spread out as a team when you have the ball?
- In which areas of the pitch can you take risks on the ball?
- How did you work as a team to agree your formation?

Safety tips

- Create a safe space to play, as well as safe zones between pitches where relevant