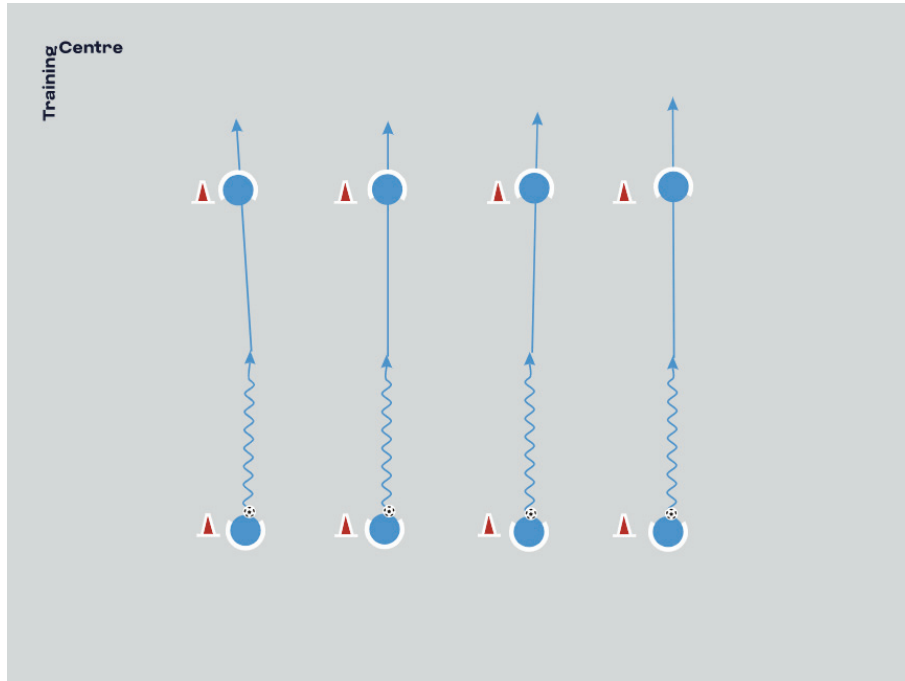


## Find the —●— *open player*

### WARM-UP: DRIBBLE AND PASS WITH A PARTNER



#### Organisation

- Organise players into groups of three – one player stands in the middle and the others practise dribbling and then passing through his or her legs to their partner at the other end. Rotate the middle player every minute
- Organise a competition in teams of six (three at each end); the first team to complete ten successful passes through the target (legs) are the winners
- Play the same game, but have a go with players using their weaker foot only

#### Ways to make the exercise easier

- Decrease the distance of the pass through the legs

#### Ways to make the exercise harder

- Increase the distance
- Challenge the players to use their weaker foot

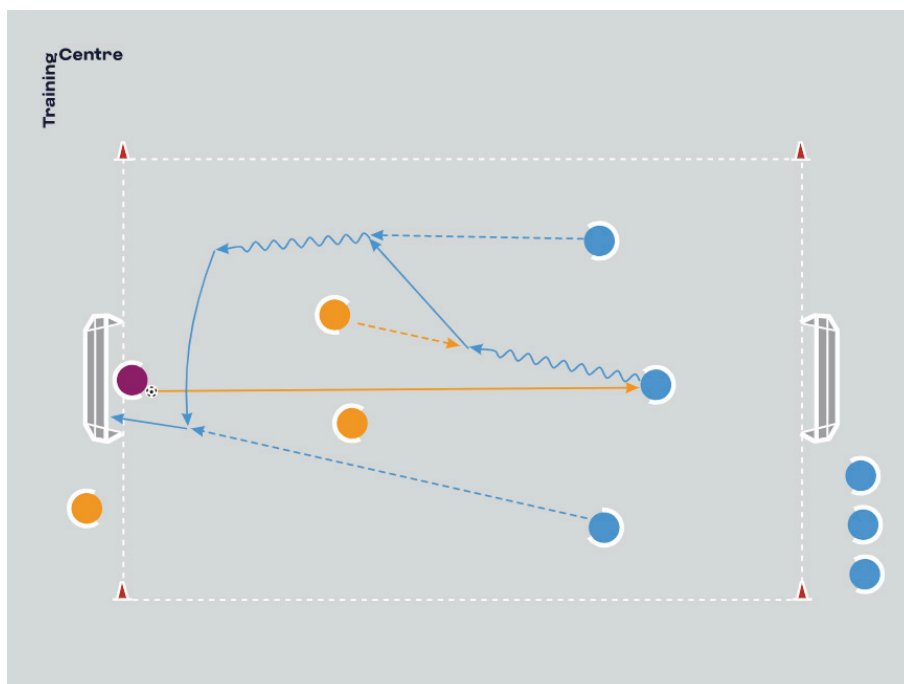
#### Great questions to ask the children

- When you are dribbling, can you try to touch the ball as many times as possible?
- Can you open your legs as wide as possible to make a big target?
- Which part of the foot can you use for the most accurate types of pass?

#### Safety tips

- Make sure players pass the ball along the ground to score their point

## SKILL DEVELOPMENT: 3V2 PLUS A GOALKEEPER



### Organisation

- Organise a pitch for 3v2 plus a goalkeeper
- Create multiple pitches for groups of 12 kids and above
- The goalkeeper passes out to the attacking three to start the play
- The attackers try to beat the two defenders and score; if the defenders win the ball, then they carry it out to a touchline to stop play

### Ways to make the exercise easier

- Start with just one defender

### Ways to make the exercise harder

- A third defender is added from the attacking end and can join in after the attackers' first touch
- Start with three defenders on the field and then add one who joins the action from the attacking end

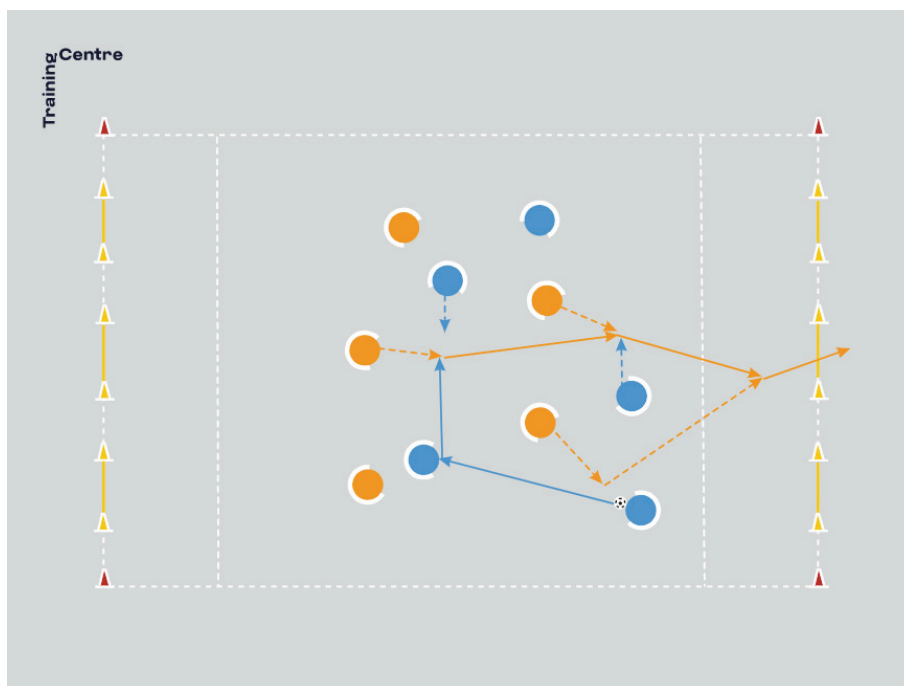
### Great questions to ask the children

- Can you try to attack quickly and use the extra player?
- Can you try different types of shots, from distance and from angles?
- Can you follow up shots for any rebounds?

### Safety tips

- Allow players a chance to rest or rotate between attempts
- The goalkeeper should only start the drill once everyone is ready

## GAME APPLICATION: 5V5 ON 6 GOALS WITH END ZONES



### Organisation

- Organise two equal teams, with an end zone in each half and three mini-goals
- Players play normal football but must score within the end zone through any of the three target goals
- Rotate teams if there are more than 12 players or set up multiple pitches and then rotate teams between them

### Ways to make the exercise easier

- Make the target goals bigger

### Ways to make the exercise harder

- Require players to score from outside the end zones
- Require players to score with their first touch

### Great questions to ask the players

- Can you try to receive the ball in the end zone?
- Can you switch play in the end zone to a team-mate who is not marked?
- At what point when you are defending do you really need to close the ball down?

### Safety tips

- Create a safe zone between pitches