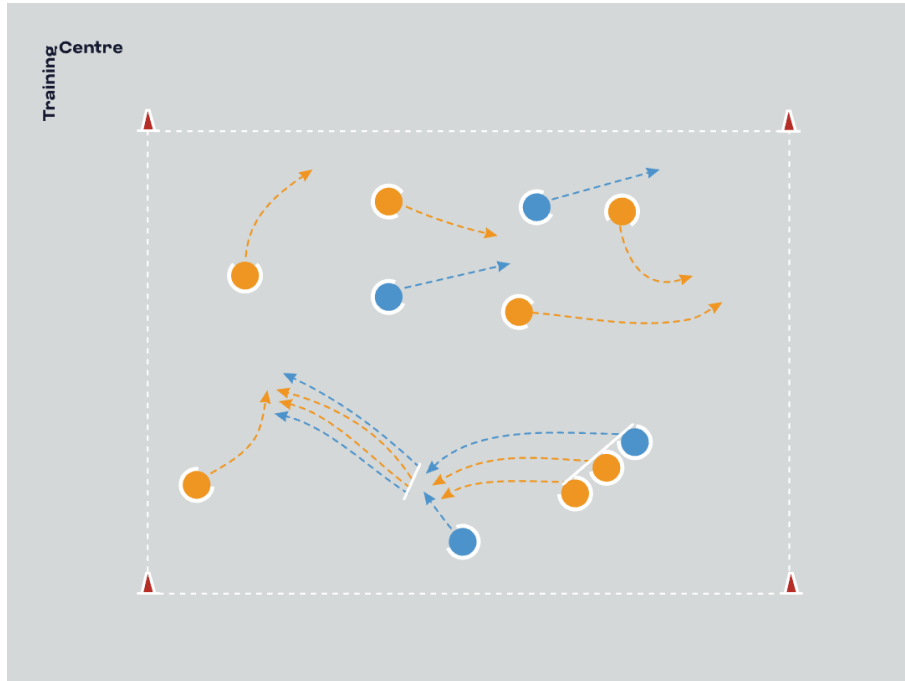


## Look for *the 1v1*

### WARM-UP: CHAIN TAG



#### Organisation

- Form groups of no more than 12: one player starts as the tagger
- Once he/she tags someone else, they form a chain by holding hands
- Every time someone new is tagged, the chain gets bigger
- The last player to be tagged is the winner
- If you have more than 12 players, set up additional areas

#### Ways to make the exercise easier

- To make it easier for the taggers, challenge the players who have not been tagged to move in different ways (e.g. hopping, skipping), but do not allow them to run
- Alternatively, do the opposite and challenge the taggers to move in specific ways to make it easier for the others

#### Ways to make the exercise harder

- All or some of the taggers and/or the other players can play with a ball at their feet

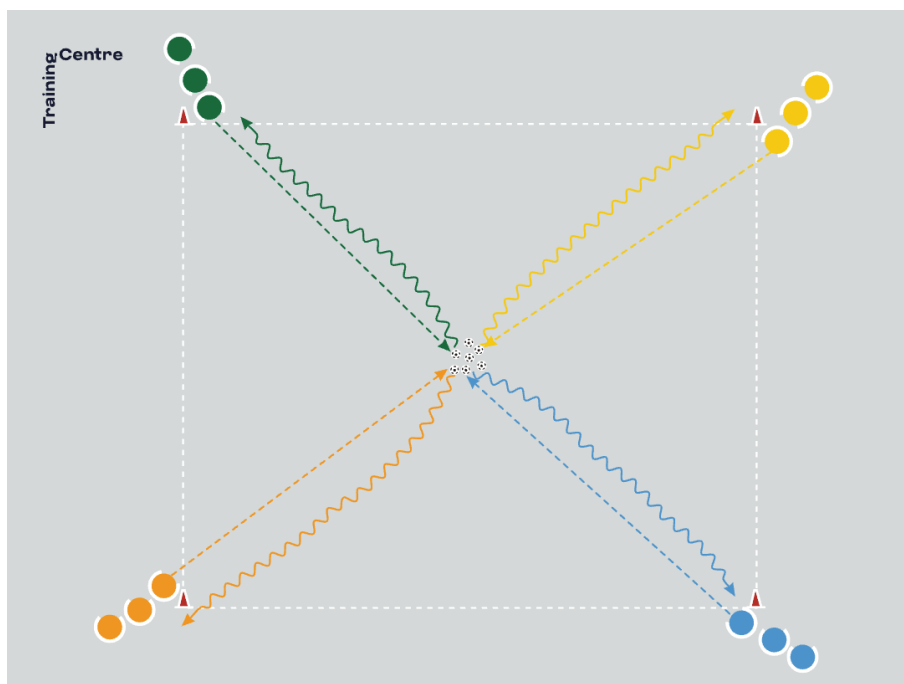
#### Great questions to ask the players

- Can you be clever and think about where you move to?
- Can you hide behind others?
- As you run around, what movements do you make that you would also make in a match?

#### Safety tips

- Make sure the area is large enough for the number of players you have
- If the area is small, reduce the number of players and rotate them

## SKILL DEVELOPMENT: BASES GAME



### Organisation

- Organise a square with four teams of up to five players in each corner. In the middle of the square, place cones or balls
- Players from each team successively run/dribble to the middle to collect a cone or ball and return it to their team corner (base)
- The winners are the team with the most, once all the cones or balls have gone
- Ask the players to move/dribble in different ways
- Progress so that players can also take cones or balls from other corners once they have all gone from the middle

### Ways to make the exercise easier

- Make the square smaller

### Ways to make the exercise harder

- Make the square bigger
- Limit the ways that players can run with the ball: e.g. dribbling with their left foot only, having to take a minimum of ten touches between the middle and reaching their corner, or having to keep the ball in the air

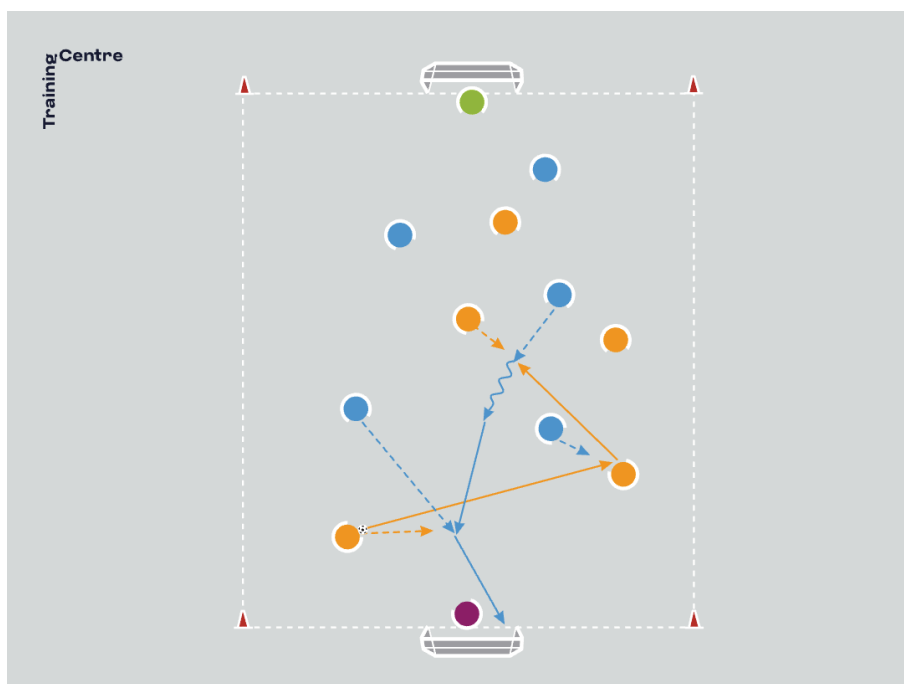
### Great questions to ask the players

- Can you move as quickly as possible to cover the space?
- Can you show me ways to dribble the ball using both feet?
- Can you play as a team and recognise where to collect other balls/cones from in order to win the game?
- What did you find challenging in this activity?

### Safety tips

- Only one player from each team should go at a time, and the players should slow down as they reach the centre or other corners

## GAME APPLICATION: 6V6, NORMAL GAME WITH EXTRA DRIBBLING PRACTICE



### Organisation

- Organise two equal teams of 6v6, including goalkeepers
- Try to use large goals if possible
- Normal rules, but let the players decide how to restart the game (e.g. starting with the goalkeeper after each goal)
- Ask the players to referee their own games
- If you have more than two teams, rotate every few minutes or set up more pitches
- If you have an odd number of players, it's fine to play with uneven teams
- Ask the players to dribble past an opponent before they can pass the ball. Then progress to allowing free play and see if the players can recognise opportunities to dribble

### Ways to make the exercise easier

- The requirement to dribble past an opponent only applies before shooting, not before passing
- Give one team more players

### Ways to make the exercise harder

- Give one team fewer players
- Require the players to keep the ball for at least five seconds before they can pass it

### Great questions to ask the players

- When you receive the ball, can you be positive and try to dribble past a player?
- Can you show me your dribbling tricks to go past a player?
- Can you decide the best time to dribble and the best time to pass?
- What did you find challenging in this activity?

### Safety tips

- Create a safe zone between pitches if you have more than one, and encourage the players to get their heads up when dribbling