

Know your next move

WARM-UP: 5V5 WITH END ZONES, THROW AND CATCH



Organisation

- Organise two equal teams with no more than six players per team and create a pitch featuring two end zones
- To score a point, players must receive a pass in the end zone
- Start by playing throw and catch and then progress to volley and catch or head and catch
- The first team to reach a certain number of points are the winners
- Make multiple pitches or rotate the teams

Ways to make the exercise easier

- Give one team more players
- Make the end zones bigger

Ways to make the exercise harder

- Give one team fewer players
- Make the end zones smaller
- Ask the players to throw and catch one-handed or volley using their weaker foot

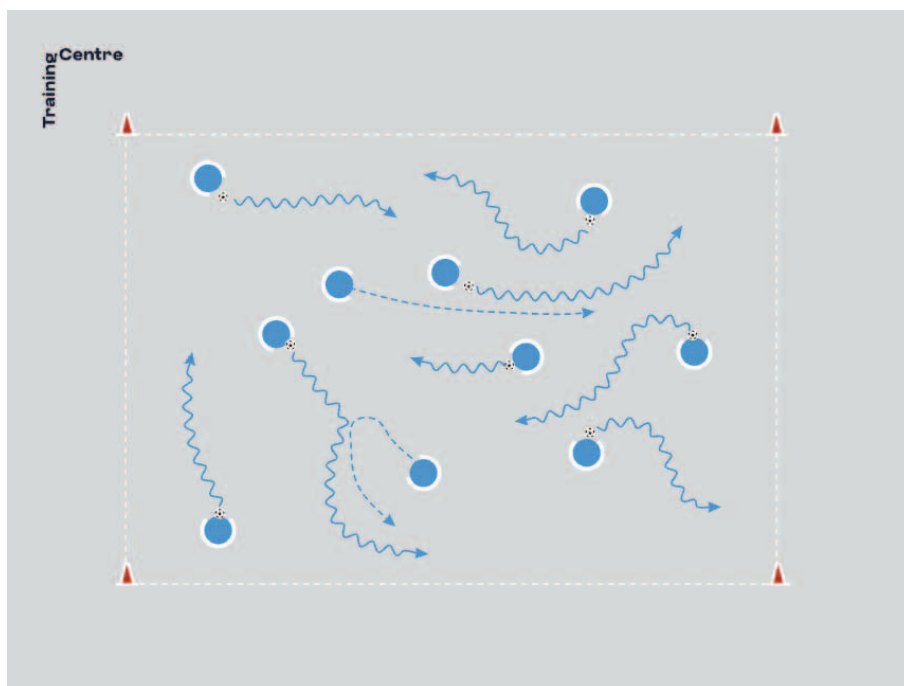
Great questions to ask the players

- Can you make movement off the ball to try to receive it in the end zone?
- Can you communicate effectively when you want to receive the ball?
- What would you do differently next time to be more successful?

Safety tips

- If you use more than one pitch, create safe areas between pitches

SKILL DEVELOPMENT: DRIBBLING AND PASSING



Organisation

- Organise a playing area for ten players: eight with balls, two without
- The players with the balls start by dribbling within the playing area, taking lots of touches and moving in and out of the other dribblers.
- Challenge the players to keep their ball away from the two players who do not have a ball for 30 seconds
- Rotate the players who do not have a ball

Ways to make the exercise easier

- Start with just one player without a ball

Ways to make the exercise harder

- Have more players without a ball

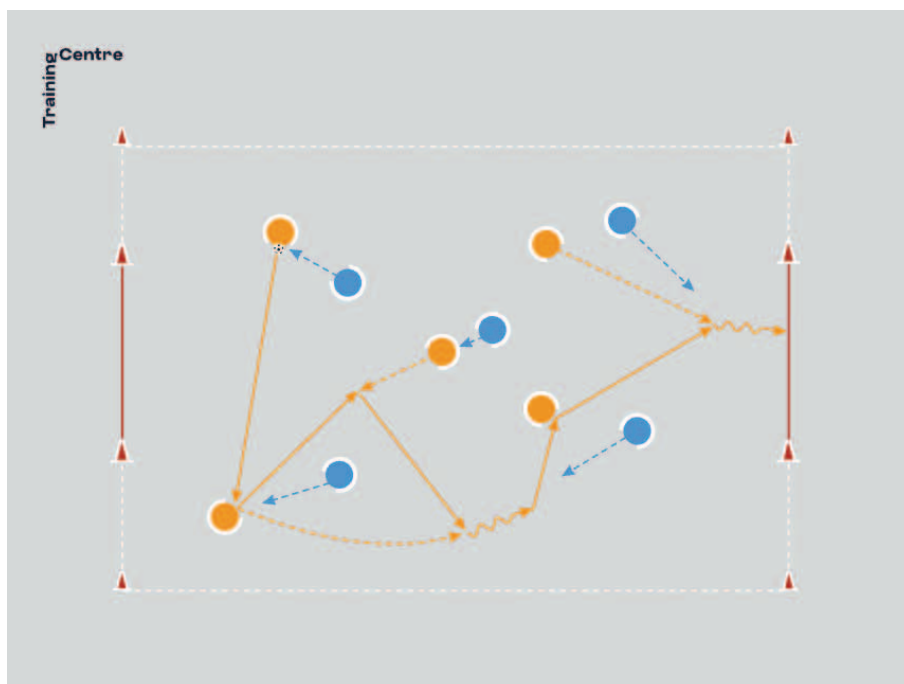
Great questions to ask the players

- Can you show me how you dribble with the ball and how you go past your opponent with a trick?
- Can you keep your head up and avoid bumping into other players?
- Can you show me how you can shield the ball from the two players without a ball?
- What would you do differently next time to be more successful?

Safety tips

- Make sure the area is big enough for the number of players you have and if the area is small, reduce the number of players and rotate with resting players

GAME APPLICATION: 5V5 WITH END ZONES, NO GOALKEEPERS



Organisation

- Organise two equal teams of 5v5 or 6v6 and set up two large goals
- Play normal rules, but let the players decide how to restart the game (e.g. starting with the goalkeeper after each goal)
- Points are scored by stopping the ball on the goal line
- 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 is fine to play with uneven teams

Ways to make the exercise easier

- Make the goals wider
- Allow the players to dribble the ball through the goal, instead of having to stop it on the goal line

Ways to make the exercise harder

- Give one team fewer players
- Make the goals smaller

Great questions to ask the players

- Can you spread out as a team to create space, using the full width and length of the pitch?
- 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 would you do differently next time to be more successful?

Safety tips

- If you use more than one pitch, create safe areas between pitches
- Encourage the players to get their heads up when dribbling