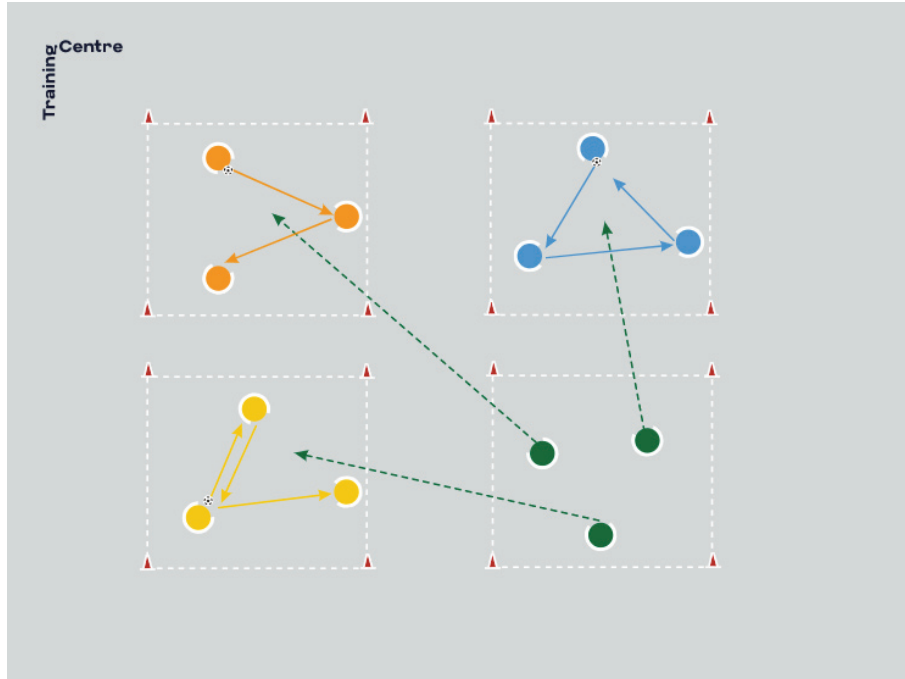


Dynamic rondos and numerical advantages

WARM-UP: 5V5 WITH SUPPORT PLAYERS, NO GOALS, POSSESSION GAME



Organisation

- Organise the players into four groups of three, with each group having its own playing area
- To begin with, each group tries to keep the ball circulating without letting it go outside its area
- One group then disbands, with one player going into each of the other three groups to become a defender, so it becomes 3v1
- Have a competition between the three remaining groups as to which team of three can complete the highest number of consecutive passes
- After 2-3 minutes, rotate the defending players and repeat

Ways to make the exercise easier

- Make the area larger
- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Make the area smaller
- Limit the number of touches

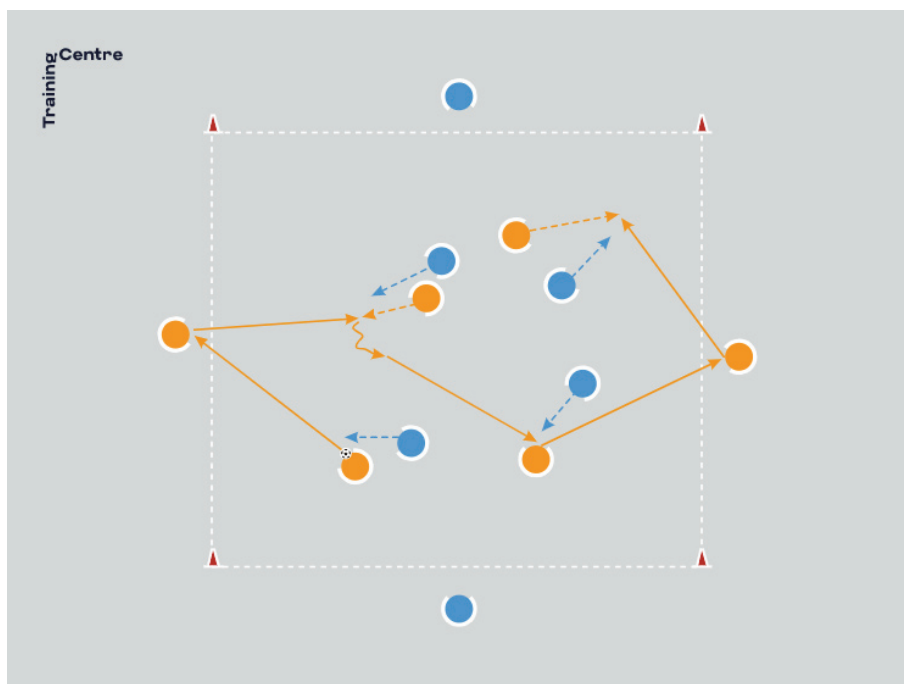
Great questions to ask the children

- Can you create an angle to receive a pass?
- Do you have to pass the ball if there is no pressure on you?
- Can you disguise your pass or movement?

Safety tips

- Create a safe space to play

SKILL DEVELOPMENT: 4+2V4+2 (TARGETS PLAYERS), POSSESSION GAME



Organisation

- Organise teams for 6v6 in a square; play 4v4 in the middle and each team has two target players outside the square, on opposite sides
- The players on each team look to keep the ball in the middle and can score a point by successfully passing to one of the target players
- They score four points if they can consecutively pass to both target players without losing possession
- It's no problem if you have an odd number and uneven teams

Ways to make the exercise easier

- Give one team more players on the inside
- The players can throw and catch the ball to begin with

Ways to make the exercise harder

- Give one team fewer players
- The players in the middle have to chip the ball to the target players, who have to catch it to earn a point
- Teams have to reach a certain number of passes before they can pass to the target players

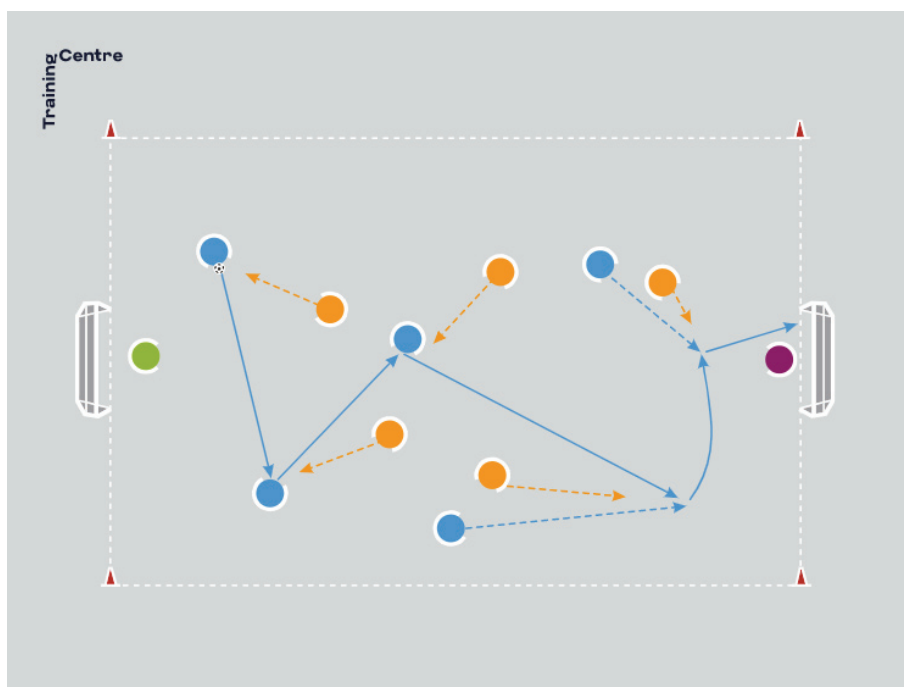
Great questions to ask the children

- Can you spread out as a team and try to use all the space available?
- Can you call for the ball when you are ready to receive it?
- Can you try to find ways to pressure the opposition as a team to win the ball back?
- Was there anything about this activity that might make players feel stressed?
- How can players deal with stress during a game?

Safety tips

- If you start with throw and catch, players can only win the ball during this stage by intercepting passes

GAME APPLICATION: 6V6, NORMAL GAME



Organisation

- Organise the players into even teams and create mini-pitches for games of no more than 6v6, including goalkeepers.
- If a team is waiting, it can also play 3v3 or complete a mini-skills challenge to stay active
- Give the players the chance to learn through playing and the different challenges posed by new opposition
- Let the players referee their own games

Ways to make the exercise easier

- Give one team one or more extra players if you have uneven numbers or a weaker team

Ways to make the exercise harder

- Another way to score a point is to reach a certain number of consecutive passes
- Limit the number of touches for all or certain players
- Place conditions on the game – for example, ways to score (one-touch finishes only, volleys only, etc.)

Great questions to ask the players

- Can you try to support your team-mates when they have the ball?
- When your team does not have the ball, can you get between the ball and your own goal as quickly as possible?
- Can goalkeepers roll the ball out to restart, not kick it?
- How does it feel when the other team is winning?
- What did your team do to keep going?

Safety tips

- Create a safe space to play