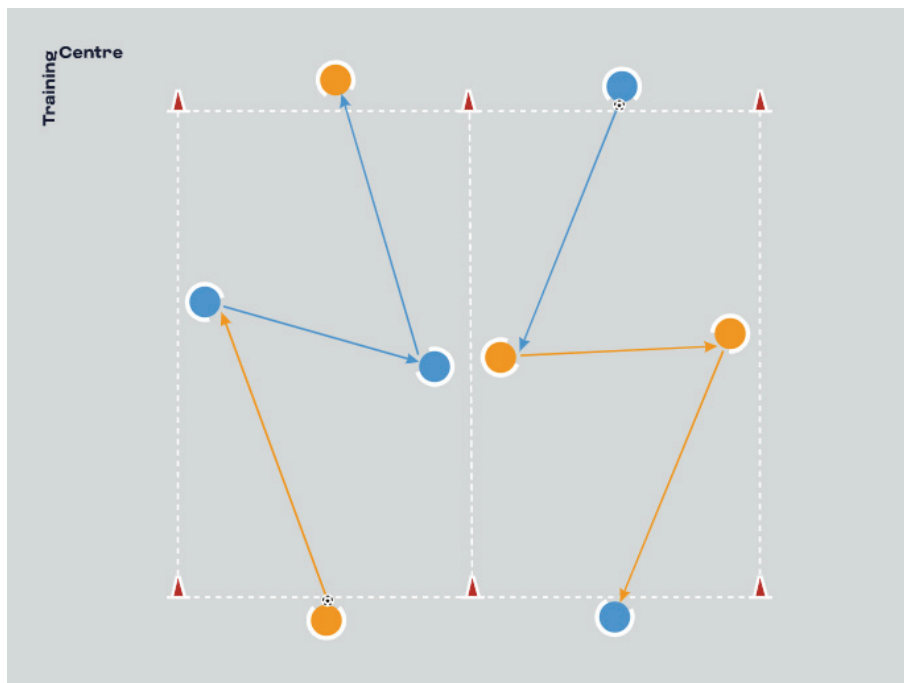


Wing play

WARM-UP: 2-TOUCH TO 1-TOUCH PASSING WARM-UP



Organisation

- Organise the players into groups of four and create a rectangular passing area for each
- Start with a player at each end and two in the middle
- The player at one end passes into the middle players, who combine and then pass out to the player at the other end
- Start with two-touch and then progress to one-touch; ask the players to focus on the quality and weight of their passes
- Rotate the players' positions and then play across the areas, so there is more interference, as the four players in the middle have to pass through and around each other

Ways to make the exercise easier

- The players can throw and catch the ball to start with

Ways to make the exercise harder

- Make it a race to complete three cycles of the ball from end to end

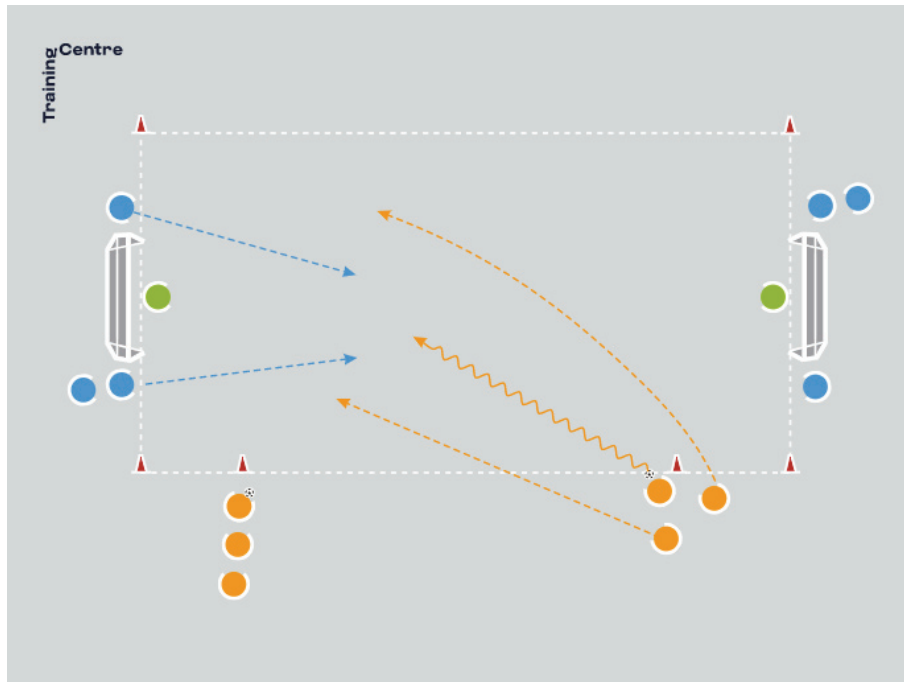
Great questions to ask the players

- What would your role model do in this activity?
- Can you think about the quality of your passes?
- Can you think about the weight of your passes to make sure they are not too hard or too soft?
- Can you call for the ball when you are ready to receive it?

Safety tips

- The players in the middle should keep their heads up and remain aware of others around them

SKILL DEVELOPMENT: "RISKY BUSINESS" SCORING GAME, 1V1 TO 4V2



Organisation

- Create two teams of equal numbers (up to 10v10)
- The defending team has two goalkeepers and other players waiting beside the posts, ready to enter the pitch
- The attacking team has two entry points to the pitch and decides on the numerical split each time – 4v2, 3v1, 2v1 or 1v1
- Before the activity starts, the teams decide on how many points goals should be worth in each situation, depending on the level of difficulty (i.e. the numerical split)
- Each team has a few minutes as the attackers to score as many goals/points as possible
- The defending team reacts to the number of attackers who enter the pitch and sends on the relevant number of players to try to prevent the goal
- Let the players decide how many points they go for, and how to win the game

Ways to make the exercise easier

- Play the game with no goalkeepers

Ways to make the exercise harder

- Match up the number of defenders and attackers each time

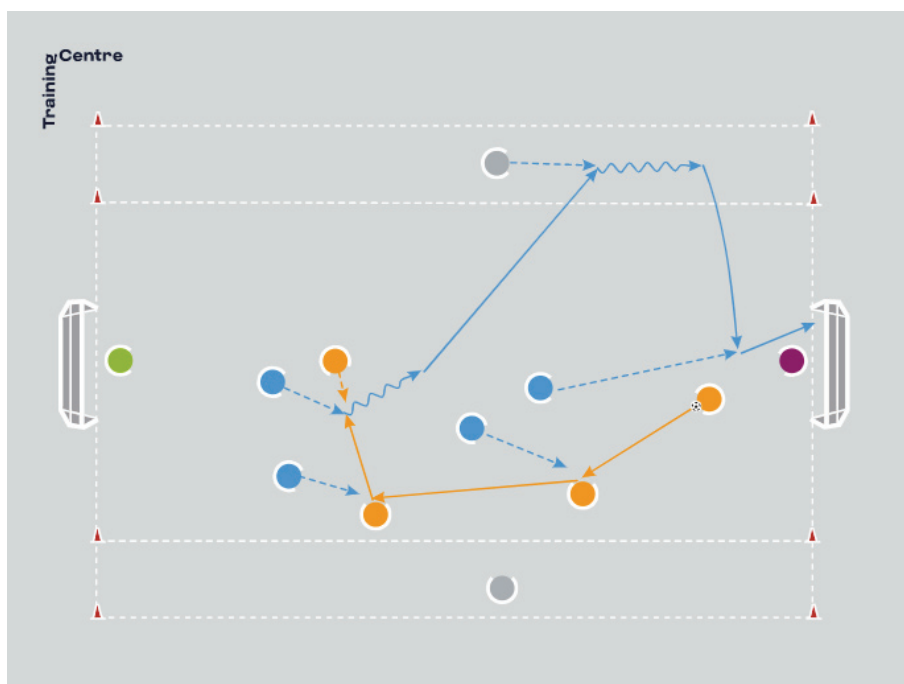
Great questions to ask the players

- How can you be inspired by your role model during play?
- Can you think about your strengths and try to pick the best combination and ways to score?
- Which strategy is better: playing 1v1 and scoring less often but getting more points for each goal, or opting to play 3v1 and score more goals that are worth fewer points?
- Can the defending team react quickly to the number of attackers and prevent a shot/goal?

Safety tips

- The next group of players cannot enter the pitch until it is clear

GAME APPLICATION: 6V6, 2 GOALS WITH GOALKEEPERS, CHANNEL GAME



Organisation

- Create two teams of up to 6v6 on a small pitch with two channels down the sides of the pitch
- One player from the team in possession can enter the channels and then play a cross or take a shot from wide positions
- Encourage the teams to play into the channels as early as possible; the wide player can then decide whether to shoot or cross
- The other attackers should try to score from the cross, or to deflect the shot/convert any rebounds

Ways to make the exercise easier

- Give one team an extra player
- Start with no goalkeepers

Ways to make the exercise harder

- Reduce the size of the teams
- Allow one defender into the channels

Great questions to ask the players

- Why is it useful to have role models in football and in life?
- Can you try to play into the channels as early as possible?
- Can you think about how to score from a cross?
- If you shoot from a wide angle, where should you typically aim for and why?

Safety tips

- Create safe zones between pitches