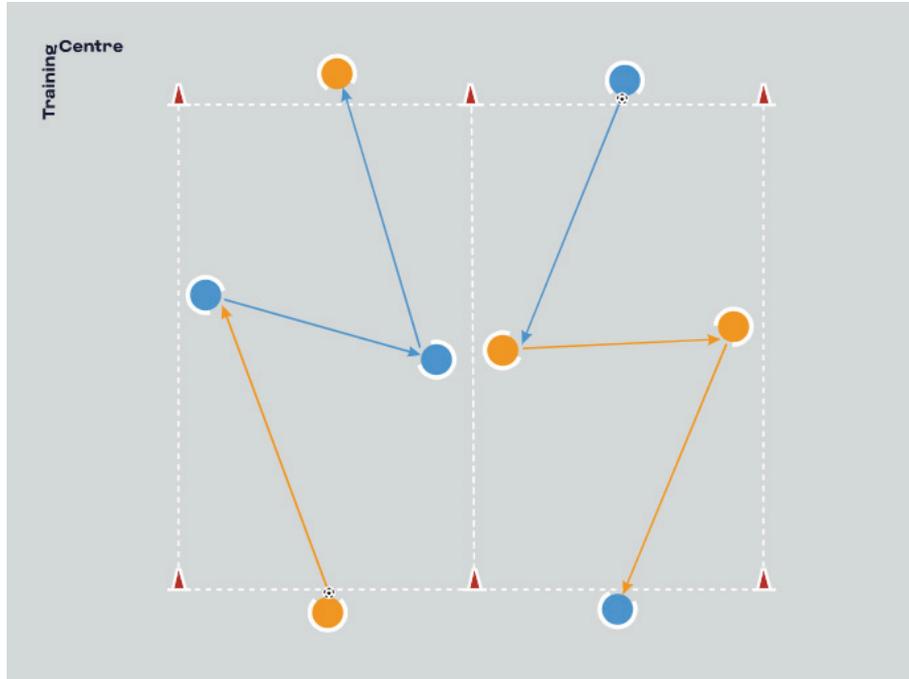


## Wing play



### 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

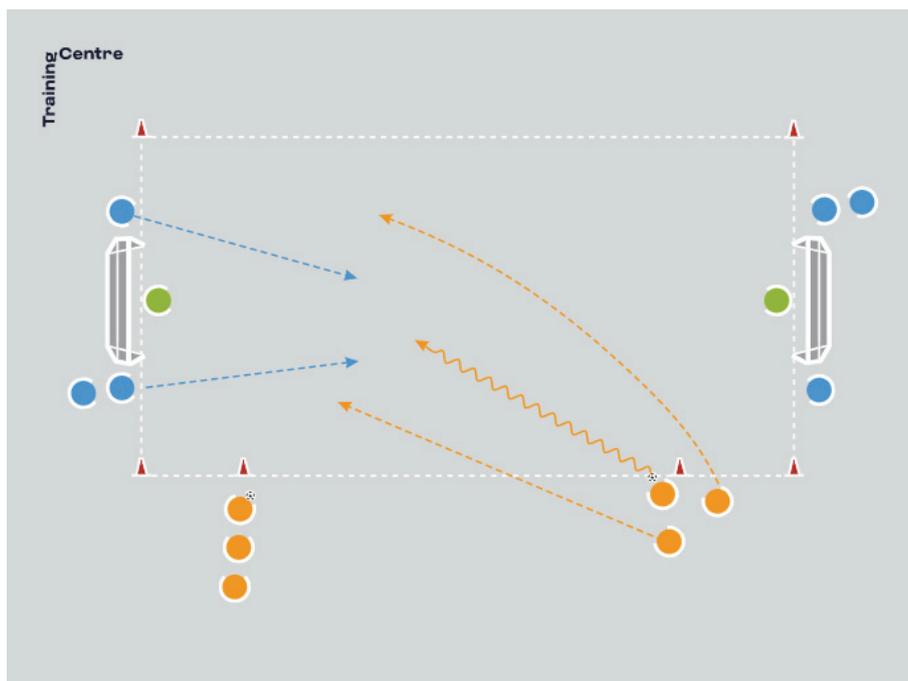
#### Great questions to ask the players

- 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

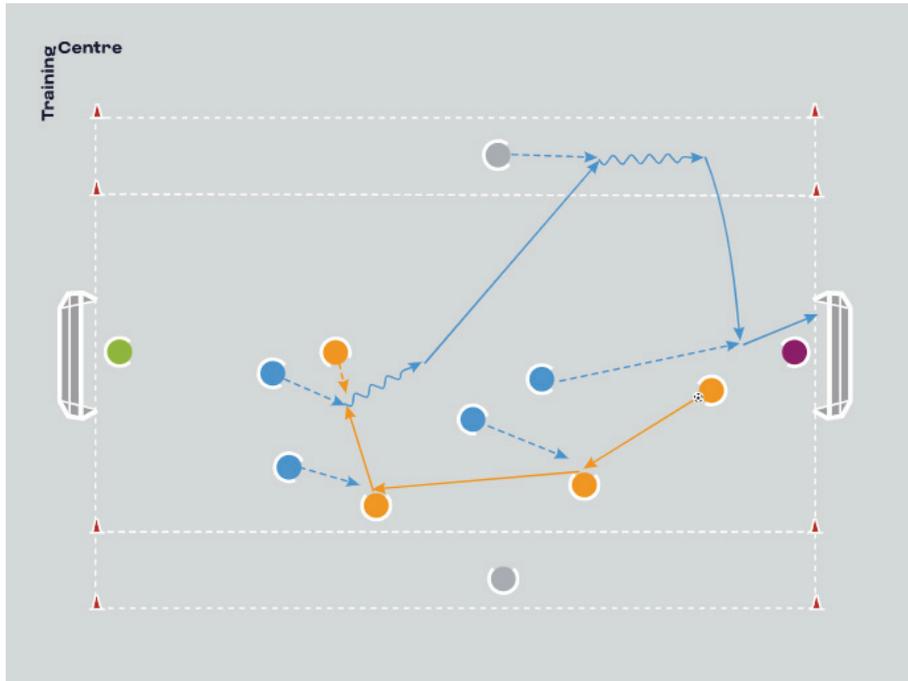
### Great questions to ask the players

- 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