

Small-sided games



WARM-UP: TAG GAME



Organisation

- Simple-to-organise warm-up activity to raise the heart rate and promote working as a team
- Tag game starting with an individual tagger, then moving on to a competition between two teams
- If a player is tagged, he or she has to stand still and balance on one leg; he or she can be released by being touched by a team-mate
- Encourage players to balance on both the right and left leg
- Time each team of taggers to see how long it takes them to freeze the other team; the fastest team wins!

Ways to make the exercise easier

- Require the taggers to move with a ball at their feet

Ways to make the exercise harder

- Require players to move by skipping/jumping/hopping, etc.
- Require the players to dribble a ball while running
- Do not allow players to be freed by a team-mate once they have been caught

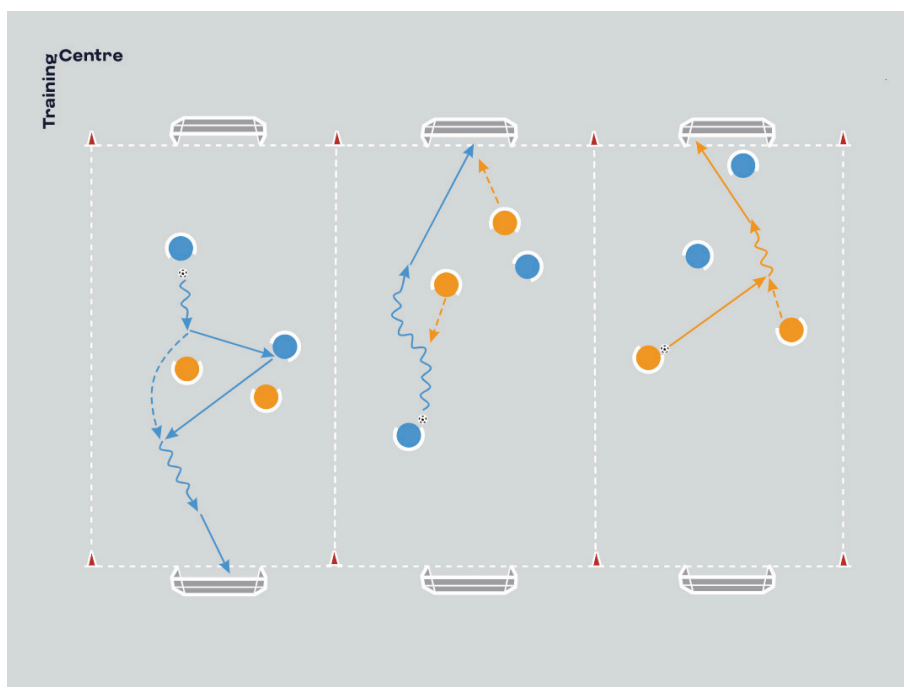
Great questions to ask the children

- Can you show me ways to change direction to avoid the tagger(s)?
- How do you know where the tagger(s) is/are?
- How can you be clever to avoid being tagged? Show me

Safety tips

- Make sure taggers tag the body, not the head

SKILL DEVELOPMENT: 2V2 GAMES WITH CHANGING PARTNERS



Organisation

- Create mini-pitches for 2v2
- Ask the players to pick their own team-mate to start with
- Play mini-matches for two or three minutes
- After every game, the winning players choose a new partner from another winning team and losing players do the same. Then the pairs have to find a new pitch and play again
- Players earn two points for every match they win

Ways to make the exercise easier

- Make the goals larger

Ways to make the exercise harder

- Make the goals smaller or require a target to be hit to score
- Limit the number of touches

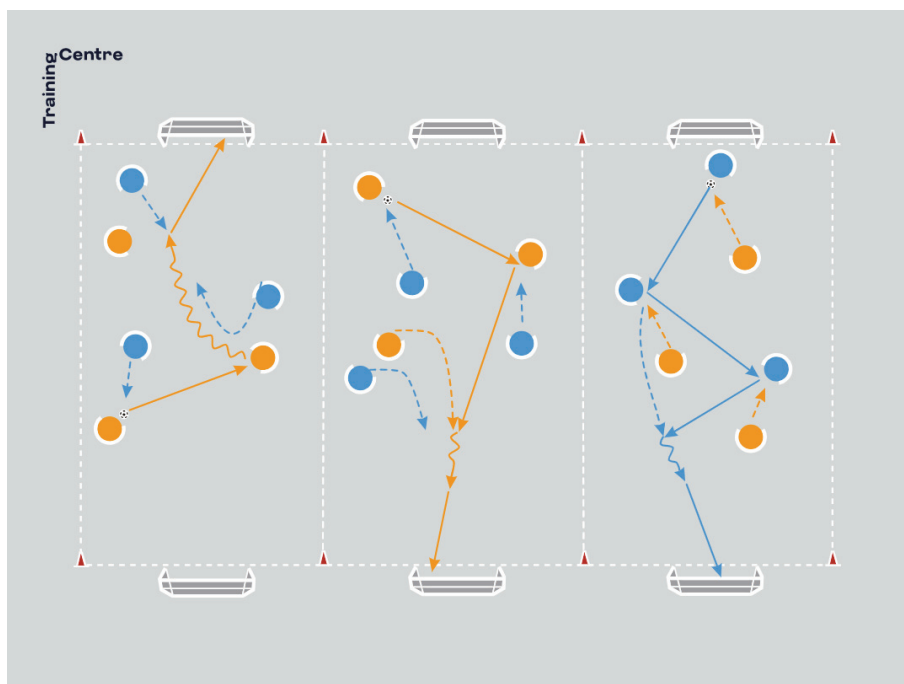
Great questions to ask the children

- Can you show me how you dribble the ball past a player?
- Can you think of a great dribbler and try to copy them?
- Who are you marking when you don't have the ball?

Safety tips

- Create a safe zone between the mini-pitches

GAME APPLICATION: 3V3 TOURNAMENT



Organisation

- Organise mini-matches of 3v3 on multiple pitches
- Assign pairs randomly to encourage mixing
- Before you start the game, give pairs two minutes to discuss which communication skills they will use to work well together
- Play short matches of 3 v. 3 and create a competition where each team will play each other
- Encourage the players to use different communication techniques (e.g. shouting or waving their arms)

Ways to make the exercise easier

- Larger goals or targets to score in

Ways to make the exercise harder

- Smaller goals or targets to hit

Great questions to ask the players

- What would happen if teams did not communicate with each other during the game?
- What kinds of verbal communication (ways of talking) did you observe people using? What kinds of non-verbal communication (body language) did you observe?

Safety tips

- Create a safe zone between each pitch