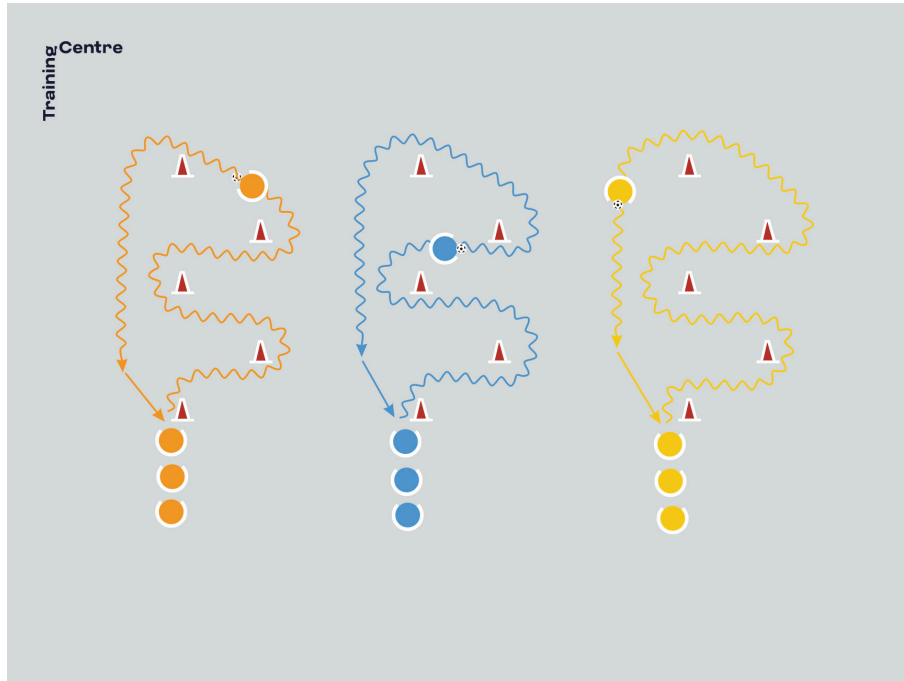


## Learning through creativity

### WARM-UP: ICE CREAM GAME: COORDINATION AND DRIBBLING



#### Organisation

- Organise small teams of six to eight and set up a relay course
- The players can be in lines or patterns and you can choose different ways for them to run through cones or obstacles while balancing, carrying, walking with or dribbling a ball
- Be creative, adapt to the players' abilities and make it a race to keep it fun and exciting. Remember: children love to be challenged!
- Ask the players to do the exercise wearing a marker/cone on their heads as if it were a helmet

#### Ways to make the exercise easier

- Keep the challenges simple, like holding the ball in one hand or above their head without dropping it while moving through the course

#### Ways to make the exercise harder

- Increase the speed of the activity
- Increase the physical challenge by introducing different movements (e.g. hopping, jumping, skipping)
- Add extra balls or make the challenge more difficult

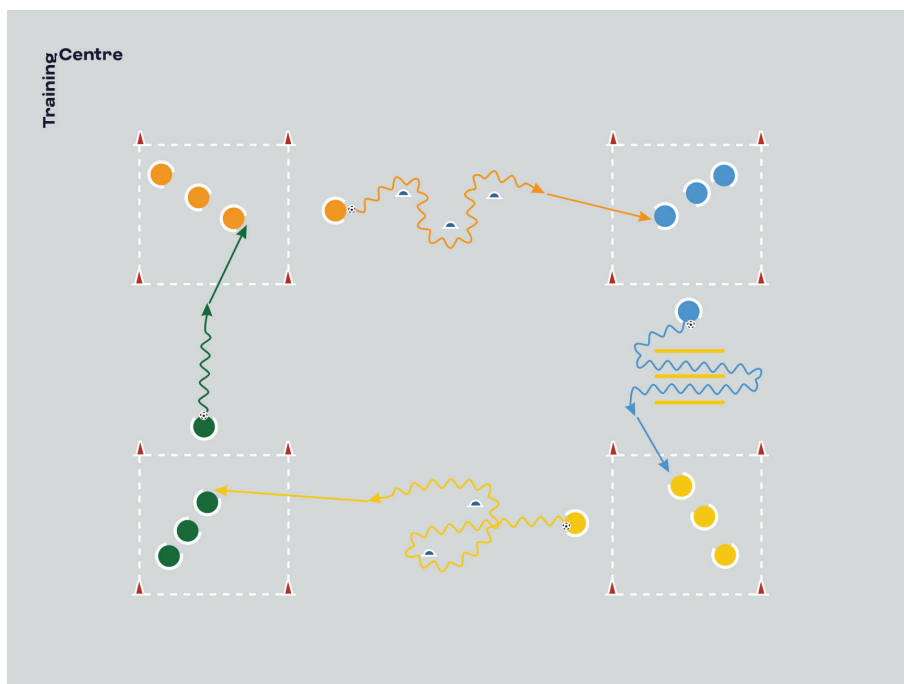
#### Great questions to ask the players

- What was it like to do the exercise with a marker/cone on your head?
- What happens if you try to go too fast?
- Can you race the other teams and make lots of noise when you finish?

#### Safety tips

- Create a safe space to play

## SKILL DEVELOPMENT: DRIBBLING RELAY



### Organisation

- Make four teams and a square playing area
- Each team starts in a corner and has a ball
- As the players move from one corner to another, challenge them to move or carry the ball in different ways
- Be creative, adapt to the players' abilities and make it a race to keep it fun and exciting. Remember: children love to be challenged!
- Make it a relay race; the players take it in turns to go around the whole square

### Ways to make the exercise easier

- Let the players decide how to move the ball from one corner to another

### Ways to make the exercise harder

- Ask the players to perform a skill while running between each corner
- Only allow the players to use their feet

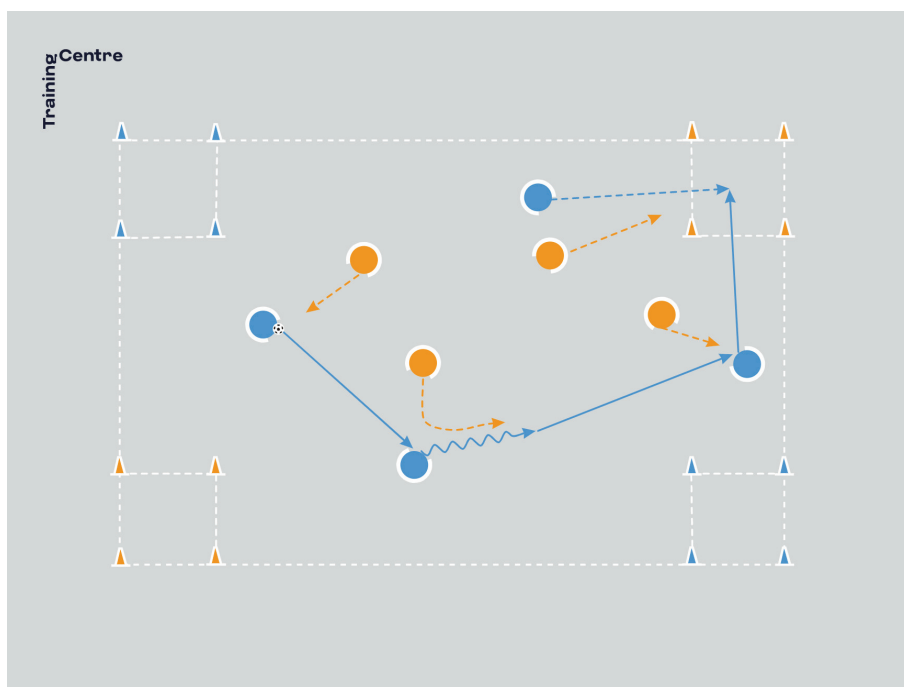
### Great questions to ask the players

- Can you copy the previous player?
- Can you keep your ball under control at all times?
- Can you manage not to drop your ball?

### Safety tips

- Create a safe space to play
- Make sure that only one player from each corner completes the circuit at a time

## GAME APPLICATION: 4V4, FOUR GOALS (TARGET ZONES) IN THE CORNERS, NO GOALKEEPERS



### Organisation

- Two teams of 4v4 play against each other and try to score by receiving the ball in the four corner areas
- Vary the corners in which the players can score. Start with two at each end and then progress to diagonal or opposite corners
- Each variation will ask different skills of the players. Every time a pass is received in the corner, a point is scored, and the waiting team can keep score
- The first team to five points wins; then, rotate the teams

### Ways to make the exercise easier

- Start the game by playing throw and catch

### Ways to make the exercise harder

- Only allow the players to use their feet
- A strong team can have fewer players

### Great questions to ask the players

- Can you try to find players on your own team when you make the pass?
- Can you run into a corner ready to receive a pass?
- Can you call your team-mate when you are in a position to receive the ball?

### Safety tips

- Create a safe space to play