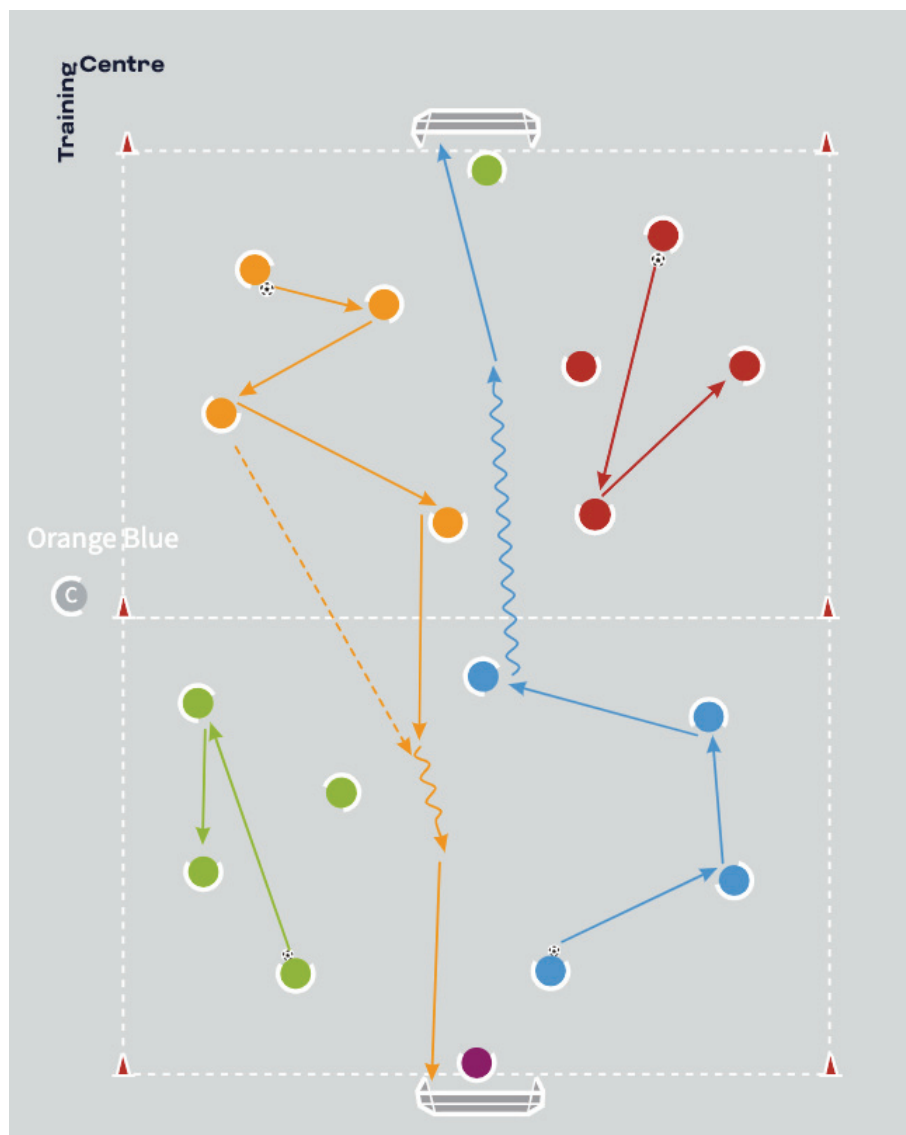


Reactions and *finishing*

WARM-UP: PASSING AND SHOOTING



Organisation

- Four teams in four colours pass the ball between themselves on a pitch with two goals and two goalkeepers
- When you show two colours, the respective teams race to cross the halfway line and score a goal in the goal that is furthest away – the first team to score wins the point
- Teams don't all have to have the same number of players

Ways to make the exercise easier

- The teams can score in the nearest goal to them when their colour is shown

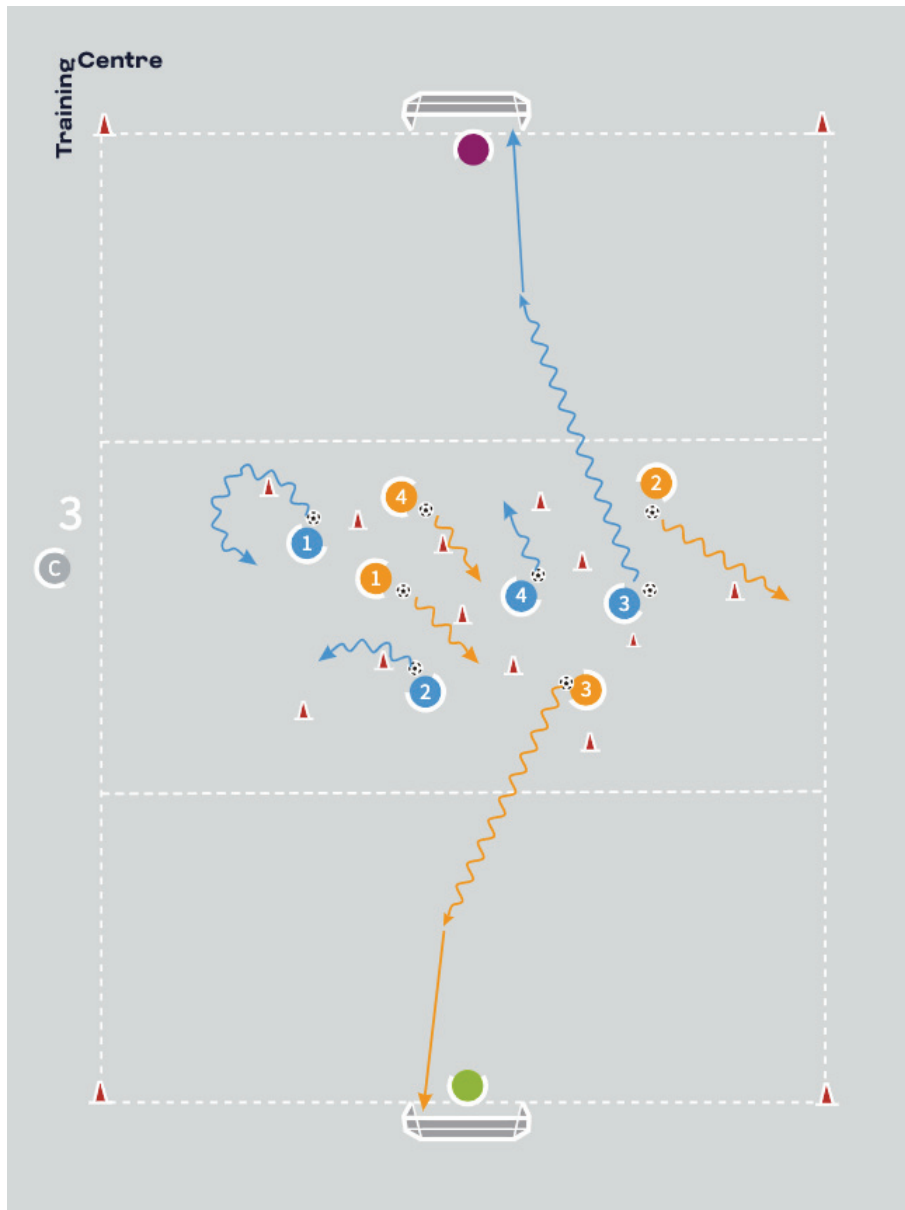
Ways to make the exercise harder

- Every player in a team has to pass the ball before the team can shoot and score
- Teams only have five seconds to score a goal
- The other two teams can try to defend against the attacking teams

Great questions to ask the players

- Do you react quickly when you see your team's colour raised?

SKILL DEVELOPMENT: DRIBBLING AND SHOOTING



Organisation

- Players from two teams dribble in the middle area around cones or each other
- Players on both teams have the same numbers. When you shout a number, both players race to score a goal in the nearest goal
- Shout more than one number, so four players race

Ways to make the exercise easier

- Start with no goalkeepers

Ways to make the exercise harder

- Players can also block or delay their opponents before scoring themselves if they want to

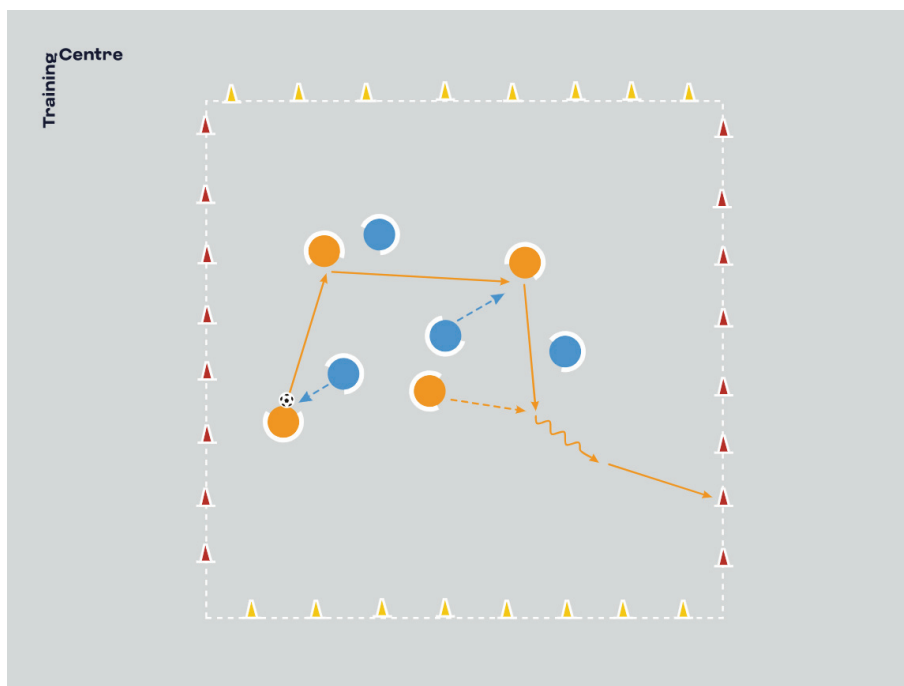
Great questions to ask the players

- Can you quickly accelerate towards goal when you hear your number?
- Can you shoot early to score?
- Rebounds still count, so can you follow up your shot?

Safety Points

- Make sure the goalkeepers are ready before you shout the number(s)

GAME APPLICATION: 4V4, CONES AS GOALS



Organisation

- Organise an area for 4v4 or 5v5 and on the outside of the area, make a square using cones of two different colours. To begin with, place two colours on two sides each to complete the square
- For progression, mix the two colours around the square
- The players compete for the ball in the middle and knock down their coloured cones on the outside at every opportunity; once all of their colours have been knocked down, the team can escape the square and win the game

Ways to make the exercise easier

- Place a smaller number of cones on each of the lines

Ways to make the exercise harder

- Place the cones in a random order around the square, so players have to seek them out

Great questions to ask the players

- Can you identify the nearest cones in your colour to knock down?
- Can you pass accurately to knock the cones down?
- If you cannot knock down a cone, can you pass to someone who can?

Safety Points

- Pick up and remove any cones that fall into the playing area