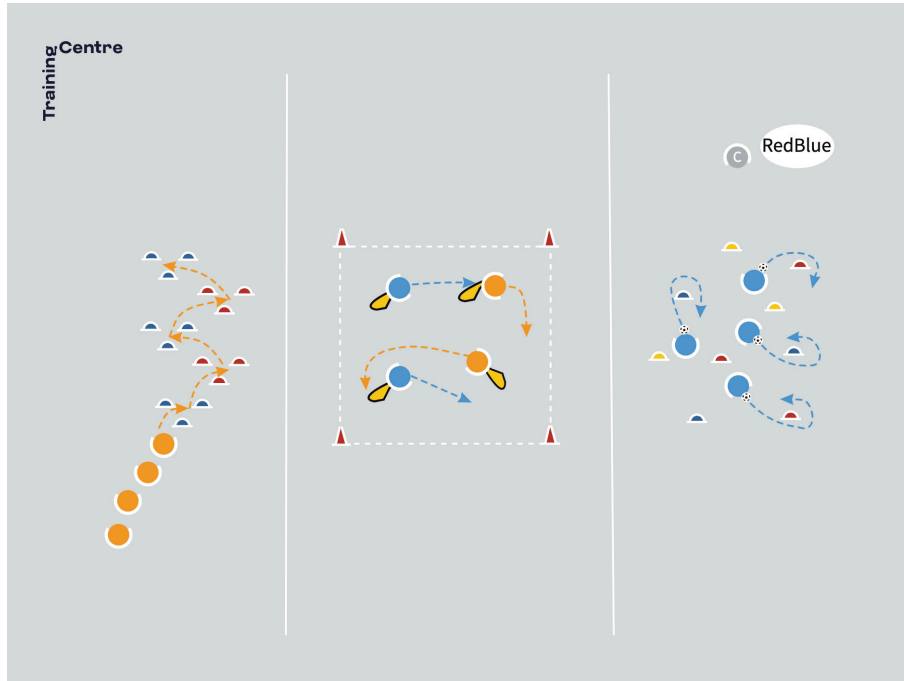


Coordination —●— *and the game*

WARM-UP: 3 DIFFERENT VARIATIONS



Organisation

- Divide your area into three and the players into three equal groups
- Make up three different activities, with and without a ball if possible
- Focus on physical movements, touches of the ball and include a competitive element
- Be creative and resourceful – vary the activities when you repeat this session

Ways to make the exercise easier

- No competition between players, just focus on technique and movement

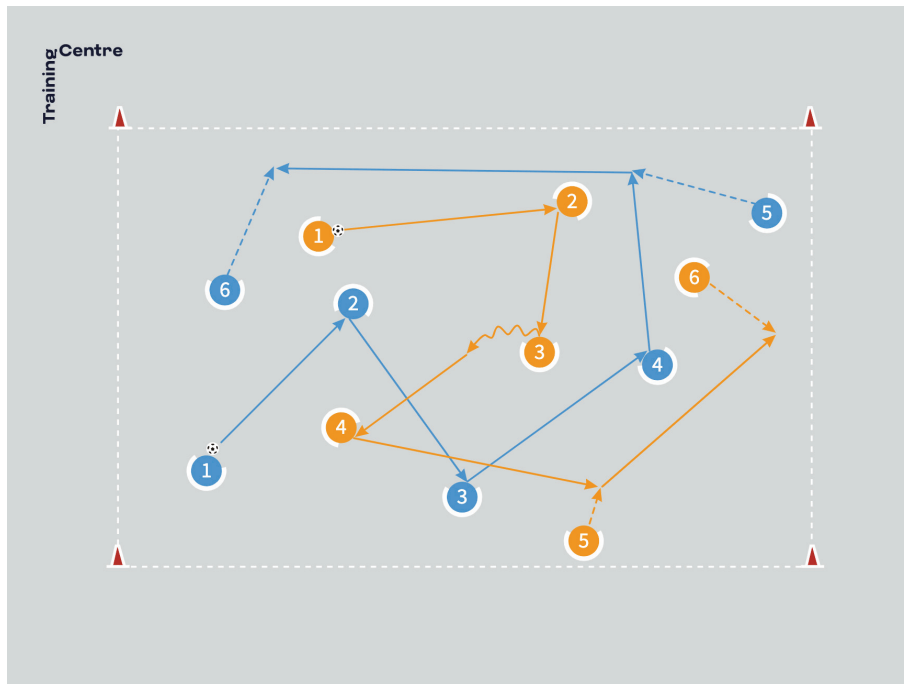
Ways to make the exercise harder

- Increase the physical challenge
- Increase the competition in each area

Great questions to ask the children

- Can you think carefully about what you need to do to be successful in each area?
- Can you make up a game in the physical movement area?
- Can you make up a technical exercise in the ball area?

SKILL DEVELOPMENT: FINDING YOUR TEAMMATE



Organisation

- Create two teams with a ball for each team – maximum of seven per team
- Give each player a number, players to pass in sequence by throwing
- Challenge the players not to drop the ball, if their team drops it, they lose!
- Move ball to feet and repeat – if it leaves the area, the team loses!

Ways to make the exercise easier

- Players can start by standing still
- No competition, just focus on not dropping the ball, then increase distance

Ways to make the exercise harder

- Create a race between two teams to complete a number of passes
- Add a second ball
- Players have to be moving all the time
- You have to pass over another colour when throwing the ball
- You have to pass through two other colours to your team-mate

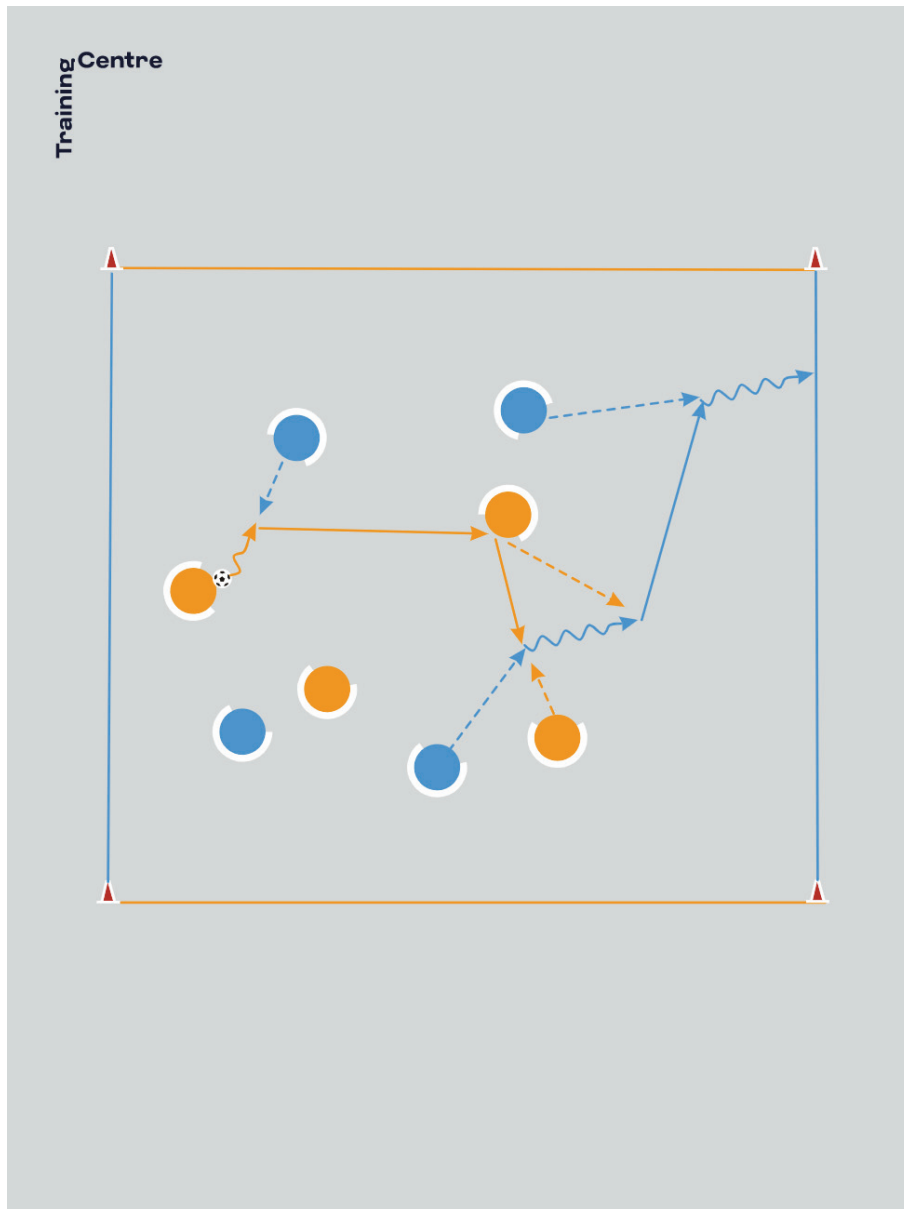
Great questions to ask the children

- Can you show me the best way to throw a pass?
- Can you call for the ball when you are ready to receive it?
- When you pass the ball with your feet, can you focus on passing it accurately to your partner?

Safety tips

- Players must keep their heads up while moving around, and be aware of the other team and other balls in the air

GAME APPLICATION: LINE-FOOTBALL



Organisation

- Create multiple pitches for games of 4v4
- Group children by size or ability
- Ask the players to focus on passing
- Can they receive the ball on the end line?
- If they cannot make a pass, they should try to dribble to the end line

Ways to make the exercise easier

- Players can stop the ball on or past the line

Ways to make the exercise harder

- Players can only stop on the line when receiving a pass

Great questions to ask the children

- Can you think about how to receive a pass on the line?
- Can you think about when you move to receive the ball?
- Can you focus on the quality of your final pass?

Safety tips

- Create a safe zone between each mini-pitch