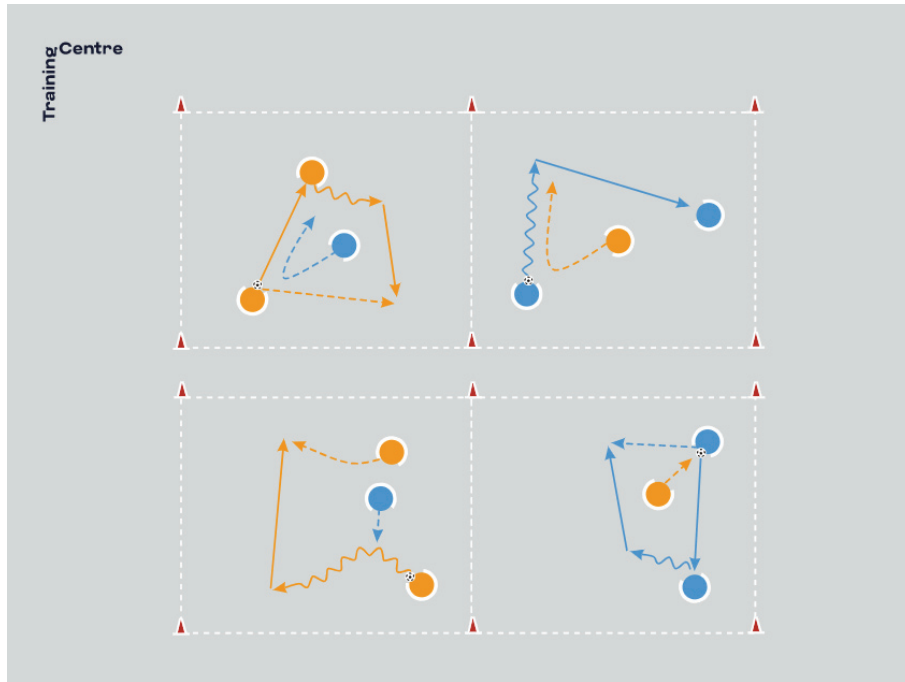


Different pitches

WARM-UP: 2V1



Organisation

- Organise your players into groups of three in their own space
- The groups play 2v1 and try to keep the ball for a number of passes or period of time
- The groups can have a competition between them to see which pair can keep the ball the longest
- Each time a player loses the ball, he/she swaps with the defender

Ways to make the exercise easier

- Make the area larger

Ways to make the exercise harder

- Make the area smaller
- Limit the number of touches

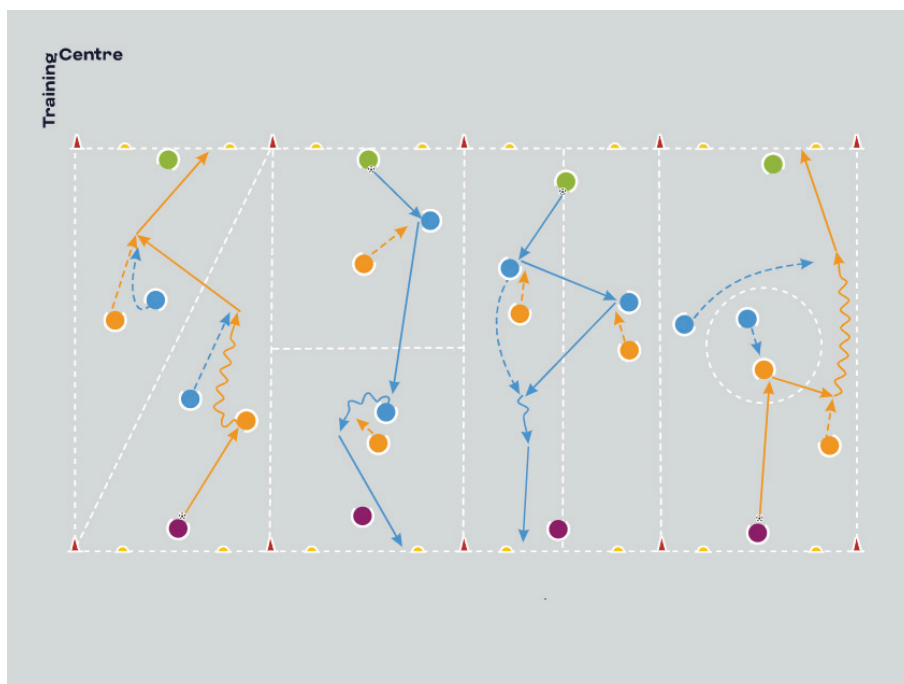
Great questions to ask the players

- Can you create an angle to receive a pass?
- Do you have to pass the ball if there is no pressure on you?
- Can you disguise your pass or movement?

Safety tips

- Create a safe playing area

SKILL DEVELOPMENT: 3V3 ON DIFFERENT TYPES OF PITCHES



Organisation

- Create four different types of pitch and organise teams of 3v3 on each pitch
- 1v1 in each half, plus goalkeepers
- Players get to experience the different limitations of each pitch and have to work out the best way to play as a team
- If you have bigger numbers, you can play 2v2 in some areas, or have uneven numbers in some areas – it doesn't matter!

Ways to make the exercise easier

- You could play with a 2v1 in one half and no goalkeepers

Ways to make the exercise harder

- Limit the number of touches per player
- Make one area much smaller than the other for the best players

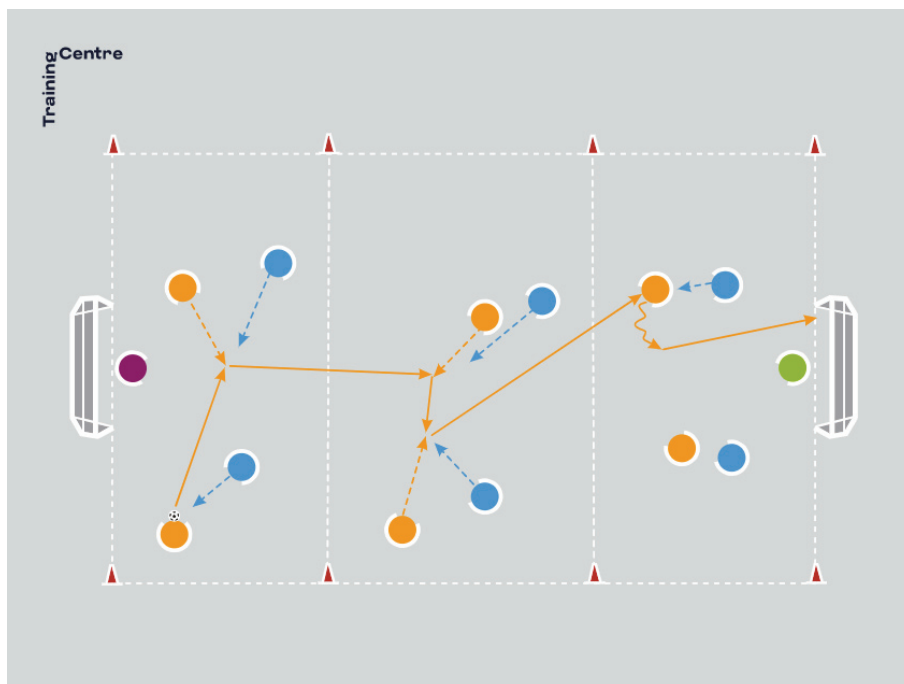
Great questions to ask the players

- How does the space affect the way you can play?
- What are the advantages?
- What are the disadvantages?

Safety tips

- Create a safe playing area

GAME APPLICATION: 7V7 IN THREE ZONES



Organisation

- Organise two teams of 7v7 and divide the pitch into three zones, with 2v2 in each zone plus a goalkeeper for each team
- Teams have to play through the zones to score
- Players are restricted to their own zone
- Rotate players through each zone after a goal is scored

Ways to make the exercise easier

- One team can have extra players in zones
- Players can play straight to the end zone if it is possible

Ways to make the exercise harder

- One team has less players in zones
- Players have to pass through each zone before they can score

Great questions to ask the players

- Do you have to always play forward from the middle zone?
- Can you try to find positions in your zone to support the player on the ball?
- Which zone do you prefer to play in and why?

Safety tips

- Create a safe playing area