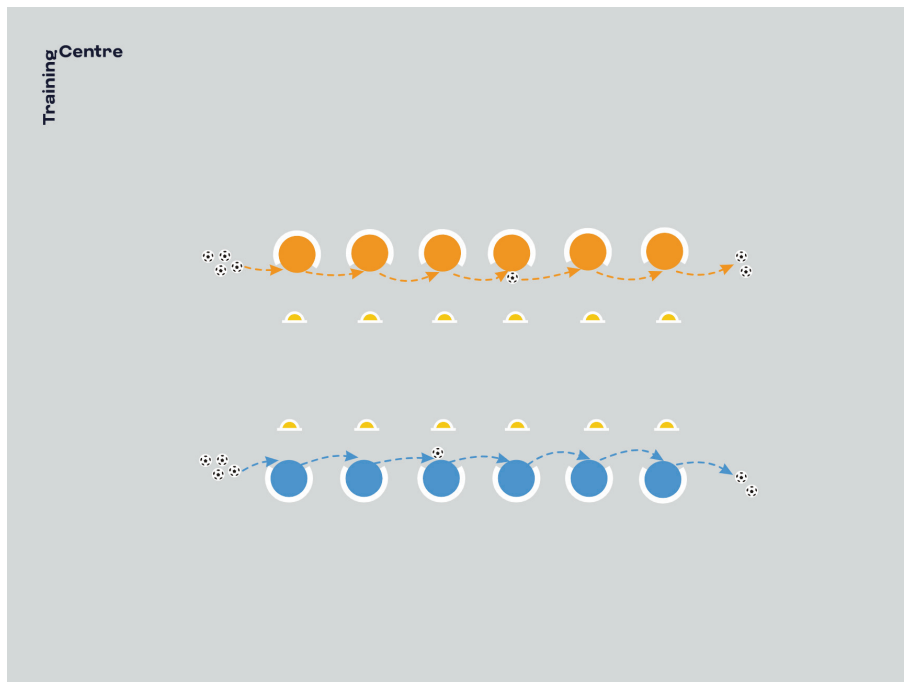


With accuracy —●— to success

WARM-UP: CORE STRENGTH



Organisation

- Players work in pairs or in teams and complete mini-challenges to improve core strength – be creative and create a winning environment
- Ask players to pick their opponents and try to beat them

Ways to make the exercise easier

- Let players have one knee on the floor to give extra support

Ways to make the exercise harder

- Require the players to hold the position for ten seconds before starting the game

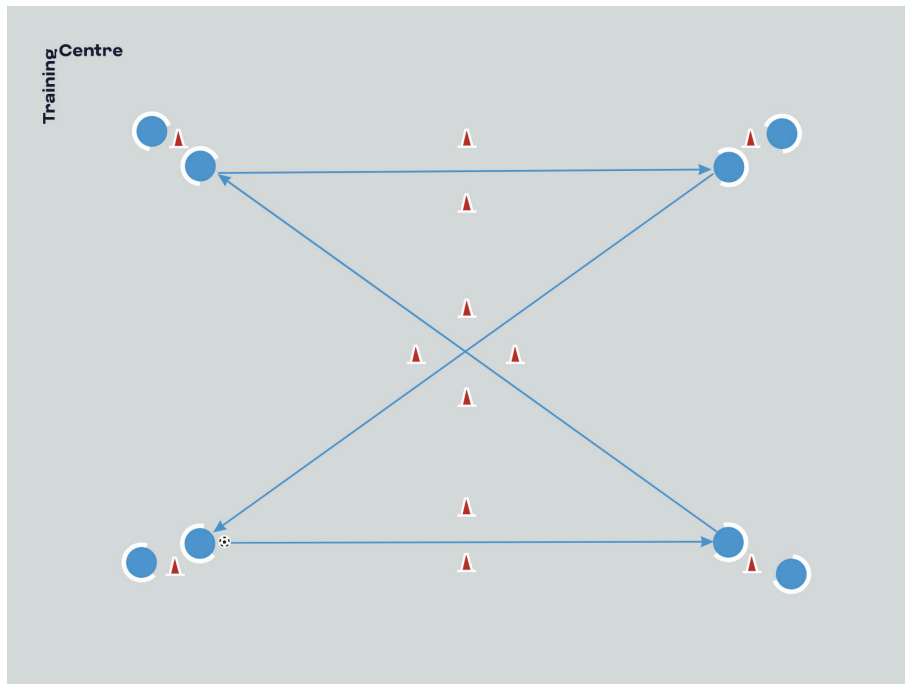
Great questions to ask the children

- Which parts of your body do you feel are working to provide balance?
- How can you strengthen your core stability?
- Do you feel well balanced on both the right and left sides?

Safety tips

- Make sure players are not wearing watches
- Create a safe playing area

SKILL DEVELOPMENT: PASSING CIRCUIT



Organisation

- Organise eight players in a pass-and-move pattern
- Players pass through the gates in a sequence and follow their pass
- Challenge the group to complete ten passes without the ball touching the cones

Ways to make the exercise easier

- Make the gates wider and closer

Ways to make the exercise harder

- Make the gates smaller and further away
- Add a second ball

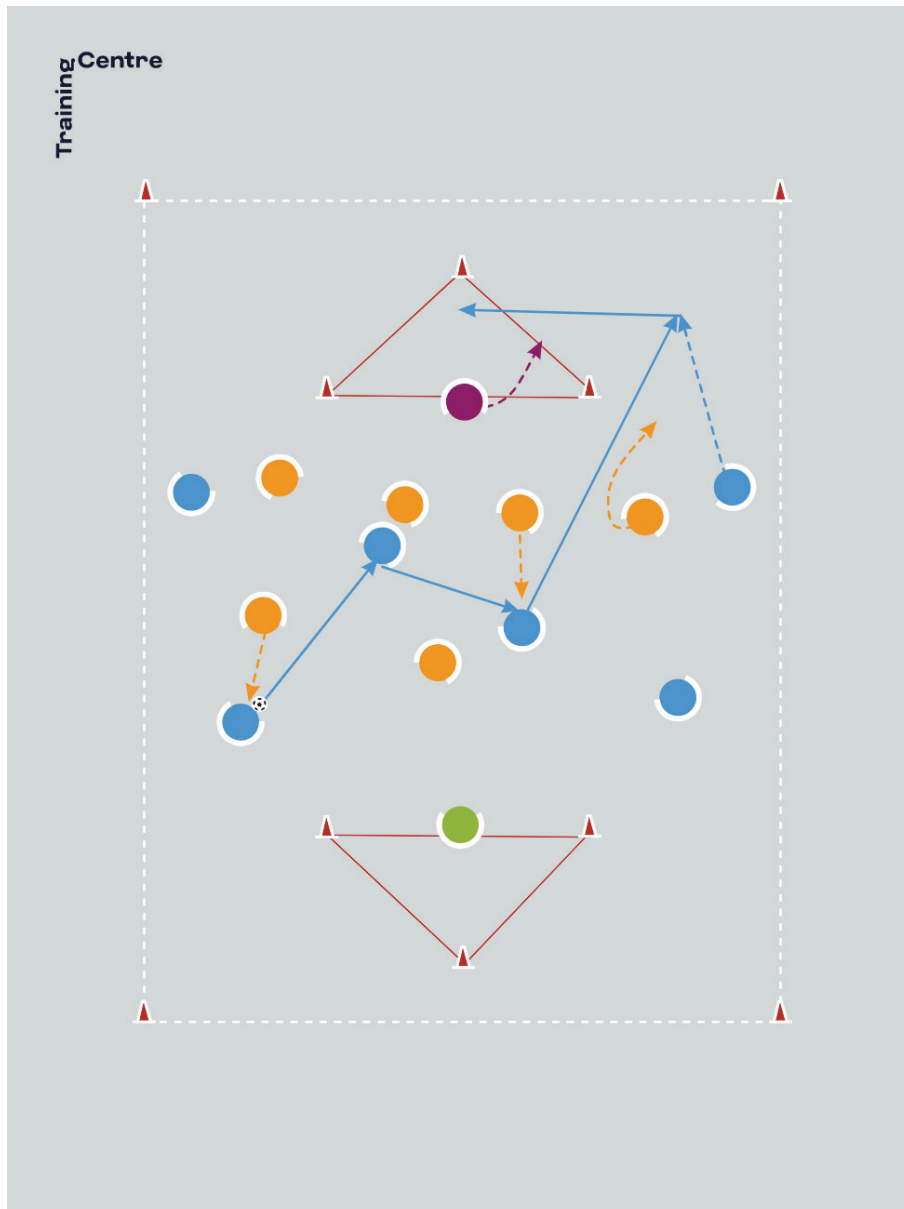
Great questions to ask the children

- Can you focus on the strength and accuracy of your passes?
- What is the best part of the foot to use when making a short pass?
- Can you play first-time passes?

Safety tips

- Create a safe playing area

GAME APPLICATION: 7V7 GAME WITH TRIANGLE GOALS



Organisation

- Organise a normal game for 7v7 but create triangular goals
- Each team has one goalkeeper who tries to defend each side of the goal
- If you have more than two goalkeepers, then rotate them or create two triangular goals at each end

Ways to make the exercise easier

- Make the goals bigger

Ways to make the exercise harder

- Make the goals smaller

Great questions to ask the children

- Can you pass the ball around the triangle in order to try to shoot into an empty side?
- Can you disguise your passing, so that the goalkeeper cannot predict where you will shoot from?
- Goalkeepers – can you move your feet quickly and shuffle from side to side to cover your triangle?

Safety tips

- Create a safe playing area