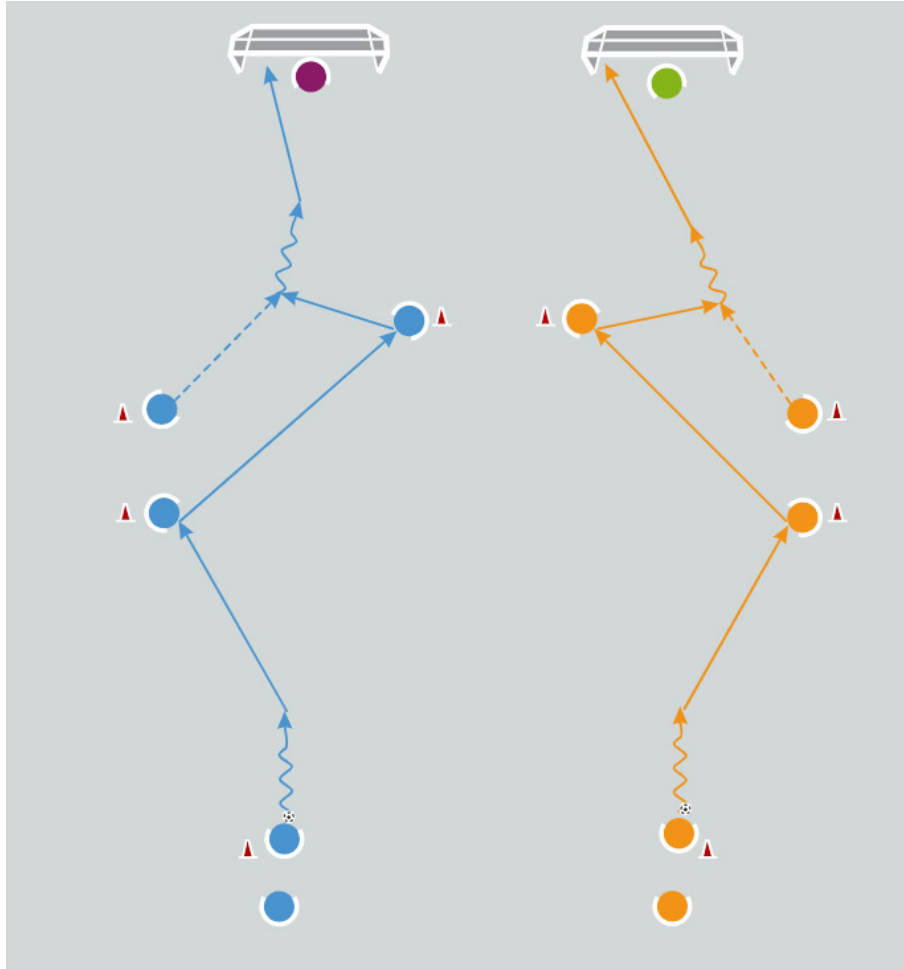


Trust your skills and —●— *take the opportunity*

WARM-UP: COMBINATION PLAY WITH FINISHING



Organisation

- Organise two teams, with two goals and goalkeepers
- Players pass the ball in a sequence up the pitch, ending with a shot at goal
- Players follow their pass, so they rotate positions
- Try to limit teams to eight, so that players are always involved; set up more pitches if needed
- Teams can race against each other to score, or count their total goals scored over three minutes, for example
- Ask the players to design final passes near the goal that require different types of shot or technique

Ways to make the exercise easier

- Start with no goalkeepers

Ways to make the exercise harder

- Add a defender or chaser near the goal to make it more realistic

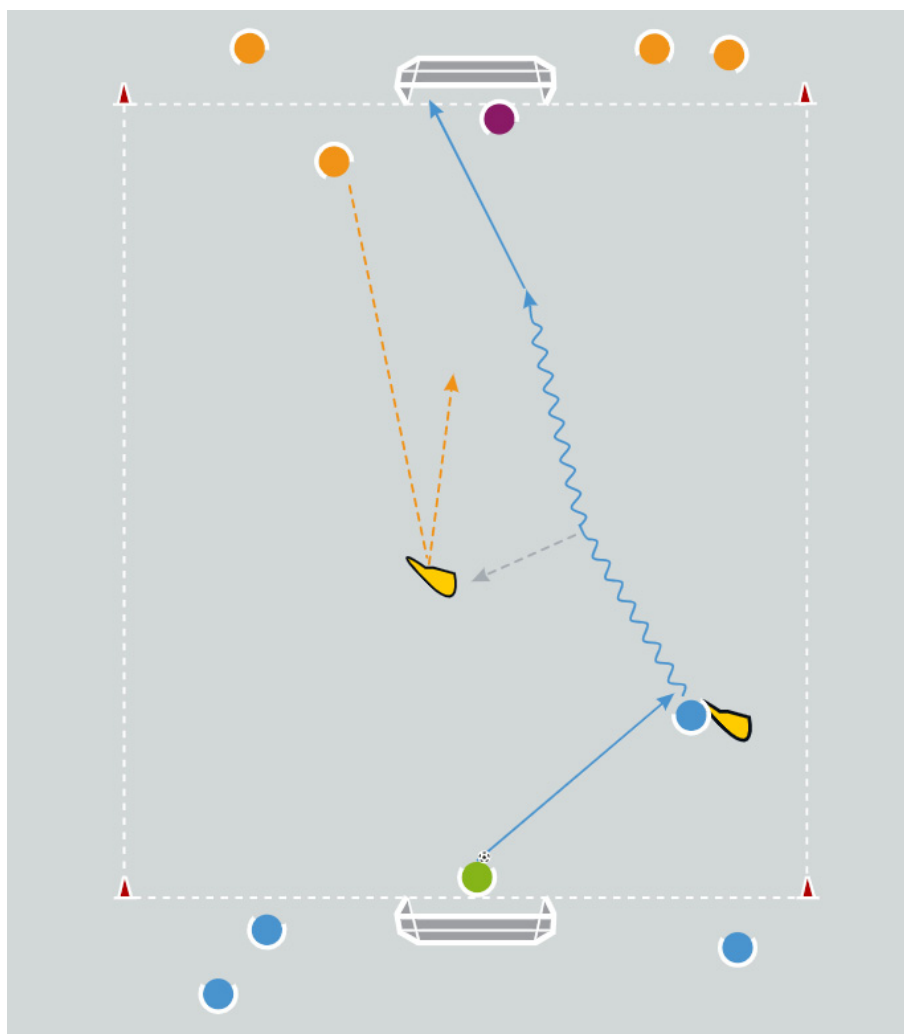
Great questions to ask the children

- Can you concentrate on accurate passes?
- Can you remember to follow your pass?
- Can you experiment with different types of shots?

Safety tips

- Create a safe area for each team

SKILL DEVELOPMENT: 1V1, 2V1 AND 2V2



Organisation

- Organise two teams, two goalkeepers and two goals
- Each team takes turns to play 1v1, 2v1 and 2v2
- The player who starts with the ball holds a bib
- When in possession of the ball, the player can drop the bib to move a defender
- The defender has to be within two metres before the bib can be dropped
- The defender has to pick up the bib before he or she can recover and make a tackle
- Encourage the players to use the bib to create time on the ball for themselves
- Use another object (e.g. a cone) if you don't have any bibs

Ways to make the exercise easier

- Let the player in possession drop the bib at any time

Ways to make the exercise harder

- Only allow the bib to be dropped when the defender is within one metre of the ball

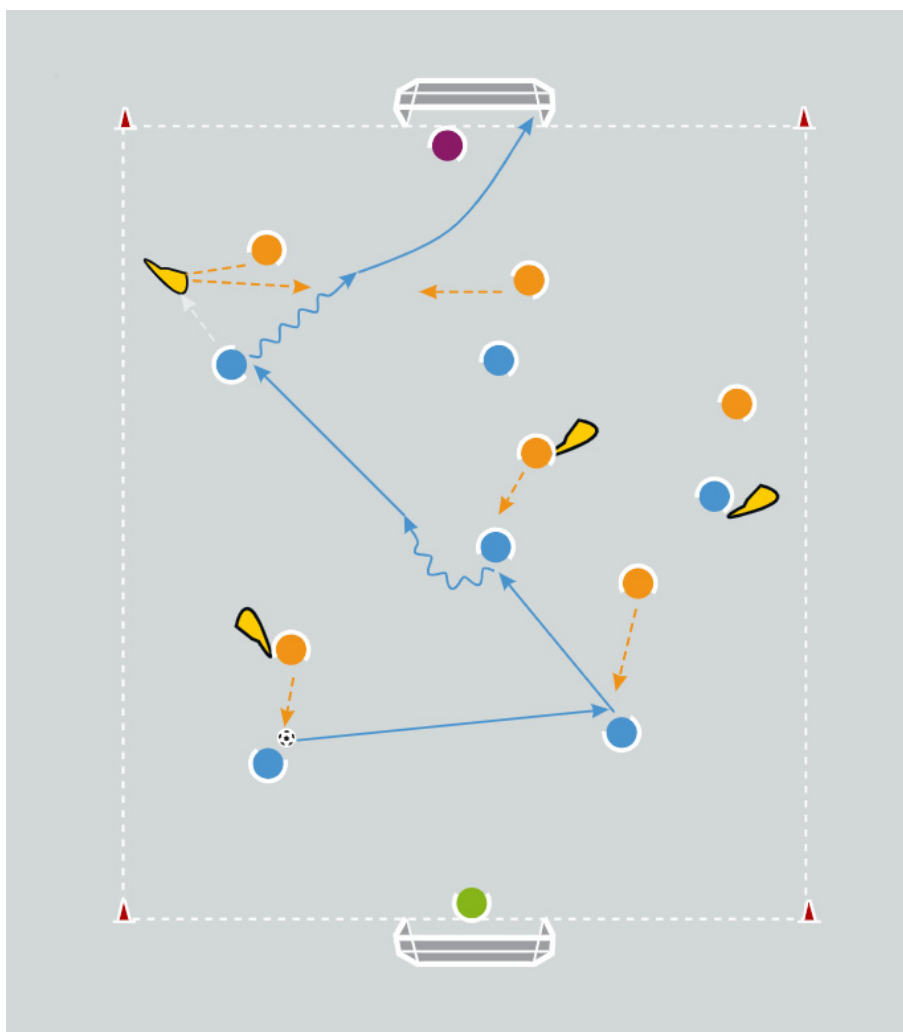
Great questions to ask the children

- Can you think about the best time to use your drop?
- On which side should you drop the bib, depending on where you want to run with the ball?
- Can the defender watch the ball and watch for the bib?

Safety tips

- Create a safe area for each team
- Waiting players should wait beside the goals

GAME APPLICATION: 7V7 GAME WITH TWO GOALS



Organisation

- Organise two teams of seven, including two goalkeepers, and two goals
- Each team starts off holding two bibs
- When a player holding a bib is in possession of the ball, he or she can drop the bib to move a defender
- The defender has to be within two metres before the bib can be dropped
- The defender has to pick up the bib before he or she can recover and make a tackle
- Encourage the players to use the bib to create time on the ball for themselves
- Use another object (e.g. a cone) if you don't have any bibs

Ways to make the exercise easier

- Only let one team use the two bibs (after picking a bib up, the defending team continues to return it to the other team)

Ways to make the exercise harder

- Only allow the bib to be dropped when the defender is within one metre of the ball

Great questions to ask the players

- Can you think about when and where it is best to use your drops as a team?
- On which side should you drop the bib, depending on where you want to run with the ball?
- Can the defender watch the ball, watch for the bib and recover?

Safety tips

- Create a safe playing area