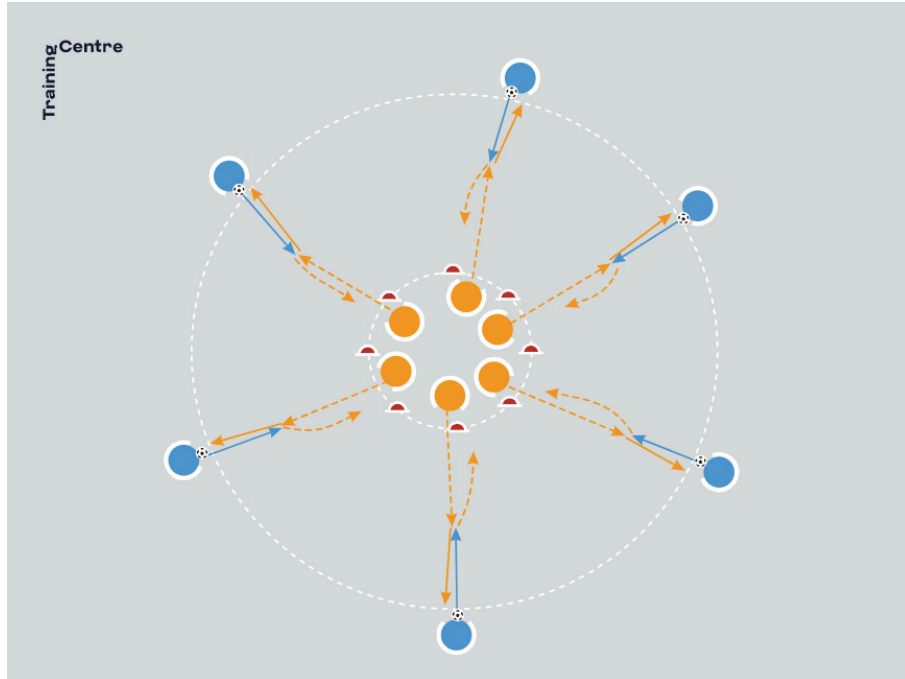


Multi-team passing and —●— small-sided game exercises

WARM-UP: DRIBBLING RELAY ACROSS OCEAN WHILST AVOIDING POISONOUS FISH



Organisation

- Place six players in a middle circle and six in an outer circle
- More players can be added by increasing the size of the circles or creating more than one playing area
- The players in the inner circle complete physical agility movements around the cones and then combine with the players in the outer circle to receive and return a pass.
- Explain that the players in the inner circle are sick and need medicine. They need to go to the doctor (the players in the outer circle) for a prescription. The players send their request to the doctor (they pass the ball). After carrying out a physical examination (the agility movements around the cones), the doctor determines the safest and most effective medication for each “sick” player’s illness and sends them the medication (the ball)
- Vary the agility tasks and the types of passes
- Rotate the inner circle and outer circle to provide natural breaks

Ways to make the exercise easier

- Make the inner circle bigger to give the players more space

Ways to make the exercise harder

- Increase the intensity of movements
- Challenge the players to have a ball at their feet at all times
- Make the circles smaller in the middle and bigger on the outside

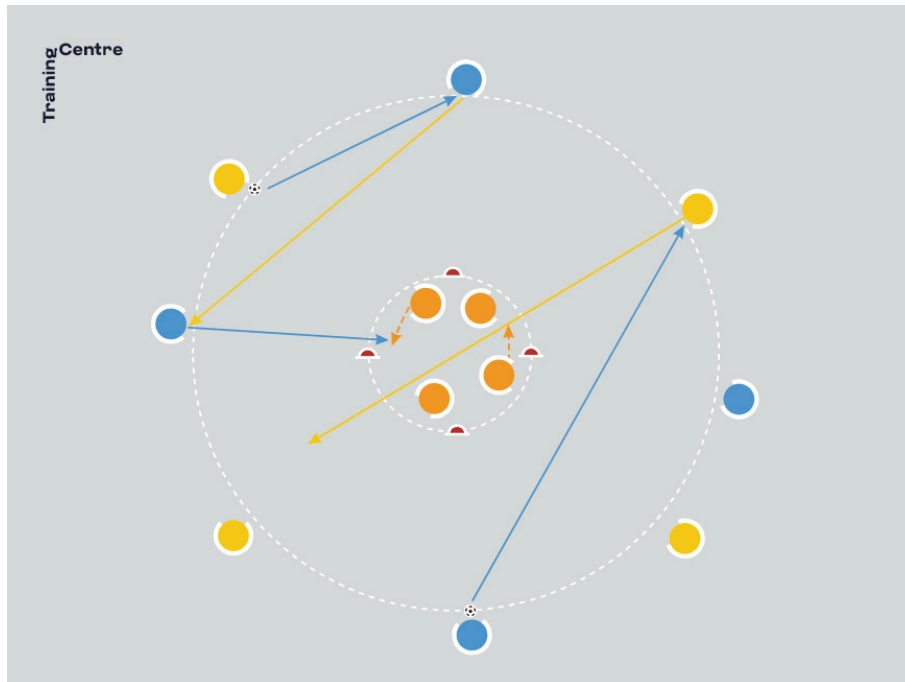
Great questions to ask the children

- Can you try to complete the movements as quickly as possible?
- Can you make quick weaving movements to receive the ball?
- Can you show me different ways to play a quality short pass?

Safety tips

- Make sure the players keep their heads up and are aware of others in the middle circle
- Create a safe space to play

SKILL DEVELOPMENT: DRIBBLE TO ISLAND TO SCORE POINTS WHILST AVOIDING BALL-STEALING SHARKS



Organisation

- Organise three teams of four or five: two teams play around the outside circle and one team defend the middle square (or circle)
- The players on the outside pass the ball between themselves and, when possible, attempt to pass the ball through the middle square without it being blocked or intercepted. Teams receive a point every time a pass is completed through the middle. If the ball is blocked, they lose a point
- Explain that the players on the outside need medication to treat a cold. They are at the pharmacy looking at various over-the-counter options. When they think they have found the right one, they pass it to a “trusted adult” (parent/guardian/carer) to check (the players attempt to pass through the middle square). If the ball makes it through the middle square, it means that the medication has been checked by the trusted adult and is safe to use under their supervision. If the ball fails to make it through the middle square, it has not been checked and is not safe to use
- Rotate the defending team (the team representing trusted adults) every few minutes. The team with the most points at the end (those that were most successful and rigorous in checking their medication with a trusted adult before taking it) are the winner

Ways to make the exercise easier

- Make the middle square bigger or use fewer protecting players

Ways to make the exercise harder

- Increase the distance between the outer circle and the middle square

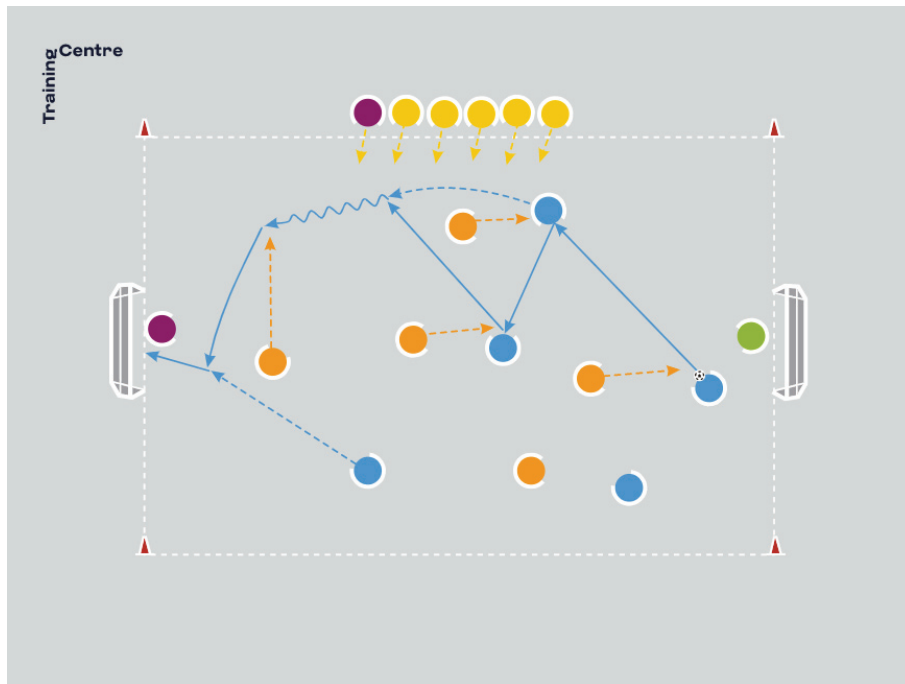
Great questions to ask the children

- Can you recognise opportunities to pass through the middle?
- Can you then play a pass with the right accuracy and pace to be successful?
- Are you prepared to take risks for your team?

Safety tips

- Passes played through the middle should not exceed the tallest player’s waist height
- Create a safe space to play

GAME APPLICATION: 6V6, NORMAL GAME



Organisation

- Organise three teams: two teams play, whilst one team wait to come on
- One team start with the ball and attack. If they score a goal, the defending team are replaced by the waiting team. If the attackers lose the ball, they are replaced by the waiting team, who become the defenders
- Ask the waiting players to position themselves on the halfway line to allow them to come on quickly at either end

Ways to make the exercise easier

- Give each team three “lives”, so that they get to stay on the pitch for longer

Ways to make the exercise harder

- Give one team more players

Great questions to ask the players

- Which do you enjoy more: being an attacker or a defender?
- What are the secrets to performing well in attack?
- What are the secrets to performing well in defence?

Safety tips

- Make sure that losing teams leave the pitch quickly and that there are only two teams on the pitch when play starts
- Create a safe space to play