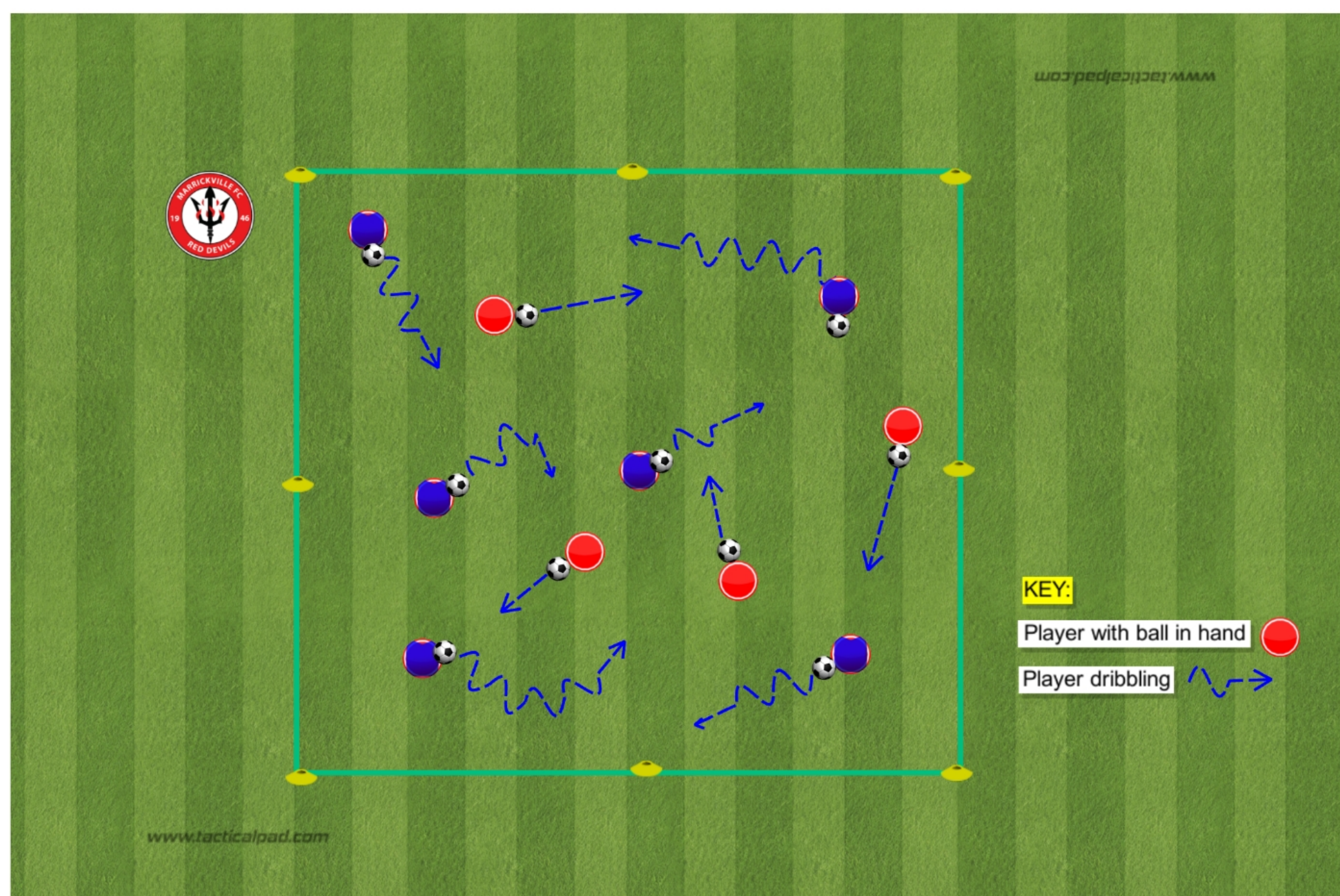


BEGINNING: FOOT ON BALL!



| Players | Space | Intensity | Act. Time | Rest | Repetitions |
|---------|---------|-----------|-----------|------|-------------|
| 10 | 9m x 9m | | 10 | | |

LOOKING TO GET INTO SPACE: FOOT ON BALL!

KEY COACHING POINTS:

- Players assess the situation by taking their eyes off the ball and looking up
- Players manipulate the ball with the sole of their foot so that they can look around and assess the situation
- Players slow down and stop to assess the situation and find space rather than reactively run away
- Players put their body between the ball and the tagger to avoid them (shielding)

ORGANISATION:

Mark out a 9m x 9m area.
6 players have a ball at feet.
4 players have a ball in hand.

CONSTRAINTS:

Players must stay inside the area.
Red players must keep the ball in their hands and are not allowed to tackle.

EXPLANATION:

The 6 blue players dribble their ball around the area trying to avoid the other 4 red players who have a ball in their hands. The red players attempt to touch the blue players ball with their own ball.

Every touch earns the red player a point. The blue players are safe from a touch if they can put their foot on the ball. Play for 1-2minutes to see who has the most touches.

Players swap roles.

PROGRESSION:

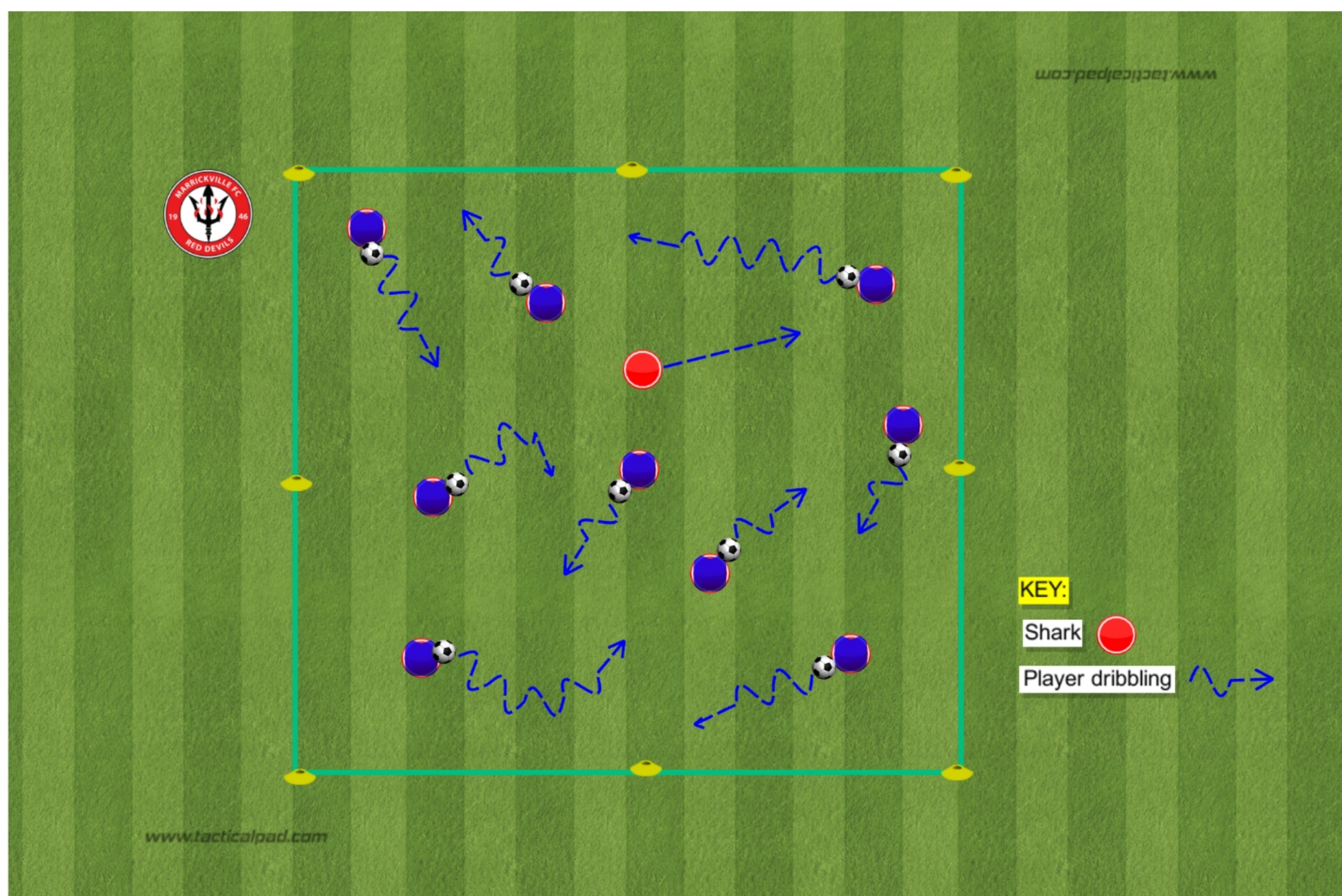
The blue players dribbling the ball now must try to keep their ball away from the red taggers. Blue players are not safe if they stop and put their foot on the ball.

Points as before.

Players swap roles.

COACHING POINT: After each game ask players what they did to spot the danger. Focus on answers where players describe ways to stop, slow down and block so that they can LOOK rather than simply running away. Tagging scores decreasing indicates players improving.

MIDDLE GAME: FOOT IN SHARK'S MOUTH



| Players | Space | Intensity | Act. Time | Rest | Repetitions |
|---------|---------|-----------|-----------|------|-------------|
| 10 | 9m x 9m | | 10 | | |

LOOKING TO GET INTO SPACE: FOOT IN SHARK'S MOUTH!

KEY COACHING POINTS:

- Players assess the situation by taking their eyes off the ball and looking up
- Players manipulate the ball with the sole of their foot so that they can look around and assess the situation
- Players slow down and stop to assess the situation and find space rather than reactively run away
- Players put their body between the ball and the tagger to avoid them (shielding)

ORGANISATION:

Mark out a 9m x 9m area.

9 players have a ball at feet.

1 player is the SHARK with a ball at feet.

CONSTRAINTS:

Players must stay inside the area.

EXPLANATION:

The 9 blue players dribble their ball around the area trying to avoid the SHARK. The shark attempts to tag the blue players. Blue players are safe from the shark if they can put their foot on the ball. The shark must now move to a different player.

If a player is tagged by the shark they leave their ball and then link hands with the shark. The shark continues to grow as more and more players are tagged. The winner is the last player left with a ball.

Players swap starting roles.

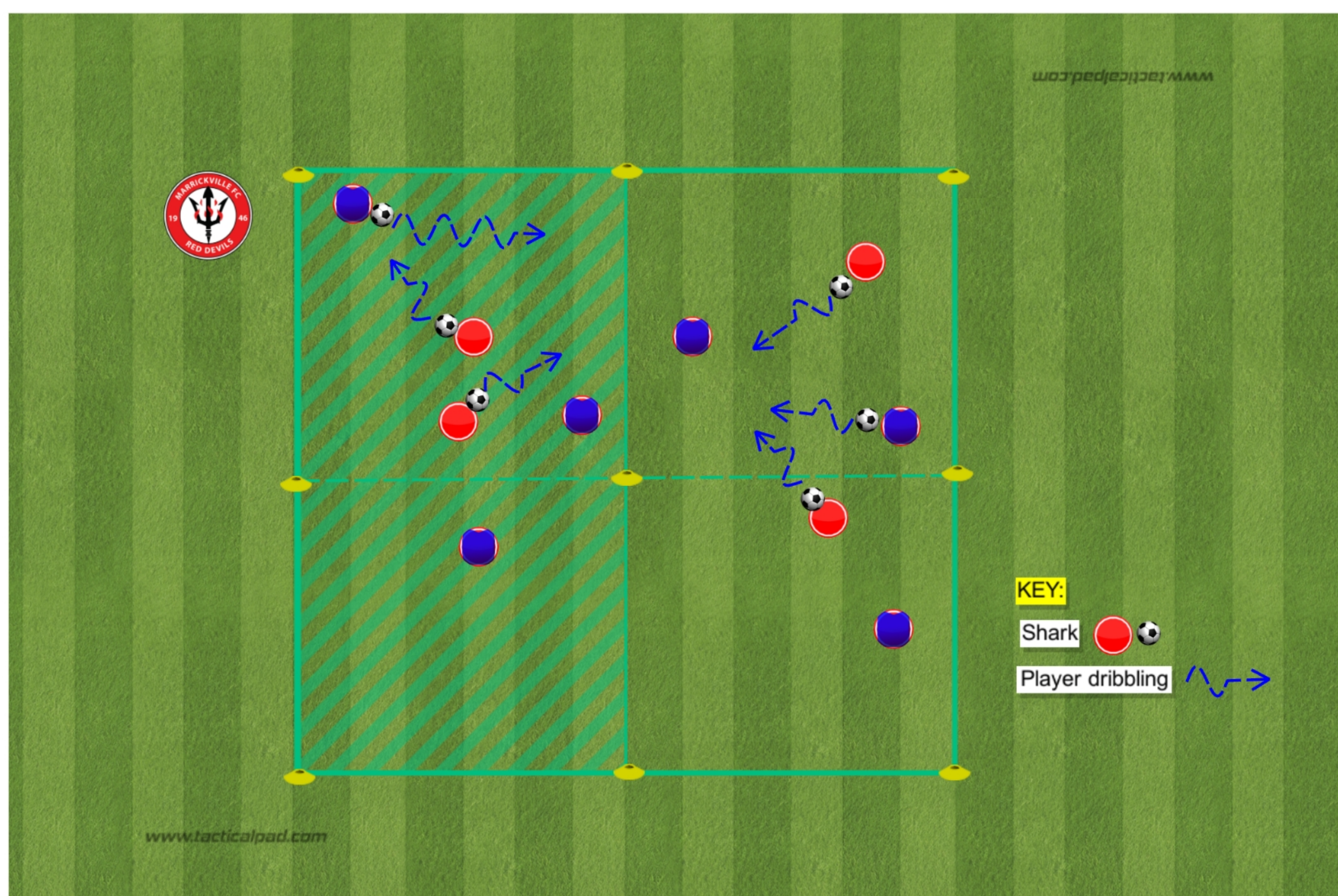
PROGRESSION:

The shark now has a ball their feet and attempts to tag the blue players dribbling around the area. Players are not safe if they stop and put their foot on the ball but now must try and move away. Everytime a player gets tagged they become another shark now also trying to tag the other players with a ball.

Players swap starting roles.

COACHING POINT: After each game ask players what they did to spot the danger. Focus on answers where players describe ways to stop, slow down and block so that they can LOOK rather than simply running away.

END GAME: GET TO THE BEACH



| Players | Space | Intensity | Act. Time | Rest | Repetitions |
|---------|---------|-----------|-----------|------|-------------|
| 10 | 9m x 9m | | 10 | | |

LOOKING TO GET INTO SPACE: GET TO THE BEACH!

KEY COACHING POINTS:

- Players assess the situation by taking their eyes off the ball and looking up
- Players manipulate the ball with the sole of their foot so that they can look around and assess the situation
- Players slow down and stop to assess the situation and find space rather than reactively run away
- Players put their body between the ball and the tagger to avoid them (shielding)

ORGANISATION:

Half the 9m x 9m area into two rectangles. Each rectangle is then divided in half to create two square zones.

3 players have one ball between them.

2 players are SHARKS trying to tag the players with the ball.

CONSTRAINTS:

Two blue players maximum per half. The third player must stay inside the other half.

EXPLANATION:

The two blue players try to get the ball to the third blue player in the other half (the beach) without getting tagged. If a player gets tagged that player cannot move the ball to the other half. If players can get the ball to the other half, they get 1 point.

The sharks attempt to tag the blue player with the ball. Every tag is 1 point.

The winner is the first to 3 points.

COACHING POINT: After each game ask players what they did to get the ball to the other square. Focus on answers where players describe ways to stop and slow down so that they can LOOK and decide what to do rather than simply running away.