

# Youth Coaching Document



**Integrity Soccer**

Informing, Interacting, Integrating

# Fundamental Warm Ups

## Fundamental Movement Practices Tag & Handball Games

Consider:

### 1. ABC's

**Agility** – Changing direction quickly and with control

**Balance** – Maintaining control of body whilst performing a movement

**Co-ordination** – Control of different limbs when moving

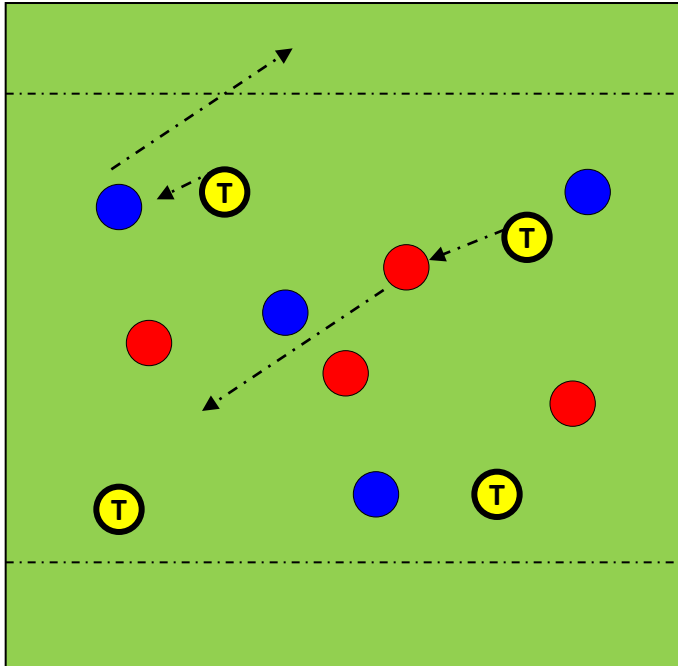
**Speed** – Acceleration, deceleration & limb speed

2. Seek to link your fundamental work to your main session topic and practice type (e.g. Circle work, halves practice etc.)

3. 10-25% of your practice time should work on fundamentals. 25% with the 11 years and under, reducing as they get older

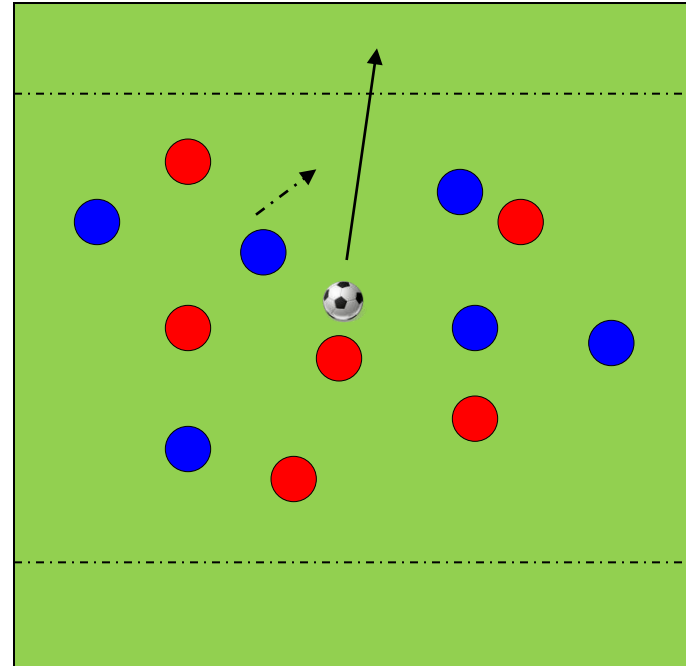
# Fundamental Movement Practices

## 1. Using End Zone Games



### Tag Game

- 3 teams of four. Yellows chase.
  - If tagged by a yellow, perform a balance for 5 seconds and carry on running
  - Use end zones as safe areas, can stay in for 5 seconds
  - Add one ball for teams being chased.
- Taggers can only tag player with ball in hands.

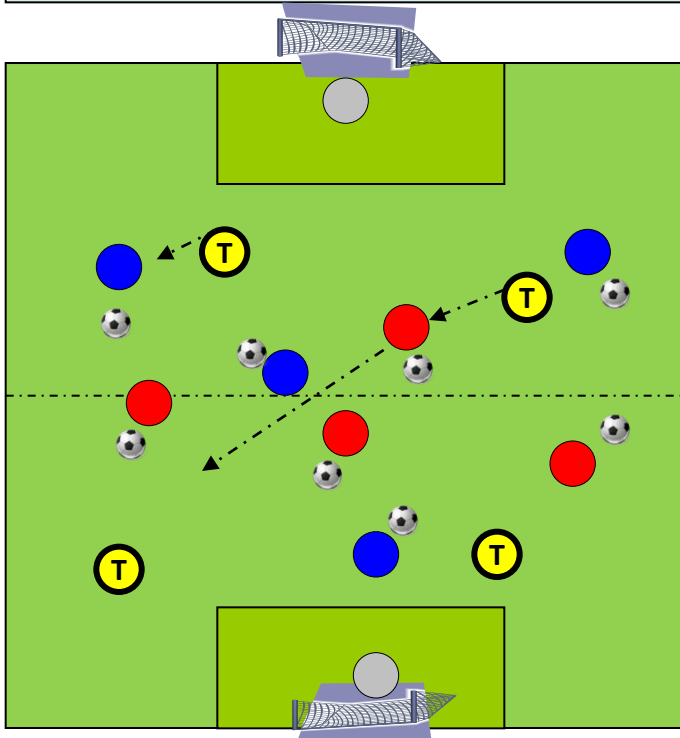


### Handball Game

- 2 teams of six
- Score by running ball into end zone and placing it down
- If tagged by an opponent whilst running with the ball – give ball to opponent
- Can't be tagged whilst standing still but can intercept thrown passes

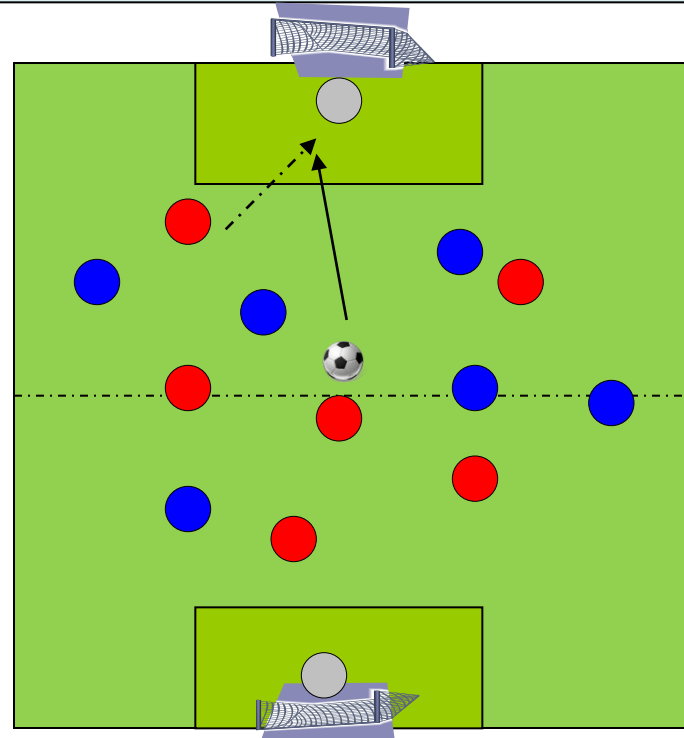
# Fundamental Movement Practices

## 2. Using Half Pitch Games



### Tag Game

- 4 chasing the group who all have a ball in their hands
- If tagged, give your ball to the tagger and swap roles
- Penalty areas are safe, but before leaving perform two throw and catches with the GK

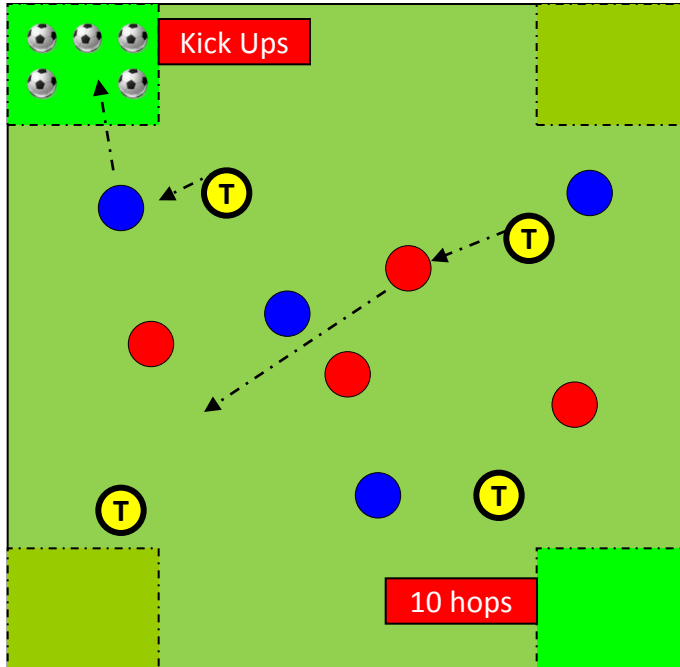


### Handball Game

- 2 teams of six & GK's
- Score by getting the ball into the box and playing a one-two thrown with the GK
- After scoring, keep the ball and attack to the opposite goal
  - Rotate GK's
- Try to keep at least one player in each half of the pitch

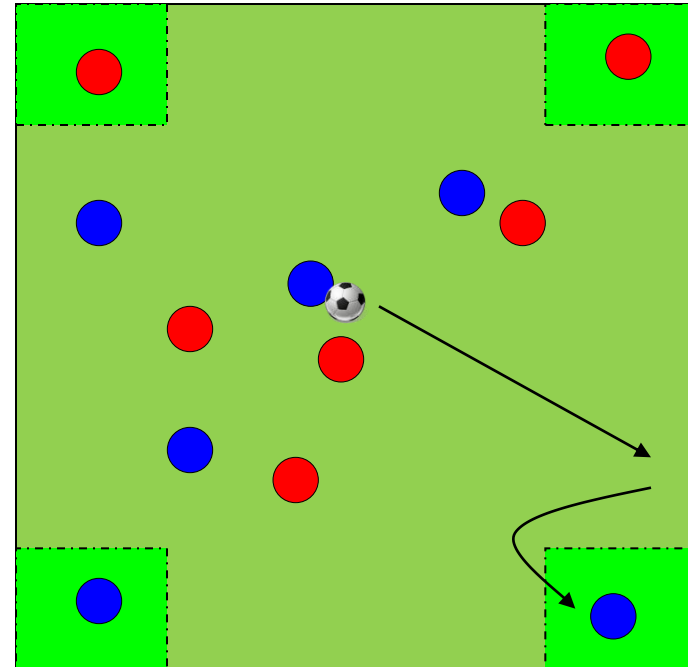
# Fundamental Movement Practices

## 3. Using Corner Box Games



### Tag Game

- 3 teams of four. Yellows chase.
- If tagged by a yellow, choose which of the 2 boxes to go to perform the challenge
- Use other 2 boxes as safe areas, can stay in for 5 seconds

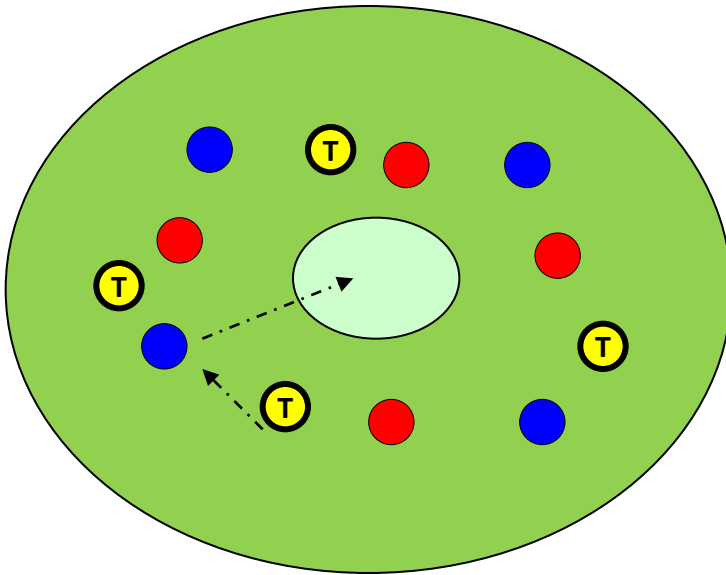


### Handball Game

- 2 teams of six – 2 in the end boxes
- Score by throwing to one of team mates in the box to catch to score
- Ball is relinquished to other team to attack the other way
- If tagged whilst running with ball in hands, give ball to opponent. Can't be tagged whilst standing still

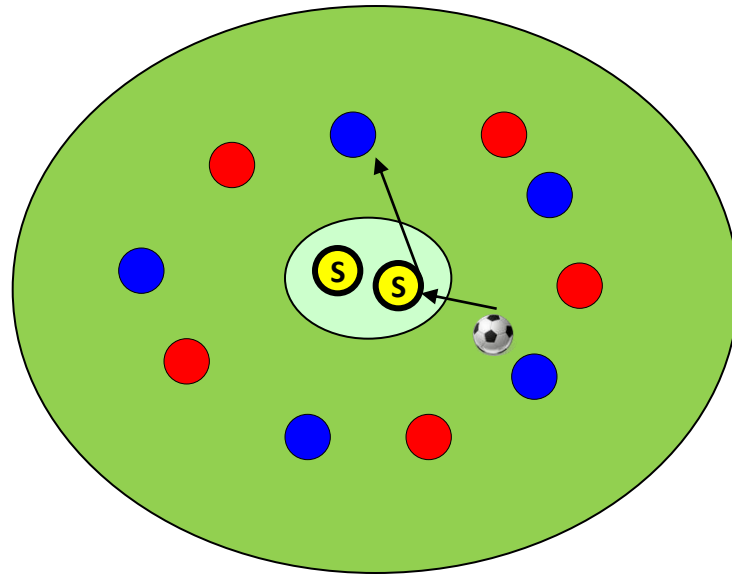
# Fundamental Movement Practices

## 4. Using Circle Work



### Tag Game

- 3 teams of four. Yellows chase.
- If tagged by a yellow, stuck. Can only be released if one of your team mates tag you
- Central circle is safe. Stay in for 5 seconds

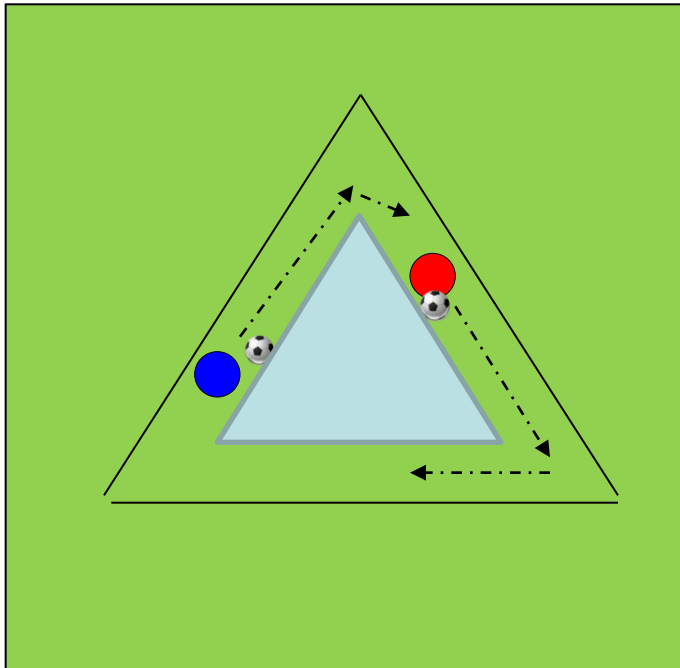


### Handball Game

- 2 teams of five– 2 'S' in the central circle
- Score by throwing to one of the yellows and getting it back – use throw in technique
- Ball is relinquished to other team if you score 3 consecutive goals
  - If tagged whilst running with ball in hands, give ball to opponent. Can't be tagged whilst standing still

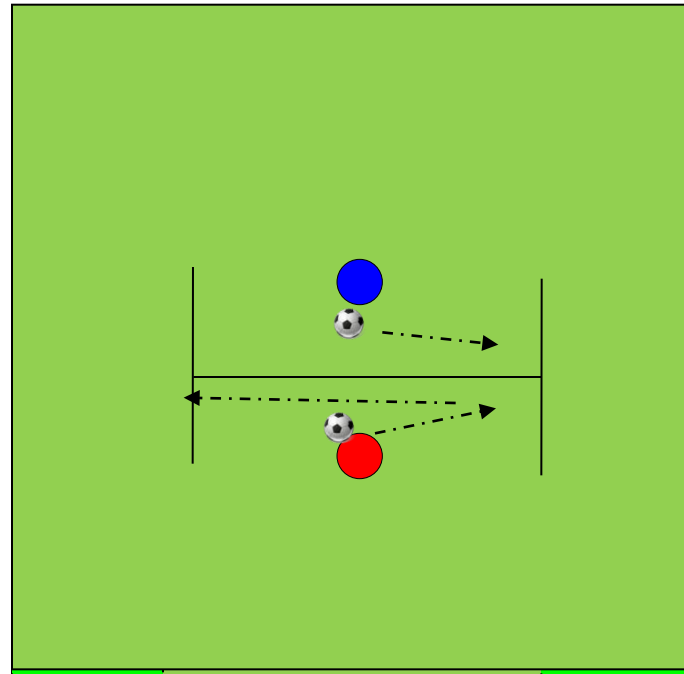
## Fundamental Movement Practices

### 5. Partner games with ball each (or no balls)



#### **1v1 Tag Game**

- Players start on different sides of the triangle.
- 30 seconds to catch the leader
- You can not go inside the small triangle
  - If tagged change over leader



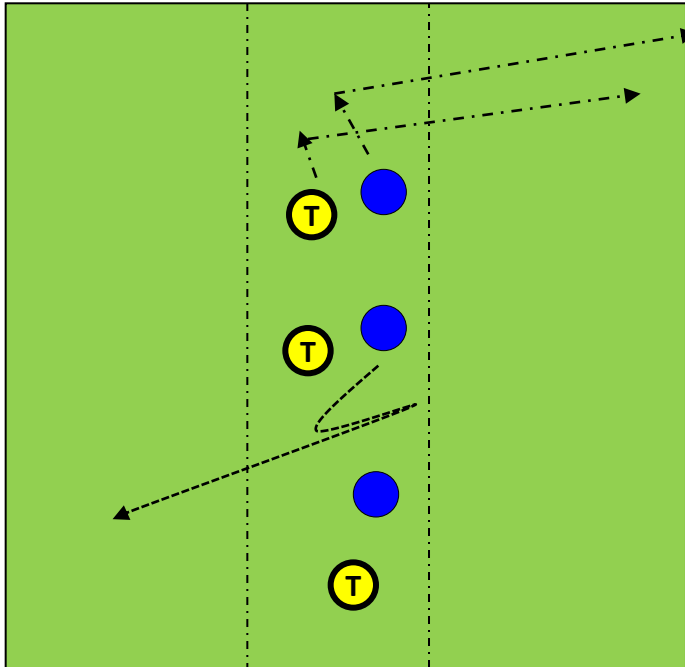
#### **1 v 1 Mirros**

- Red player starts as leader and has to stop ball on either line
- Blue player has to try to mirror movements and stop ball on the line before Red
  - Red player tries to lose Blue with fakes, changes of speed and direction



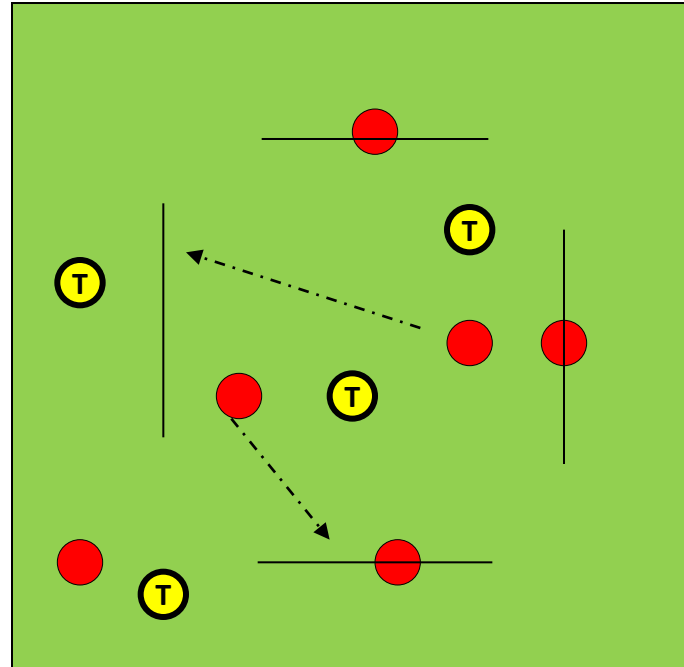
## Fundamental Movement Practices

### 6. Acceleration and deceleration games (with or without balls)



#### Break out

- All players in pairs and take it turns to be the leader and tagger
  - The middle zone is a safe zone
  - The leader must stop on the end side line without being tagged
- Try to lose them in the safe zone and then accelerate to the end line when you think the time is right

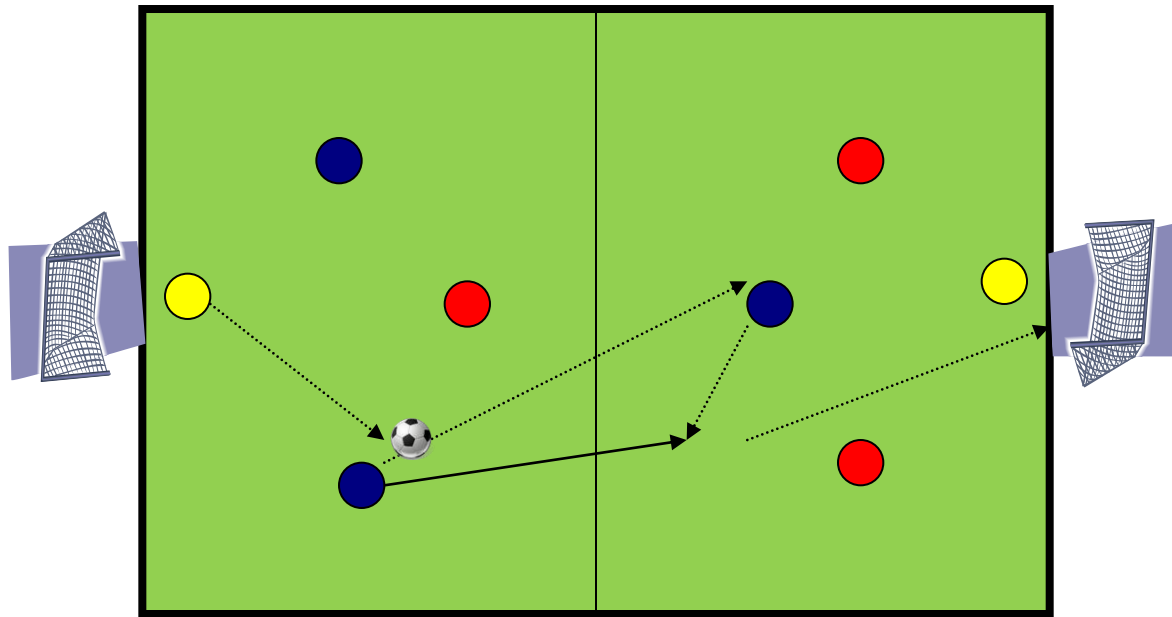


#### Lines

- 2 teams - runners and taggers
- If you are a runner you get a point every
  - time you visit a new line
- Players can't be tagged when on the lines
- 5 points if a runner get from a line to
  - the opposite line
- If you get tagged 5 second balance

# Practises and games

# 1. Receiving as a Lone Striker Halves Practice



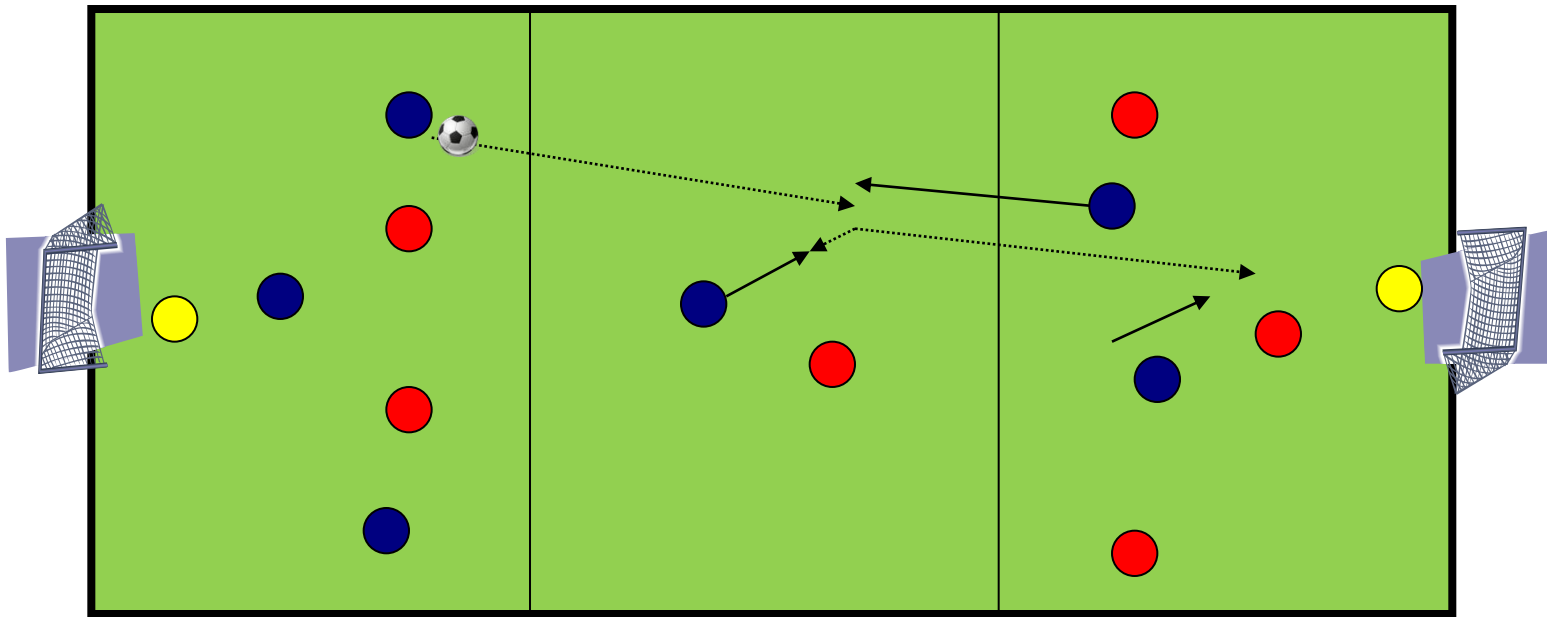
3 vs. 3 and (GK's)

Split into 2 and 1 in each half

Challenges:

- Try to keep one player in defending area
- Look at –
  - a. Hold up play
  - b. Players running ball into attacking area
  - c. Combination play
  - d. Counter attacking

## 2. Using the Hole Effectively Through the Thirds

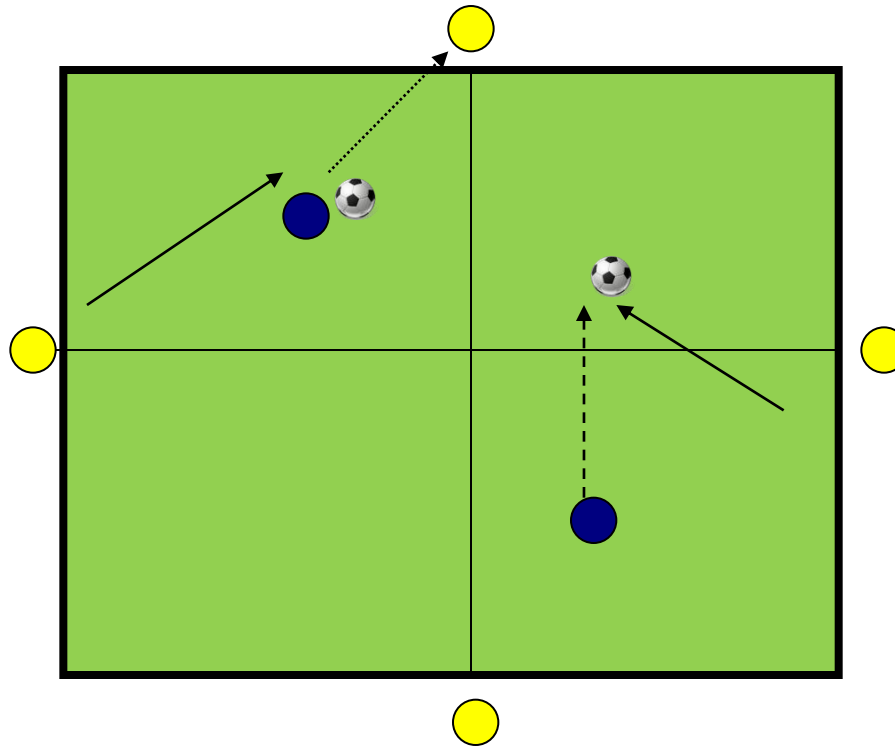


Through the Thirds - 7 vs. 7 (GK's)

### Challenges:

- Try to get one forward to drop into midfield area to set up or create opportunities to score
- Incentivise with extra goals if teams score in this way
- Can lock players into areas or change overloads if age/ability requires

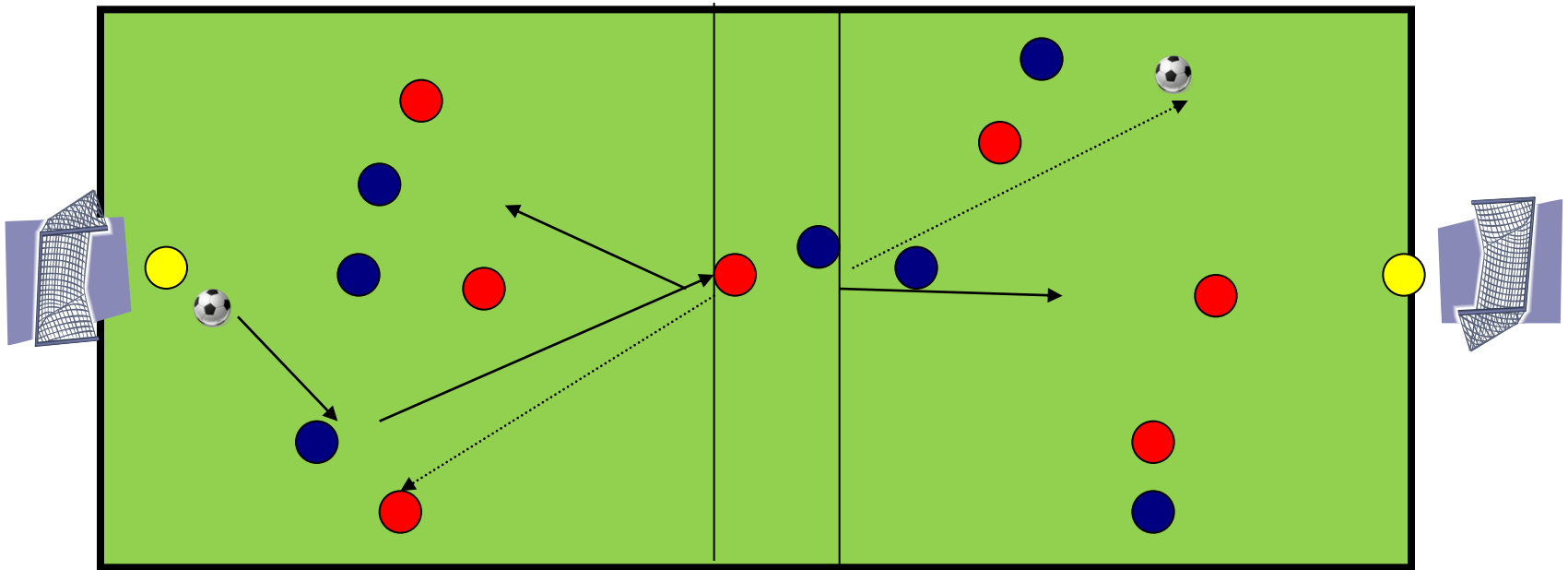
### 3. Passing into Feet or Space – Grid Work



6 players. Receive from outside, play to free player.

- (i) Add challenge for players to take first touch into a different square from the one they received in.
- (ii) Add challenge for players to do as above but not touch into same square as partner
- (iii) Play 1 vs. 1, defender has ball to dribble to slow them down and players score points for receiving and playing out successfully. Challenge servers to either play into blues feet or space in a different square dependent upon situation
- (iv) Play 2 vs. 2 with goals and two support players

## 4. Defending Outnumbered – Halves Practice



4 vs. 3 and (GK's)

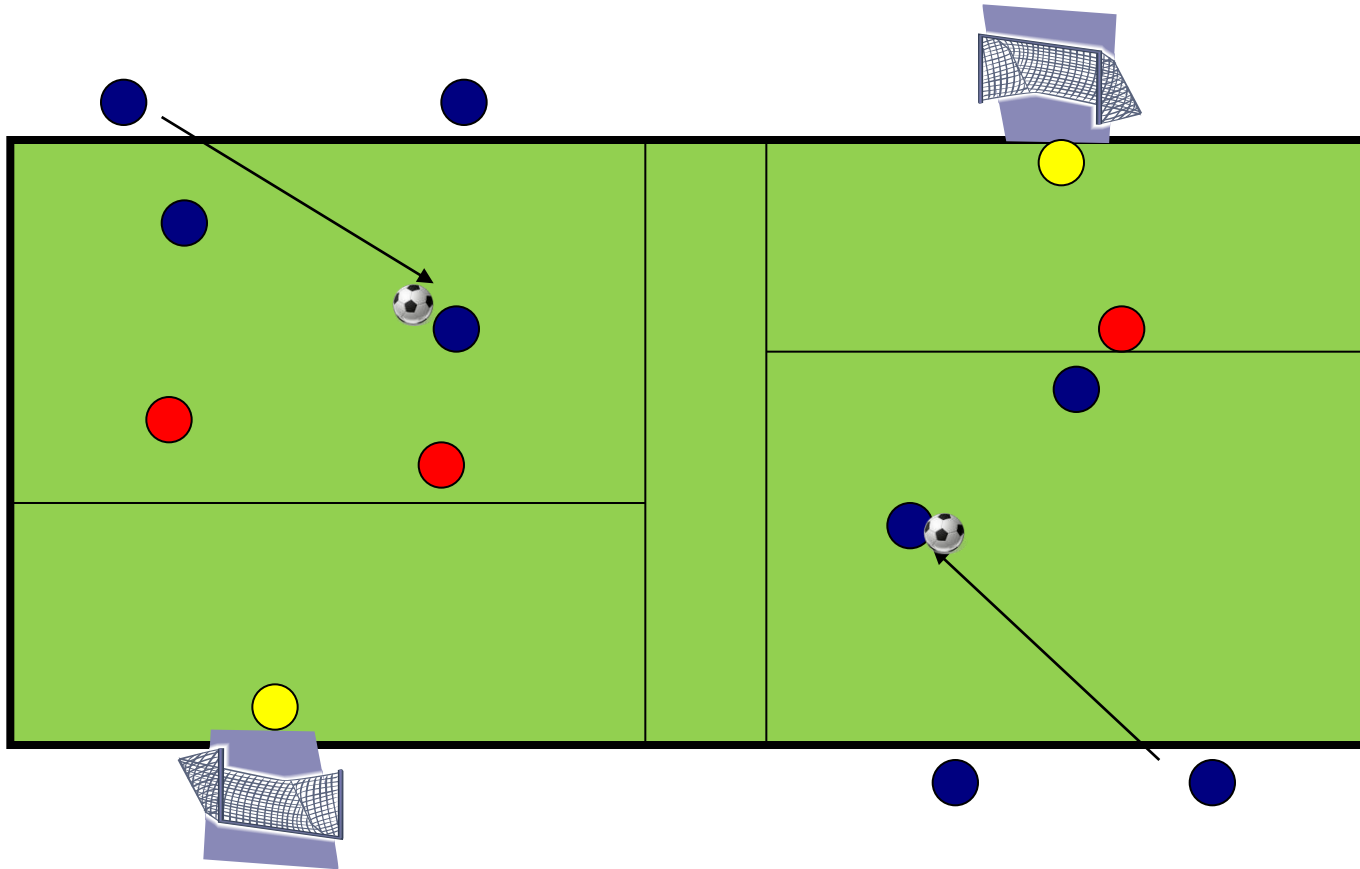
Split into two halves – Defending teams start with ball

Challenges:

- Attacker plays in and joins in to overload
- Look at –
  - a. Adding an offside line
  - b. Adding a Counter Attacking objective for defenders
  - c. Challenge of try to score in 3 passes/8 seconds

## 5. Receiving to Shoot

### Repetition Circuit



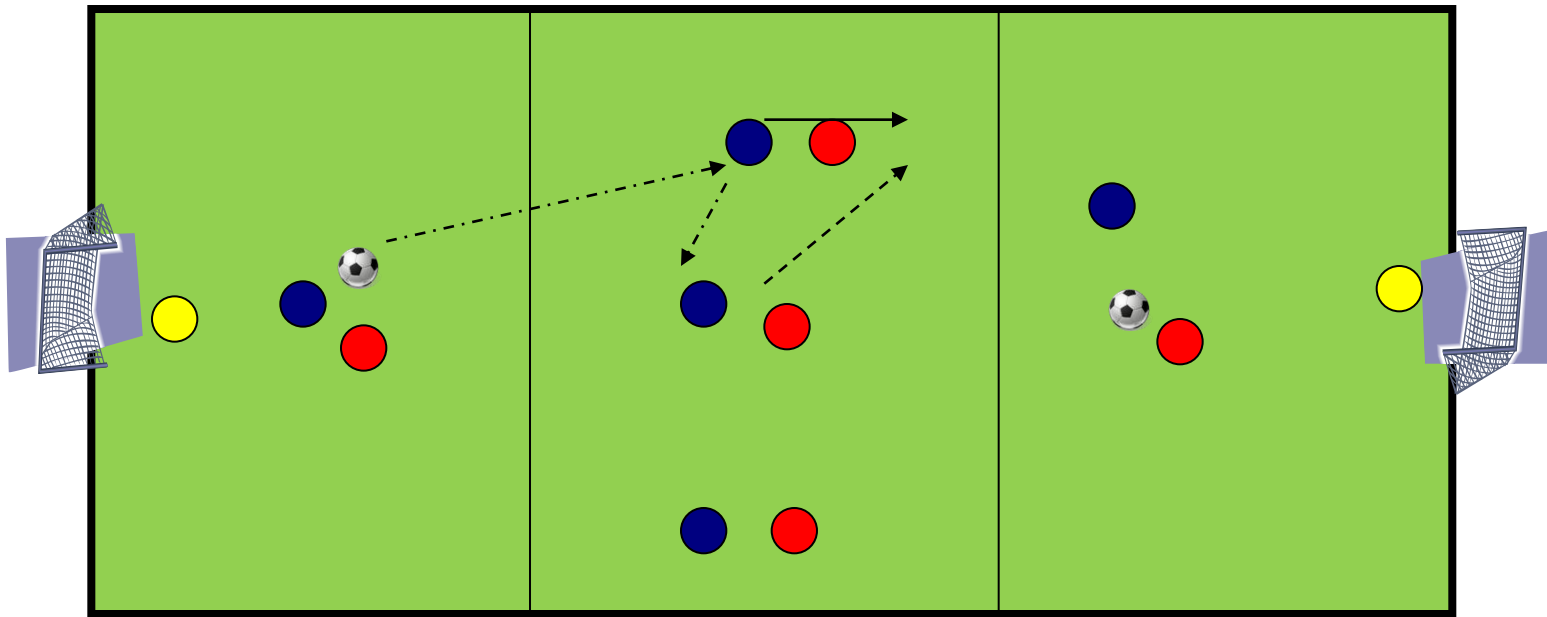
Repetition Circuit –

2 vs. 2 and 2 vs. 1 (GK adds to overload)

Offside line included

Allow defender on pitch with 2 defenders to switch pitches

## 6. Receiving & Turning in Midfield Through the Thirds



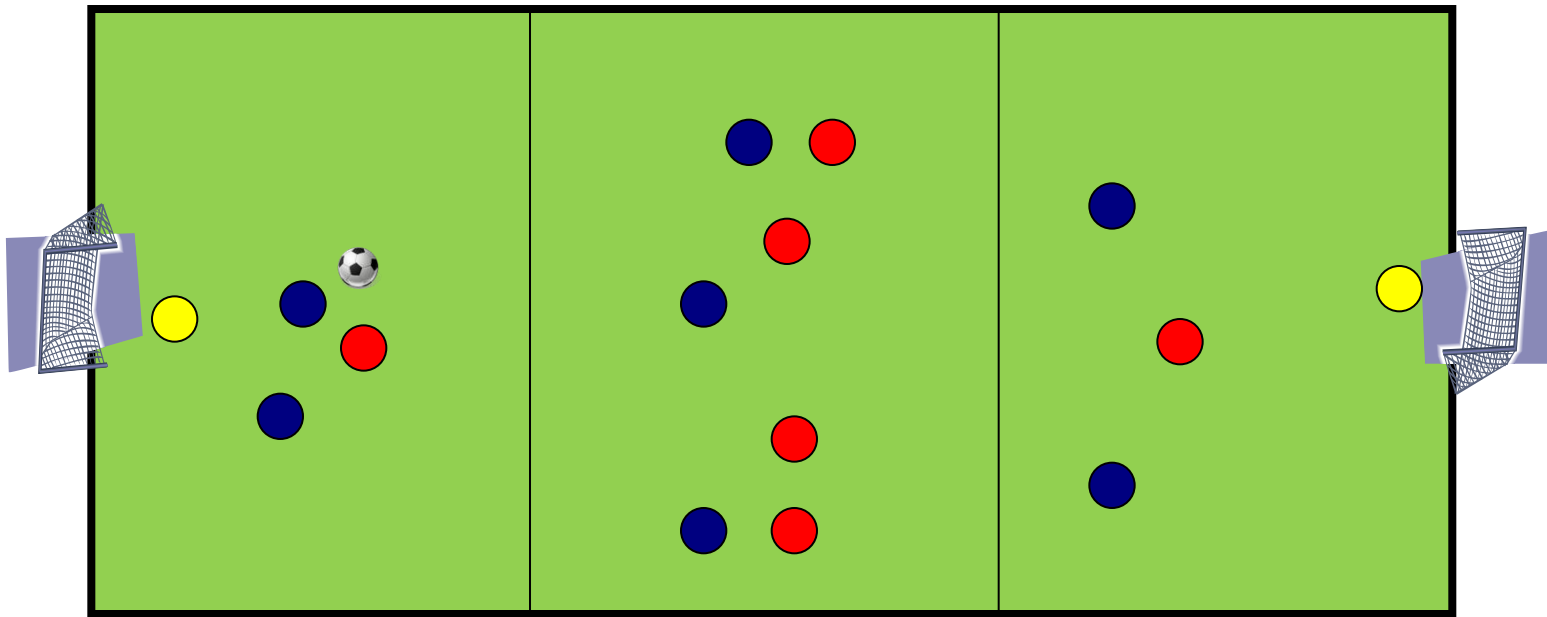
Through the Thirds – 5 vs. 5 & (GK's)

### Challenges:

- Blues and Reds both have balls. Work ball through midfield area – focus on takes, one-two's and overlaps from end to end, working through GK
- Directional game – work ball through midfield to score
- Can lock players into areas or change overloads if age/ability requires



## 7. Playing through a Packed Midfield/Receiving and Attacking Outnumbered Through the Thirds



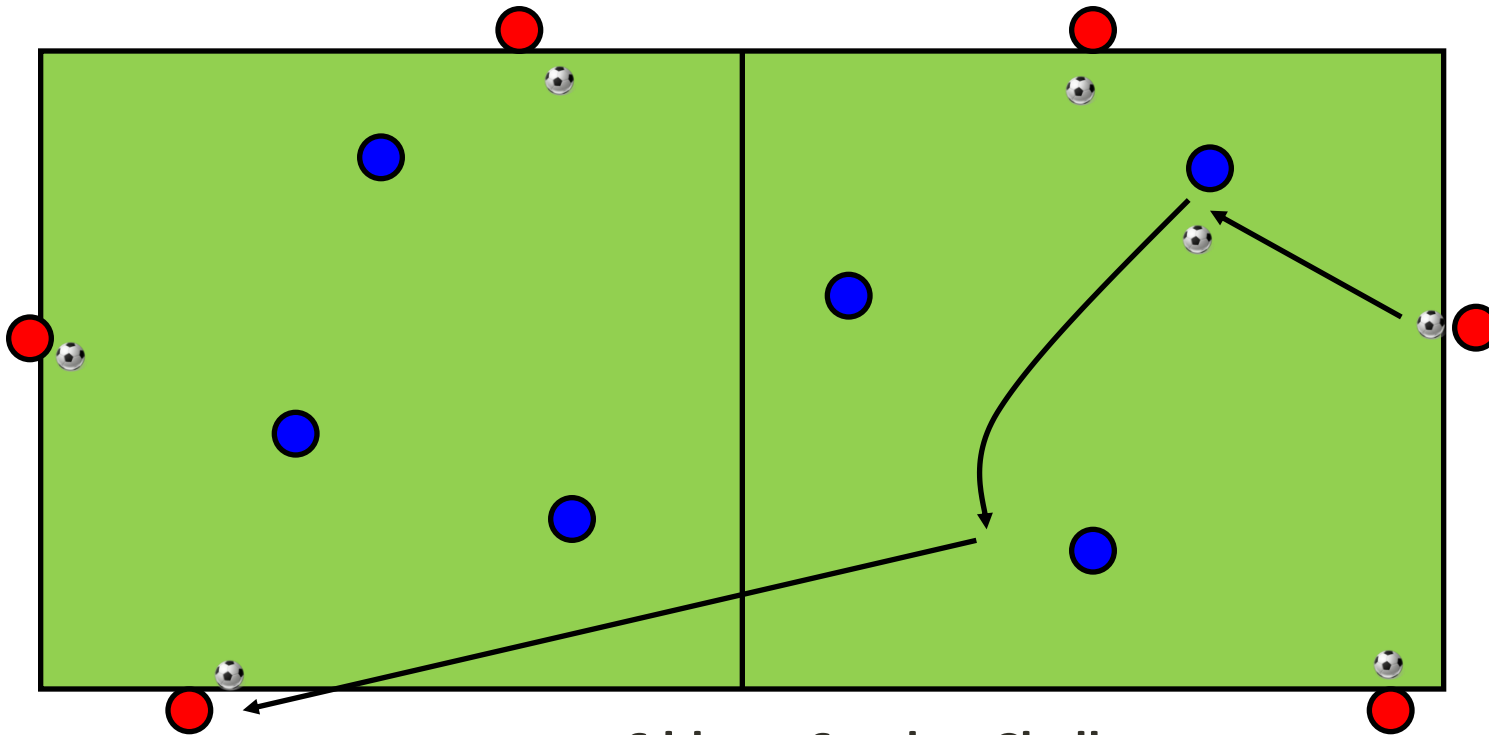
Through the Thirds – 7 vs. 6 &(GK's)

### Challenges:

- Blues (3 vs. 4) score by turning in midfield and playing into end third – Turning through midfield
- Reds (1 vs. 2) score by turning in end zones and scoring past GK's – Turning in attack
- Game is multi-directional – once Reds regain they can attack either way

## 8. Receiving to Pass Forward

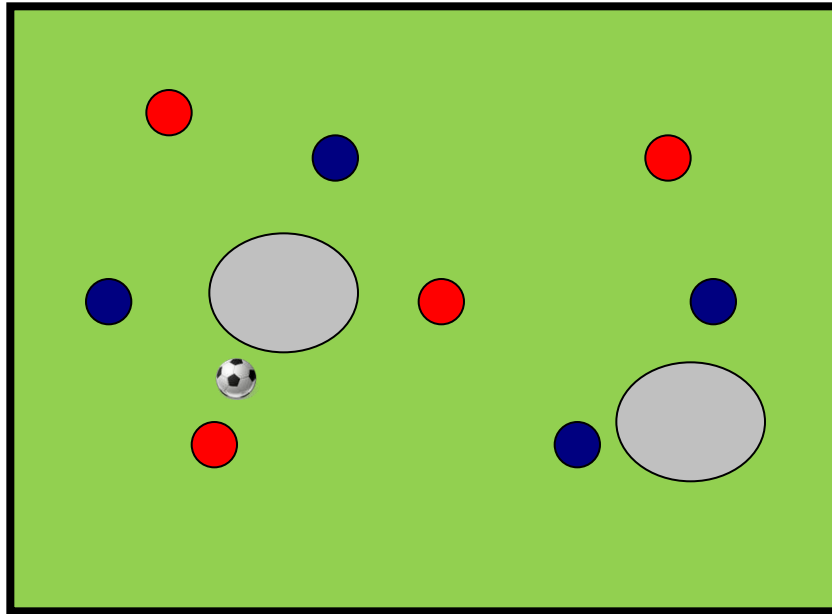
### Halves Practice



### 6 blues, 6 reds – Challenges:

- Receive from red and play to another red in other half of the pitch (6 balls)
- Receive from red and play combination off another blue before playing to other half of the pitch (3 balls)
- 2 vs. 1 x 2 onto 3 vs. 3 + 2 onto 4 vs. 4 (all with 4 target players)

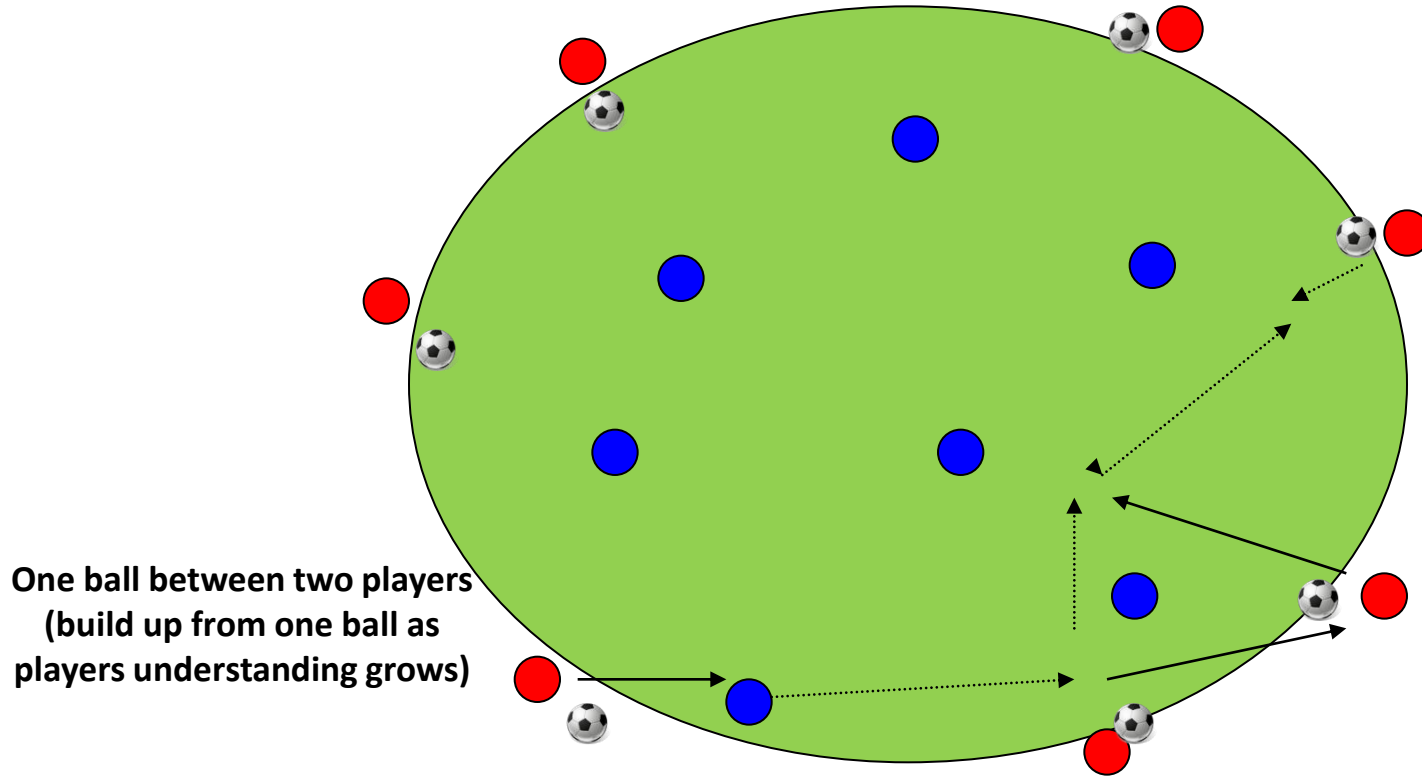
## 9. Receiving & Turning Out



### Challenges

- 4 vs. 4 – Try to get into circles and turn out with ball. If not able to, maintain possession/shield the ball
- 2 vs. 2 – Try to get into circles and shield ball for 10 seconds.

## 10. Creating Options Circle Work



### Challenges

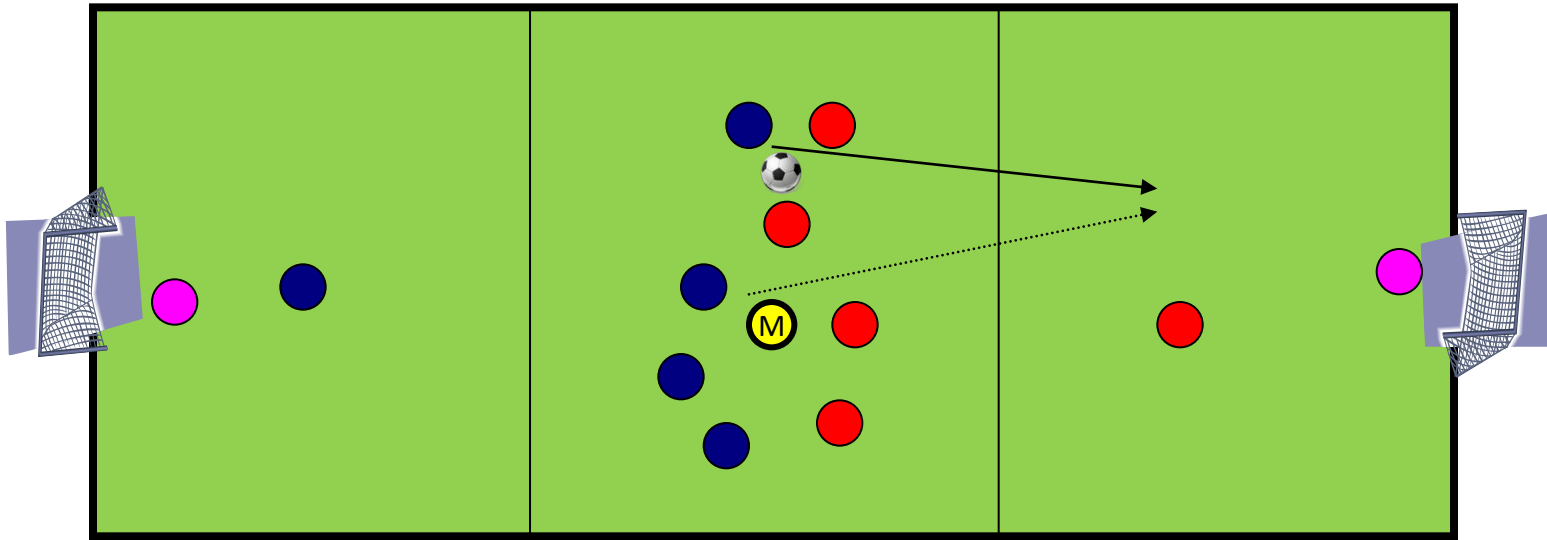
- Carry out a take from one player on inside to one player from outside
- Carry out a one-two – consider movement of inside player to support
- Receive in the middle, play a one-two with another outside player and then a 'take' with a different outside player to swap.

The diagram shows a large green oval representing a soccer field. Inside the oval is a smaller, lighter green rectangle. Various colored circles and soccer balls are placed around and inside the oval. A red circle with the number '1' is at the top left. A red circle with the number '2' is inside the rectangle. A red circle with the number '3' is at the bottom right. A blue circle is at the top right. A yellow circle is at the bottom left. A black circle is at the bottom right. A soccer ball is at the top left. A soccer ball is at the top right. A soccer ball is at the bottom left. A soccer ball is at the bottom right. A solid arrow points from the red circle '1' to the red circle '2'. A dotted arrow points from the red circle '2' to the red circle '3'. A solid arrow points from the red circle '3' to the bottom right. A double-headed arrow is at the bottom right.

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## 12. Forward Runs in the Penalty Area Through the Thirds



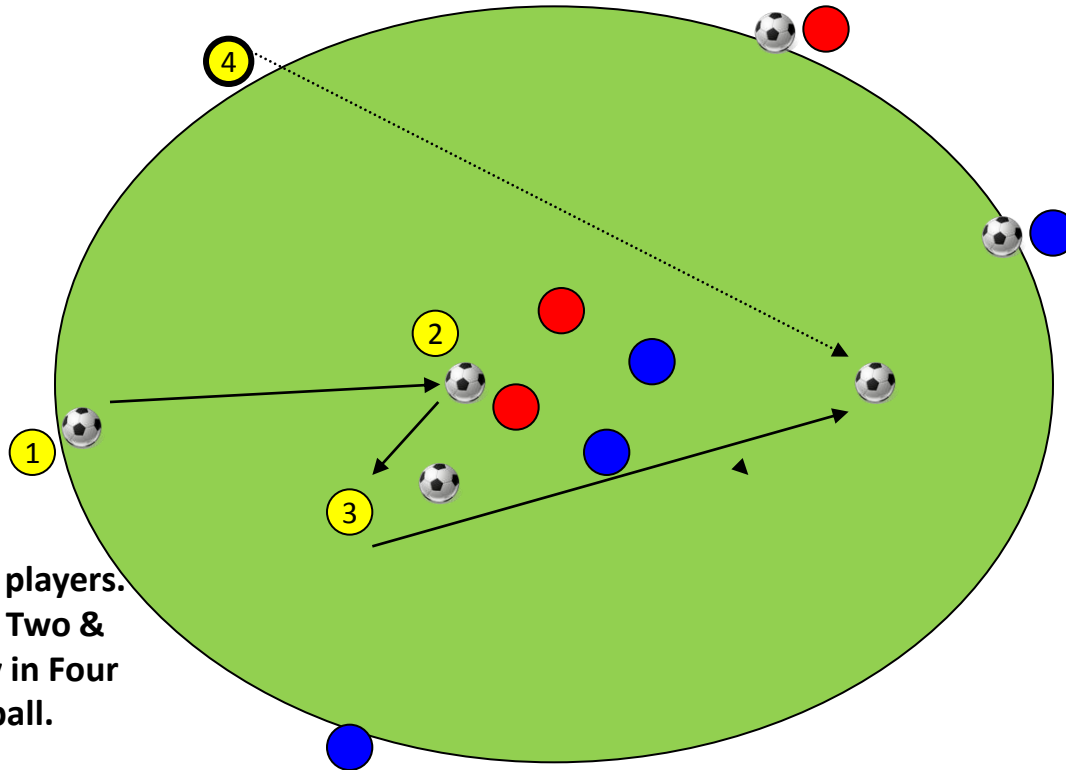
Thirds

4 vs. 4 + 1 in the middle with 1 defender in each end area (& 2 GK's)

Challenges:

- Score by one of your players running onto a pass into the penalty area
- Allow more than one player to move into end zone (add offside)
- If pass into end area is one touch, goal counts as double
- Can remove end area defenders if too challenging

### 13. 3<sup>rd</sup> Person Movement Circle Work

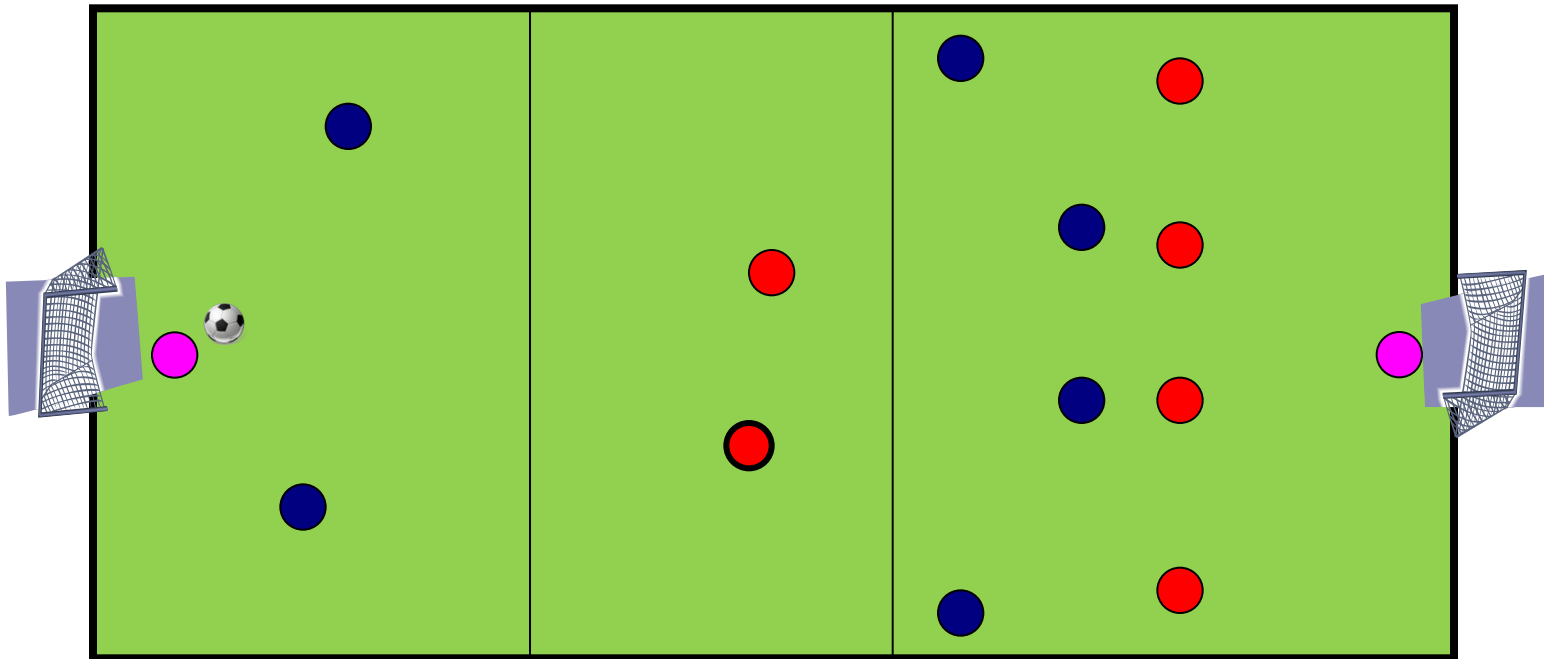


One ball between four players.  
Player One passes in. Two &  
Three combine to play in Four  
who runs off the ball.

#### Challenges

- Try to play one touch passes where it's appropriate
- Number Two swaps places with Number one after Number Four receives
- Allow free movement amongst the four players

## 14. Defending against Direct Play Thirds



Thirds  
6 vs. 6 (& 2 GK's)

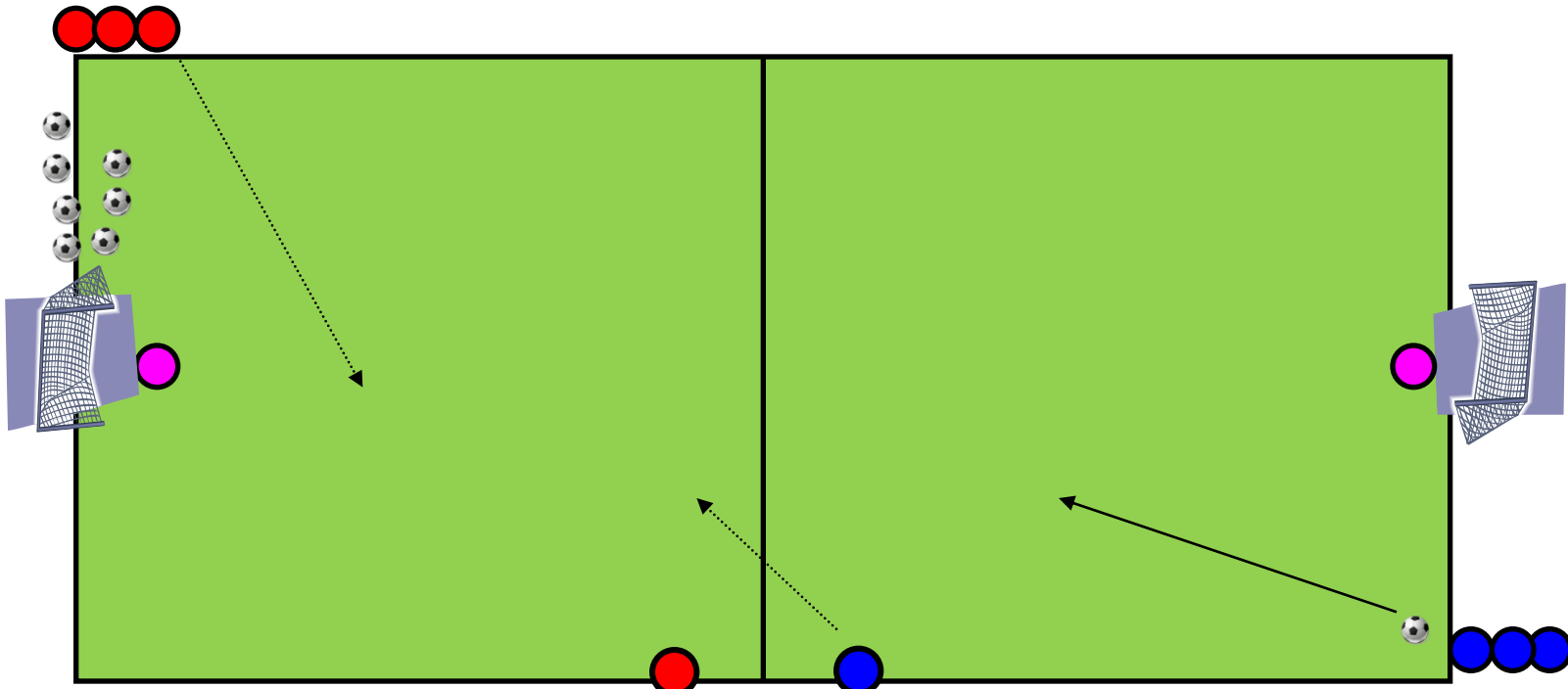
### Challenges:

- GK feeds ball to blues. Red's can pressure from middle third. Blues try to keep one player back in defensive third where feasible.
- Red's upon regain counter to score in opposite goal
- Try to get ball into final third in three passes



## 15. Countering the Counter Attack

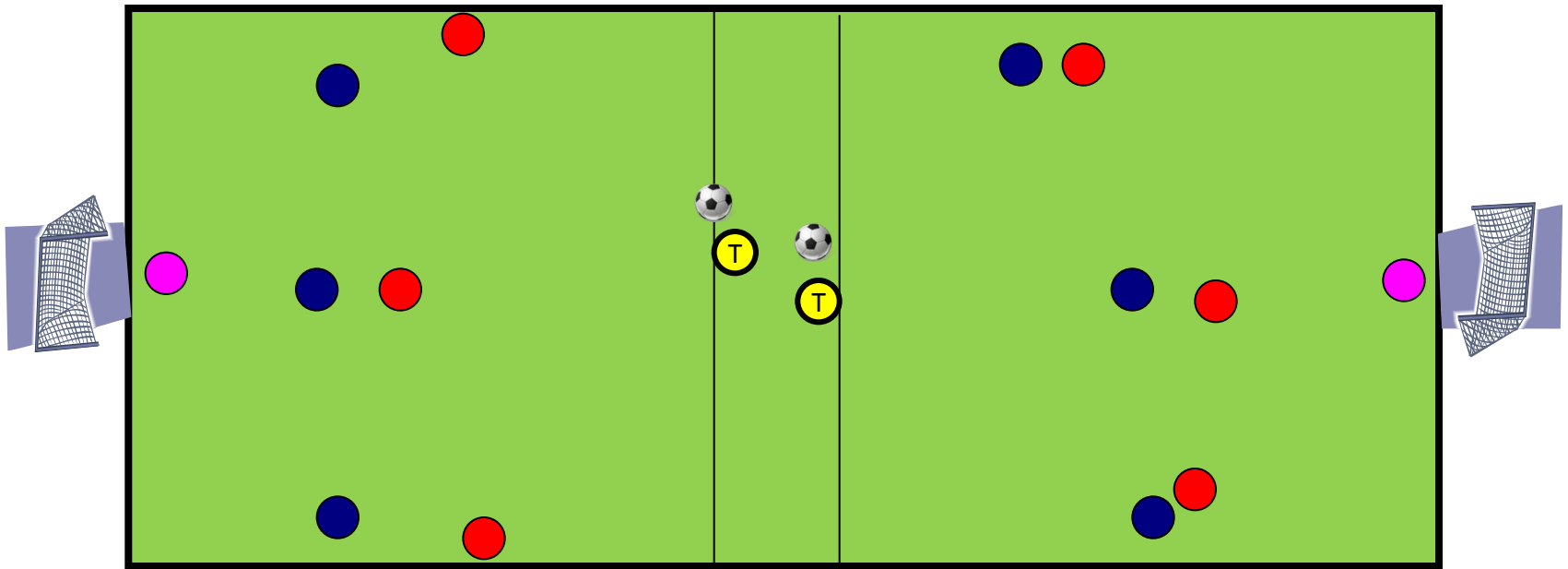
### Break Out Game



Blues attack with support from side player – Reds defend:

- 1 vs. 1 – side player comes in for the team in possession (2 vs. 1)
- Once blues shoot, Red's GK serves ball out to Red (who was defending). They attacks opposite goal with support from Red side player & 8 seconds to do so
  - If defender regains counter attack
  - Can develop to 2 vs. 2 + side player ( 3 vs. 2)

## 16. Defending Matched Up Game

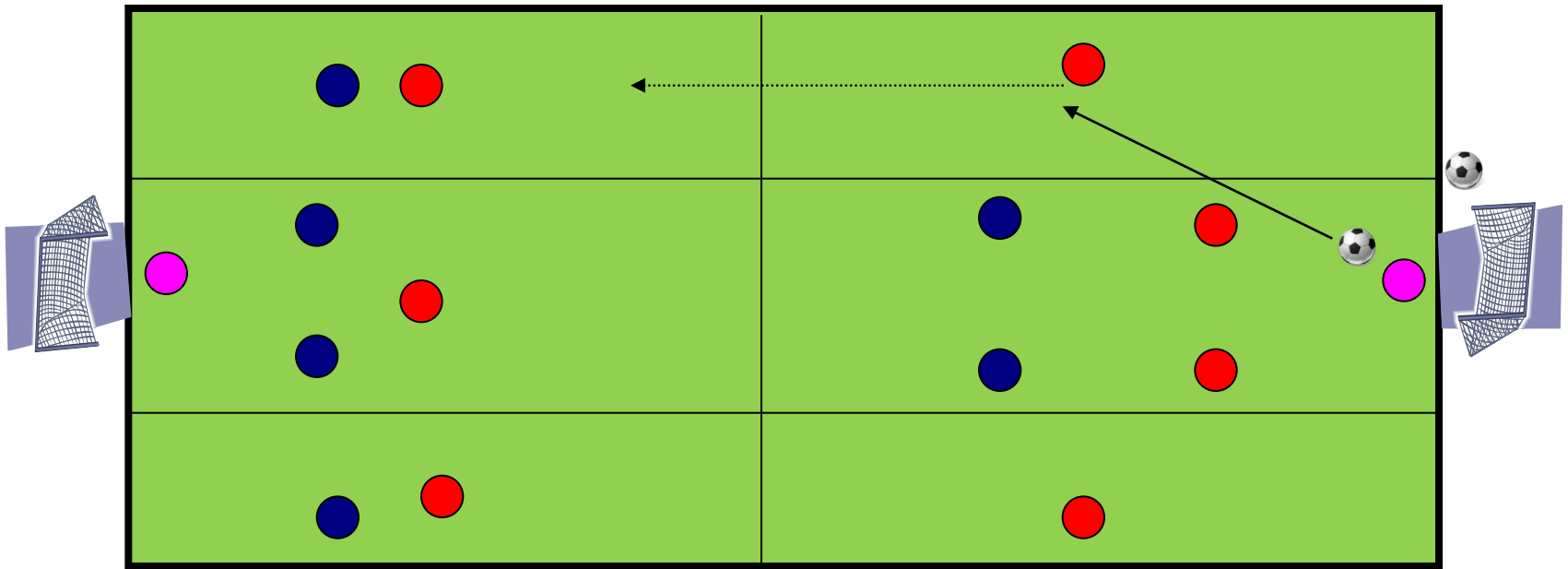


3 vs. 3 + 2 servers and (GK's)  
Split into two halves

Organisation:

- Server (T), starts with ball and serves into attacking team. If defender's win it, score by playing to (T).
- Play with one ball. When defending team get ball to (T), ball is fed in to the other half to become a directional game

## 17. Defending from Wide Areas Through the Thirds



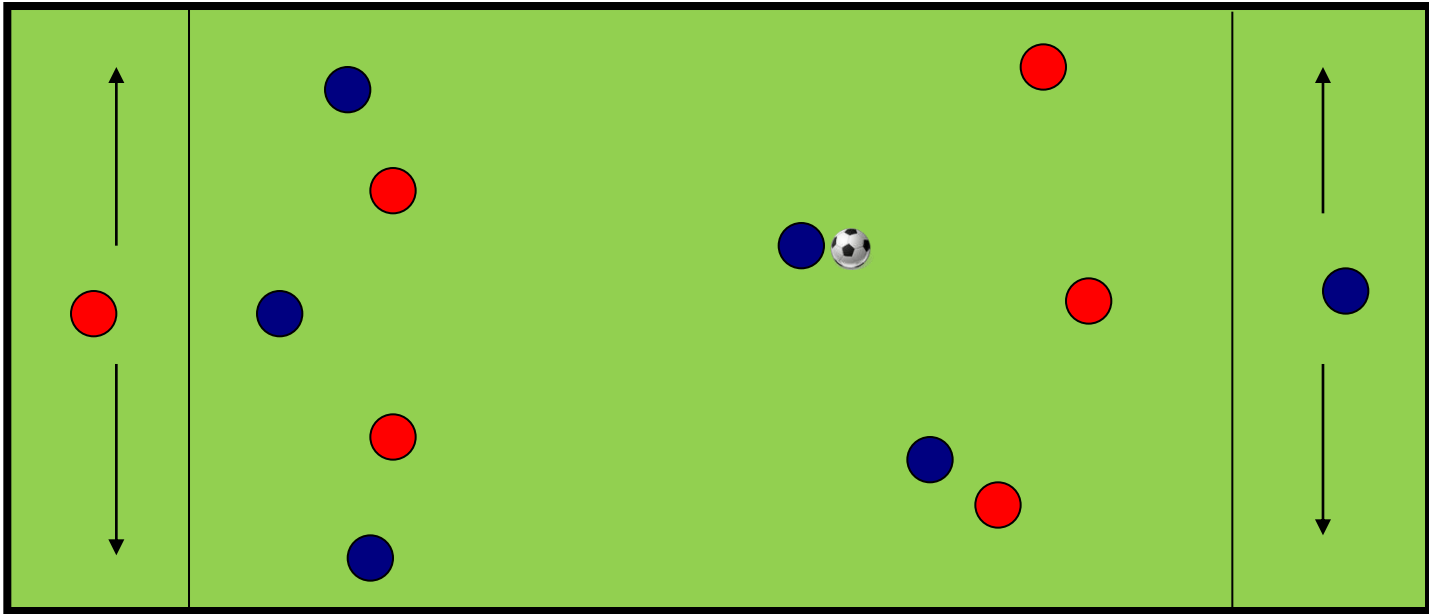
4 vs. 3 – 2 vs. 4 & (GK's)

Split into two halves and thirds from side to side

Challenges:

- One red can move into attacking half to support – encourage goals to be scored from ball being in a wide area.
- Two reds can move into attacking half to support
- Encourage blue defenders to defend in two thirds of the pitch when ball is out wide
- Blues attack to score if regaining possession

## 18. Passing Between Defenders End Zone Game



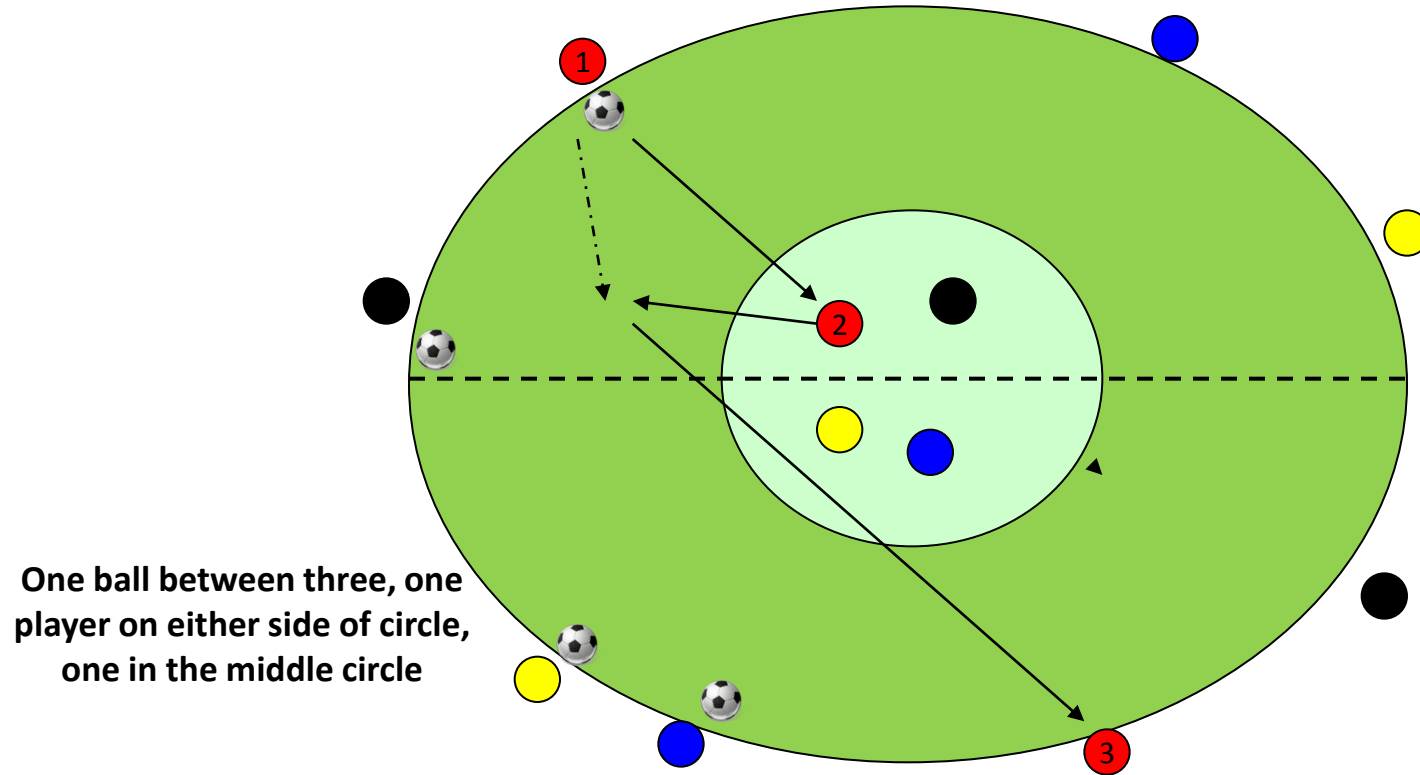
5 vs. 5 + 2 end zone players

Challenges:

- Pass into end zone for target player to receive
- Add end zone player into game (6 vs. 6) – play into end zone for player to run into end zone to receive
- Add offside in end zone

## 19. Set Up Passes (Support From Behind or In Midfield to Play Forward)

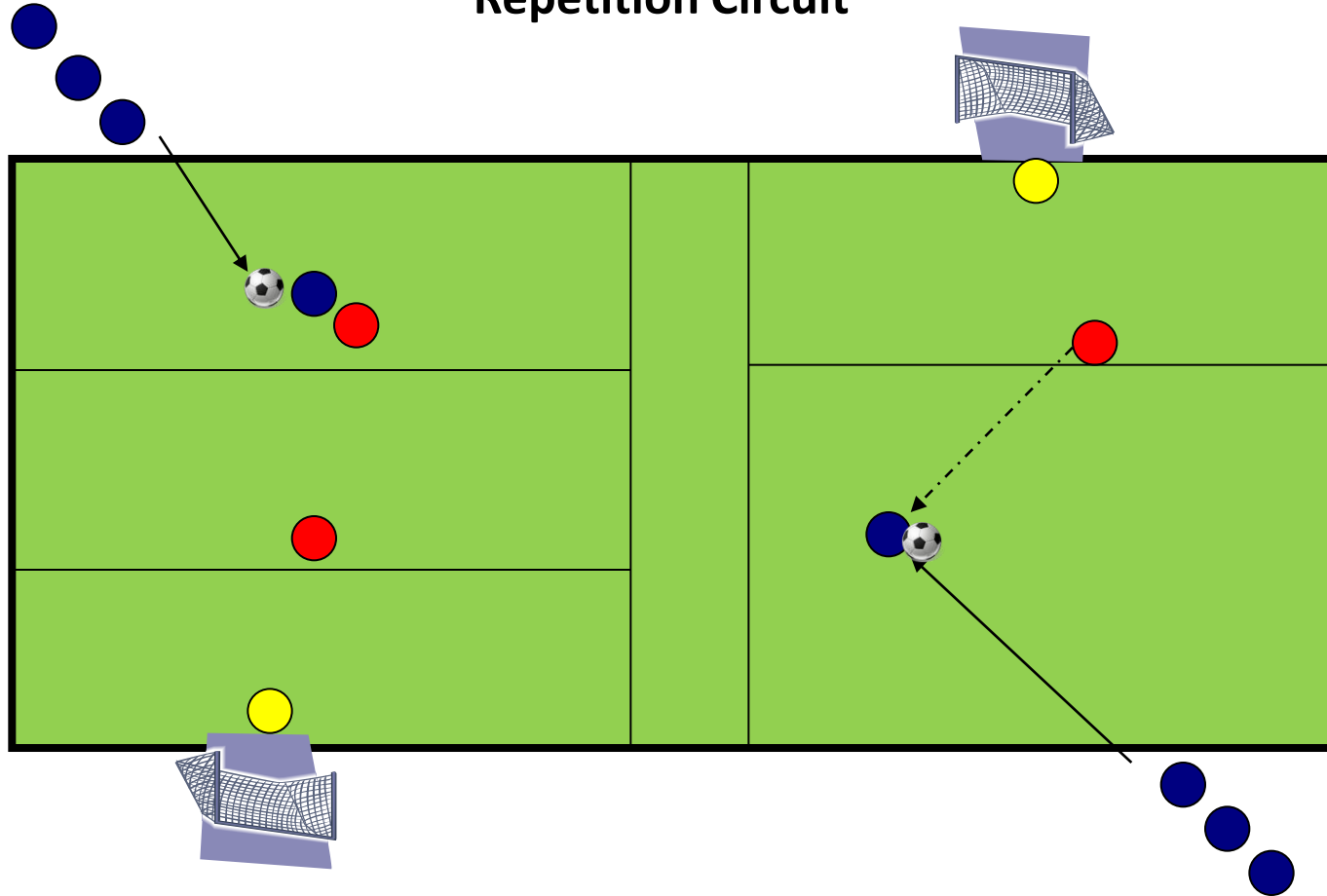
### Circle Work



### Challenges

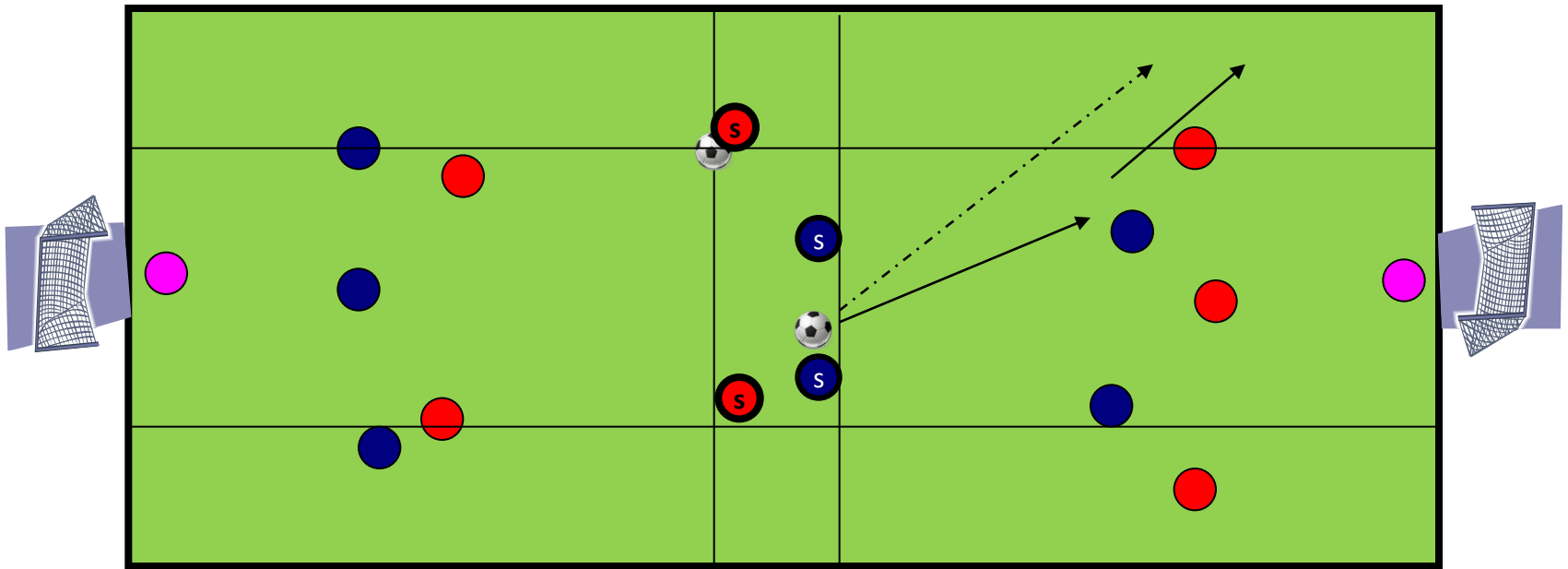
- Play from outside into central player. Central player sets back into same half of circle as ball played from. Play through to third player. One & Two swap places.
- After central player (2), sets back, they run on to receive back (one-two) and then run ball to outside. Two & Three swap places.
- One and then two roaming defenders (can go anywhere).

## Repetition Circuit



- One pitch – 1 vs. 1 and if beating the 1st defender, beat the 2<sup>nd</sup>
- Other pitch – 1 vs. 1 – defender exits their area once attacker has touched the ball

## 21. Wide Players Combining to Cross Repetition Circuit

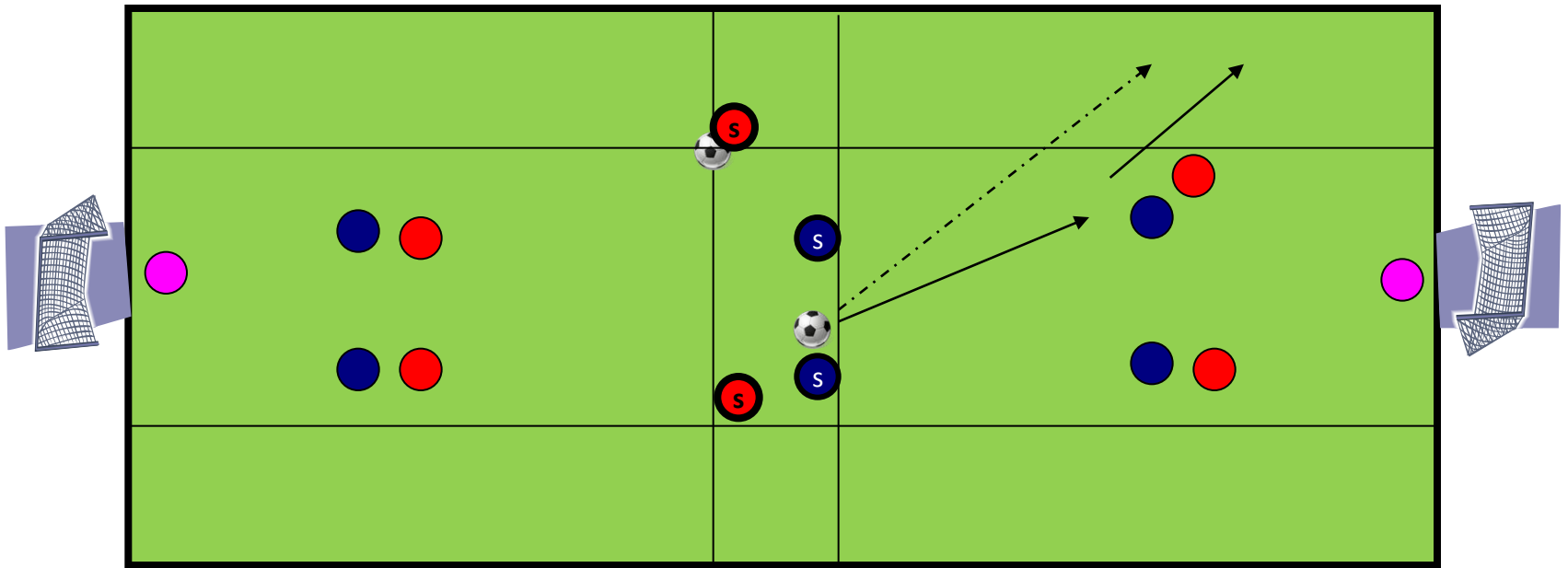


2 attackers vs. 3 defenders in each half – 2 servers

### Organisation

- Server (s), starts with ball and serves into attacking team. One of the Servers (s) can join in to make 3 vs. 3.
- Goals from a cross count as double
- Progress into a 7 vs. 7 game with one ball. If red defenders win, they pass into central area to red (s) who can attack.

## 22. Crossing & Finishing Repetition Circuit



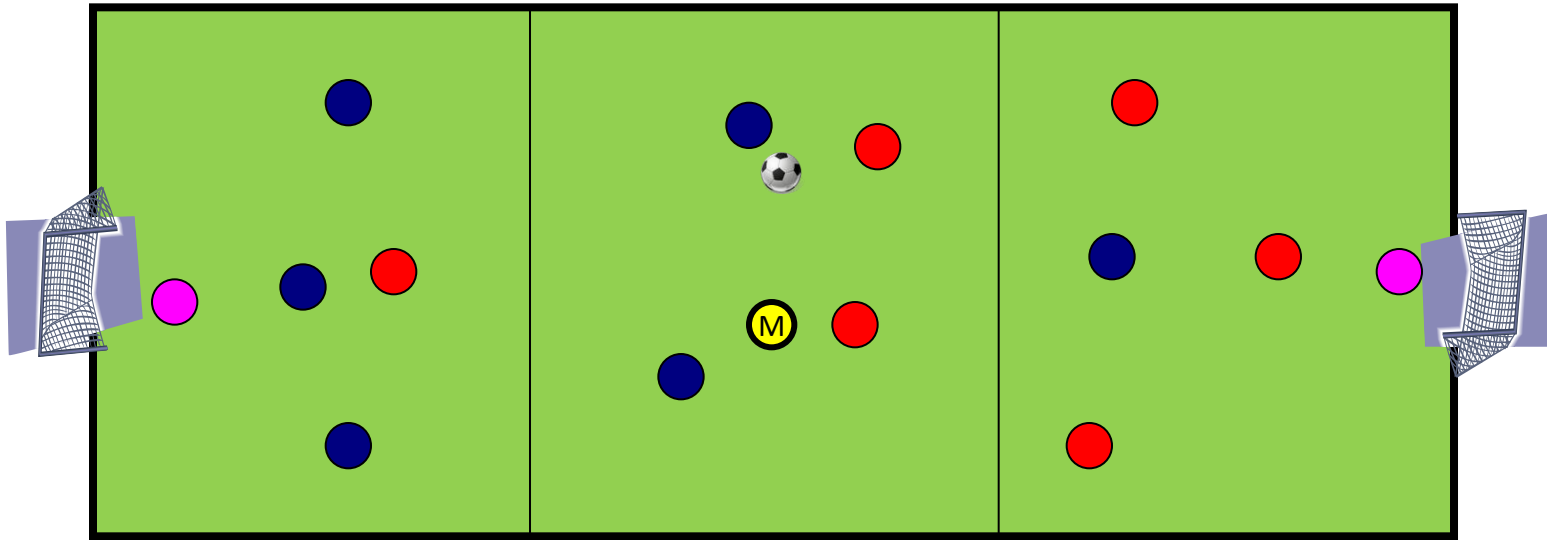
2 attackers vs. 2 defenders in each half – 2 servers

### Organisation

- Server (s), starts with ball and serves into attacking team. One of the Servers (s) can join in to make 3 vs. 2.
- Wide areas are safe for attacking team
- Add time or touch limit to wide areas to enhance realism



## 23. Changing The Tempo of Attacking Play Through the Thirds



Thirds

Defending Third – 3 vs. 1, Middle Third - 2 vs. 2 + 1, Attacking Third 1 vs. 3

### Challenges

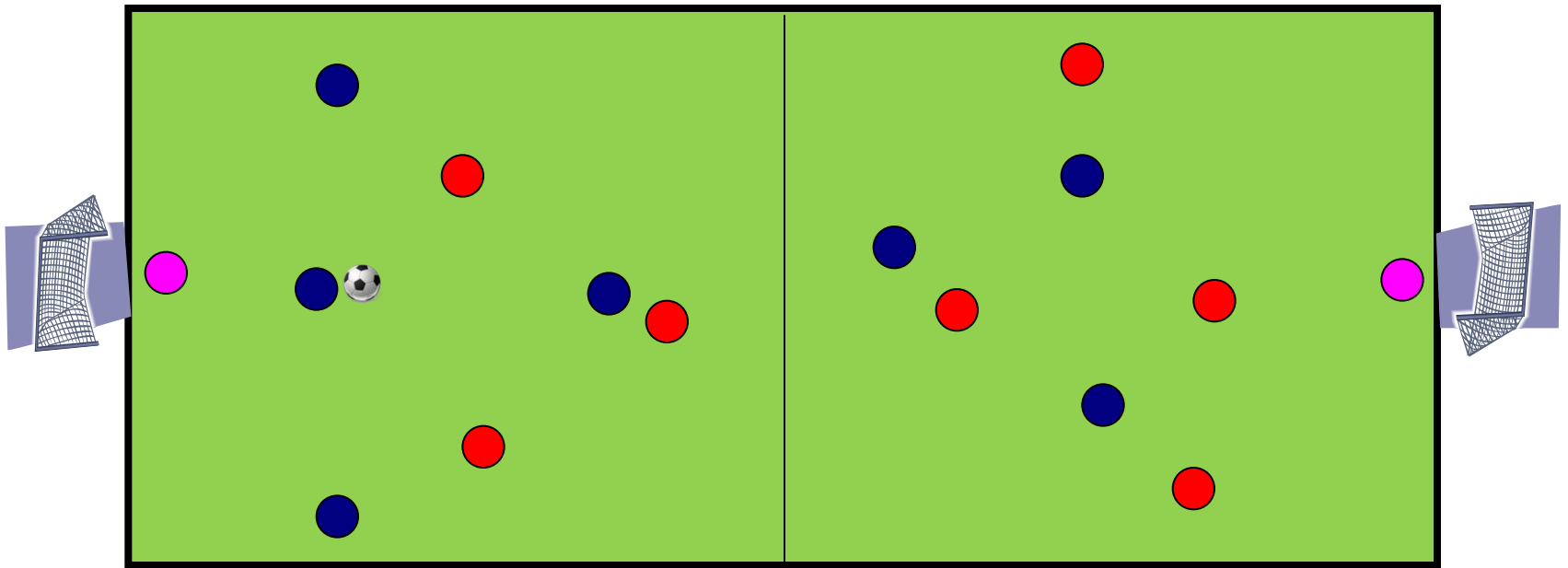
- Recognise where the team needs to play quickly and why
- If passing from one third to another, try to do it one touch
- If regaining in middle third from opposition 8 seconds to shoot
- If regaining in middle third from opposition 8 seconds to shoot, unless you pass back to defending third.

ee, one  
of circle,  
circle

**Challenges**

- Player 2 receives from player 1, opens up on ball and passes to player 3
- Player 2 unable to receive in or pass through central circle – no. 3 can move to support
- Player 2 can receive in central circle but should shift ball from circle with maximum of 1 touch (can add defender to central area if required)
- If switch not on, can play back to no. 1. If you play back, swap places with no. 3

## 25. Keeping Possession to Set Up Attacks Game



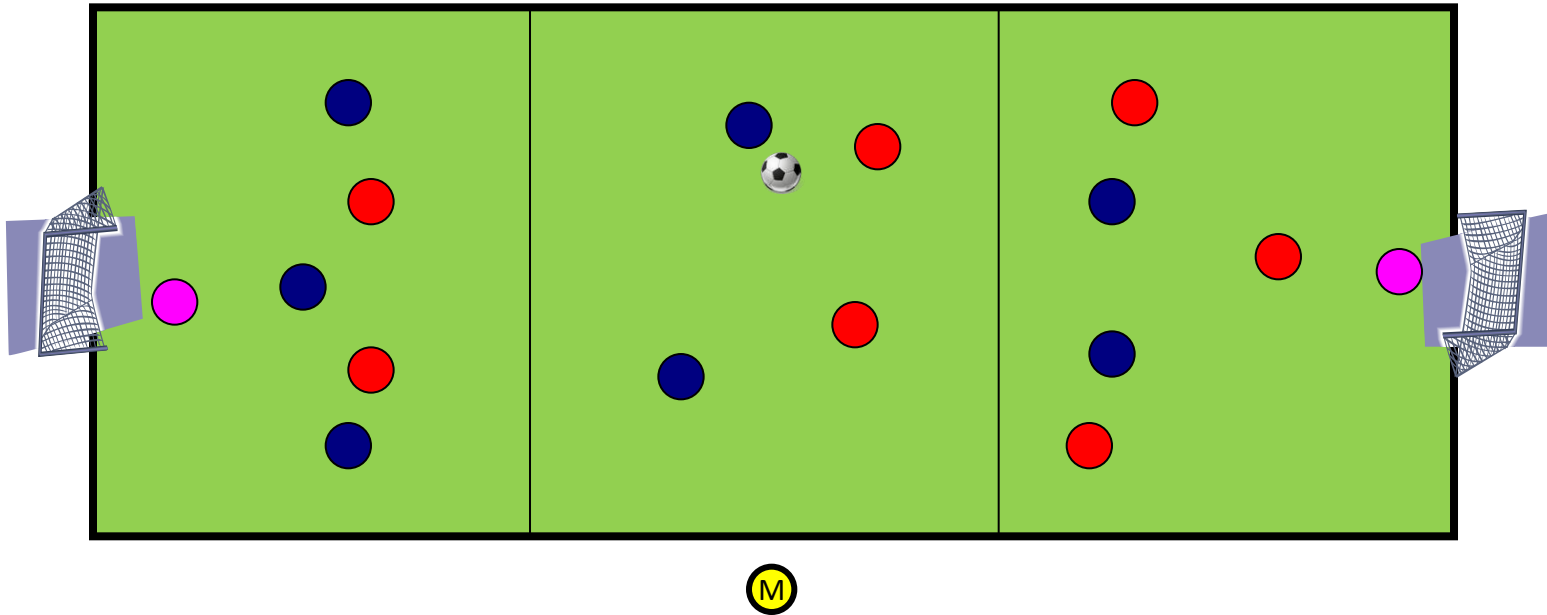
4 vs. 3 in each half and (GK's)  
Split into two halves

Challenges:

- (i) If less than three passes played in defensive half – ball to be transferred into attacking half on one touch
- (ii) If less than five passes played in defensive half – ball to be transferred into attacking half on one touch

*This will support keeping possession until time right to play forward.*

## 26. Supporting The Forwards From Midfield Through the Thirds



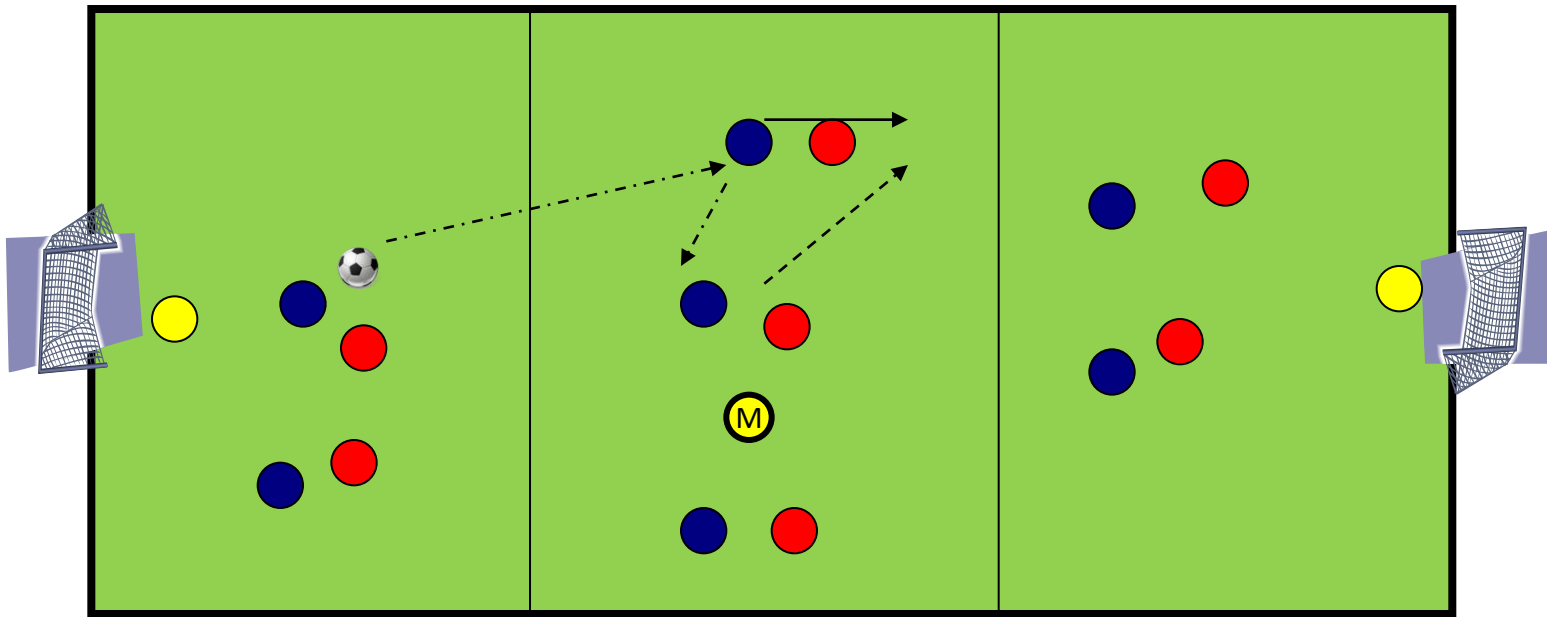
Thirds

Defending Third – 3 vs. 2, Middle Third - 2 vs. 2, Attacking Third 2 vs. 3

### Challenges

- Players can move areas if their team has possession
- Can add yellow overload to midfield area if required

## 27. Combining To Find Strikers From Midfield Through the Thirds

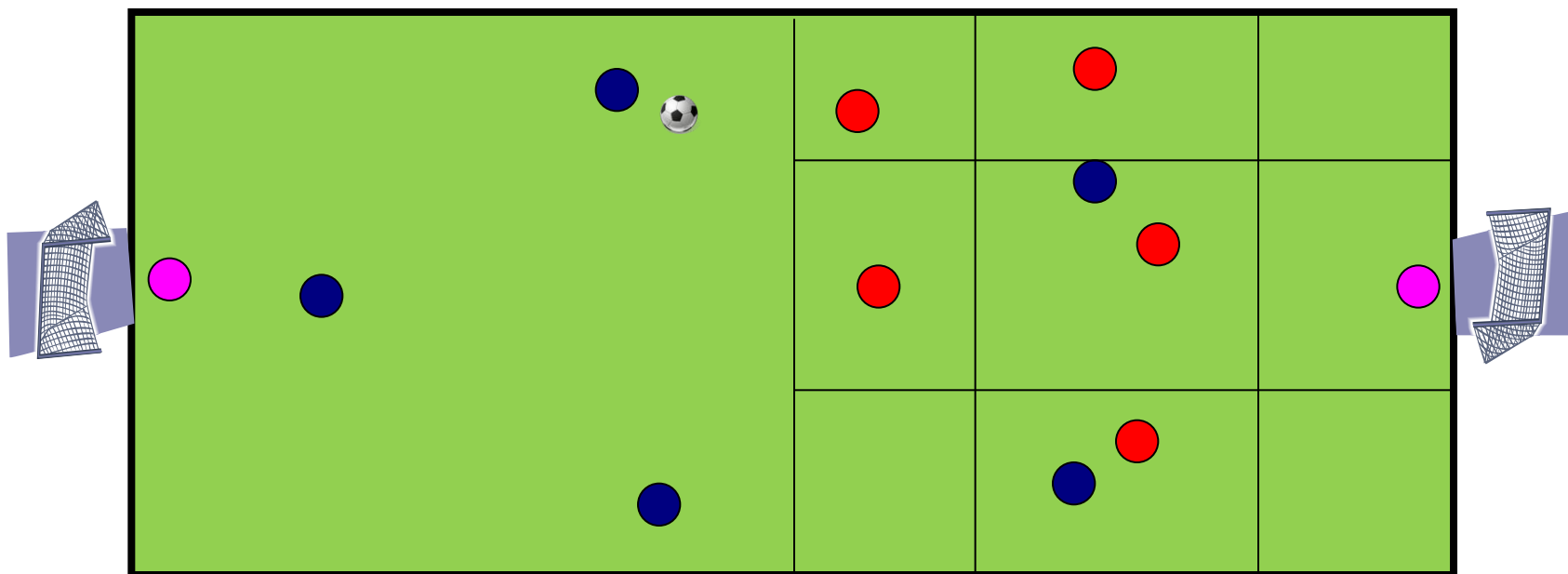


Through the Thirds – 7 vs. 7 + 1 overload & (GK's)

Challenges:

- Play one-two, take or 'round the corner' to get ball into attacking area
- Use Yellow 'M' to aid this process

## 28. Playing out From The Back When A Team Drops And/Or Counter Attacking From Deep/Dropping Off To Defend Game

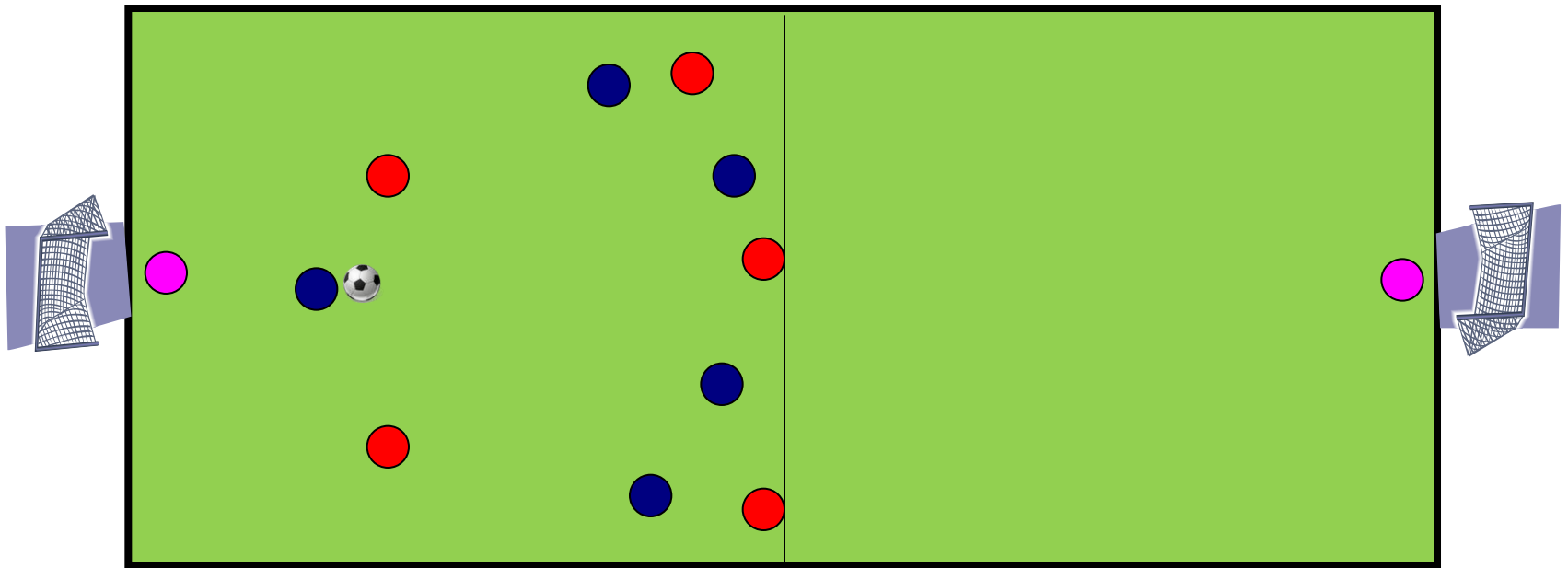


5 vs. 5 and (GK's)  
Split into two halves

Challenge:

- Award Red's three goals if they can drop off and regain ball in their own half and score within 8 seconds
- Encourage Blue's to look at methods by which they can play against a team defending deep
- Use boxes to support understanding – Ask the question – which boxes are you going to occupy and when? When will this change?

## 29. Playing out From The Back When A Team Presses Game



5 vs. 5 and (GK's)  
Split into two halves

Challenge:

- Award Red's three goals if they can regain ball in blue's half and score within 8 seconds
- Encourage Blue's to look at methods by which they can play against a team defending high
- Use halfway line as offside line for realism

## 30. Missing Out Midfield

### Repetition Circuit & Through The Thirds

#### Repetition Circuit

##### 1. Unopposed

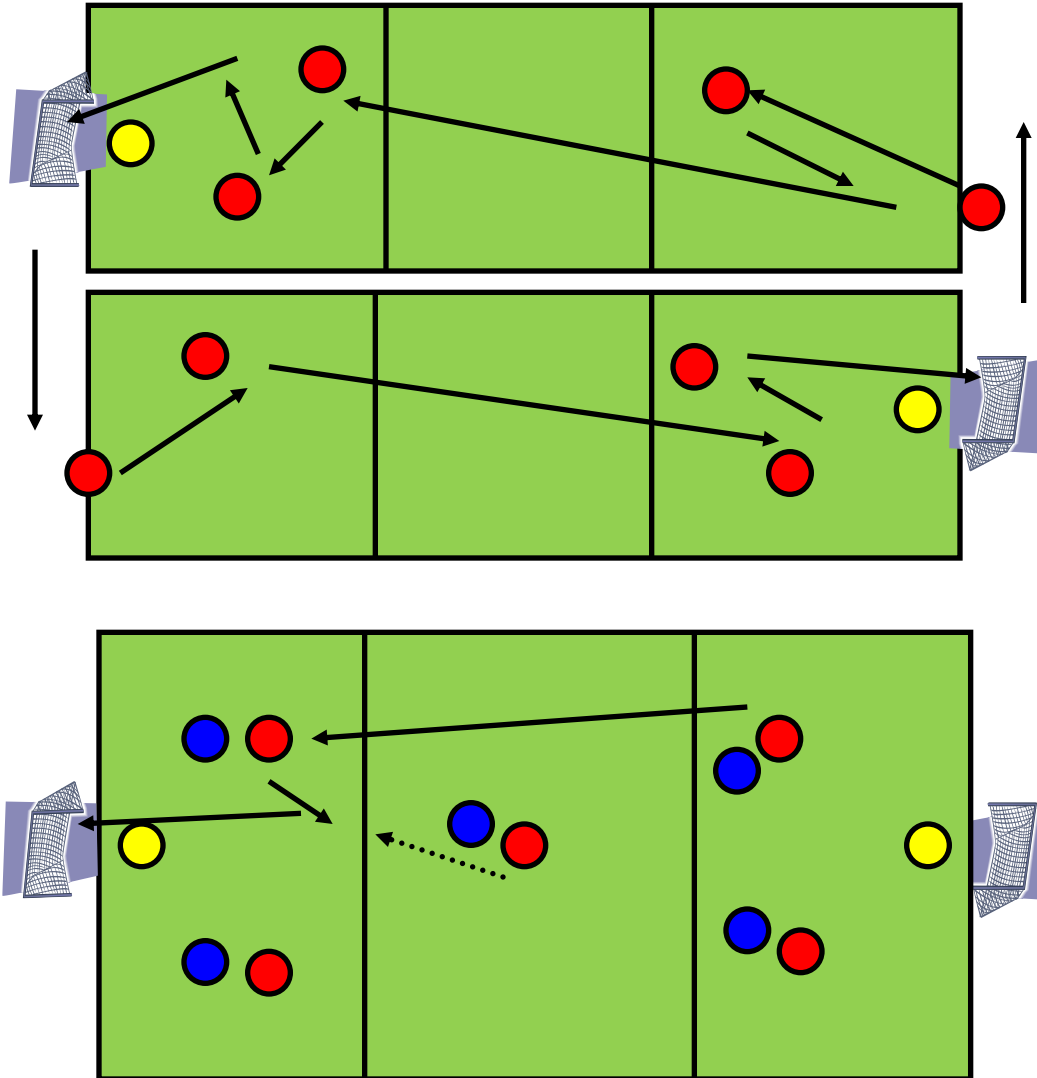
2. 1 defender in middle area to 'miss'

3. 1 defender in each area

4. 2 defenders in goal area, 1 in other

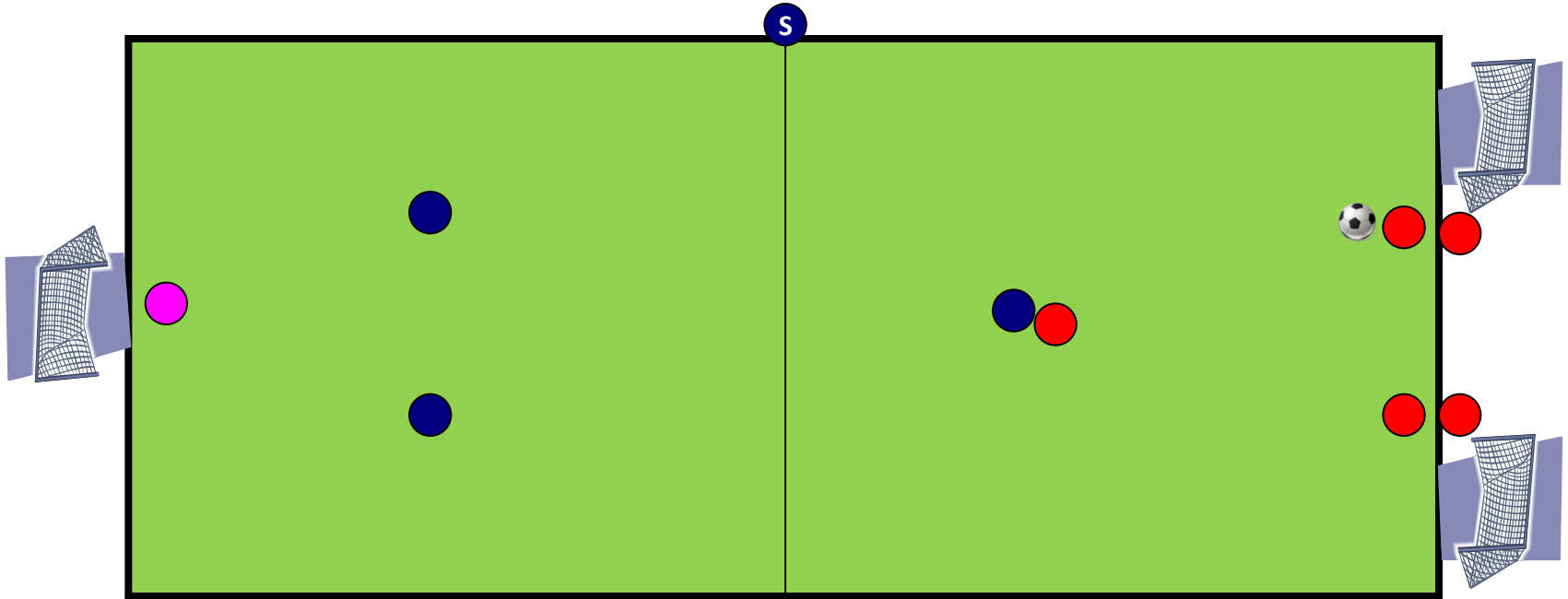
#### 'Through the Thirds' Game

- Discuss ideas to get ball to 'miss' midfield (passing priorities)
- Discuss role of midfielder, as ball goes past them (support)
- Discuss creating scoring chances (finishing)





## 31. Creating Overloads Repetition Circuit

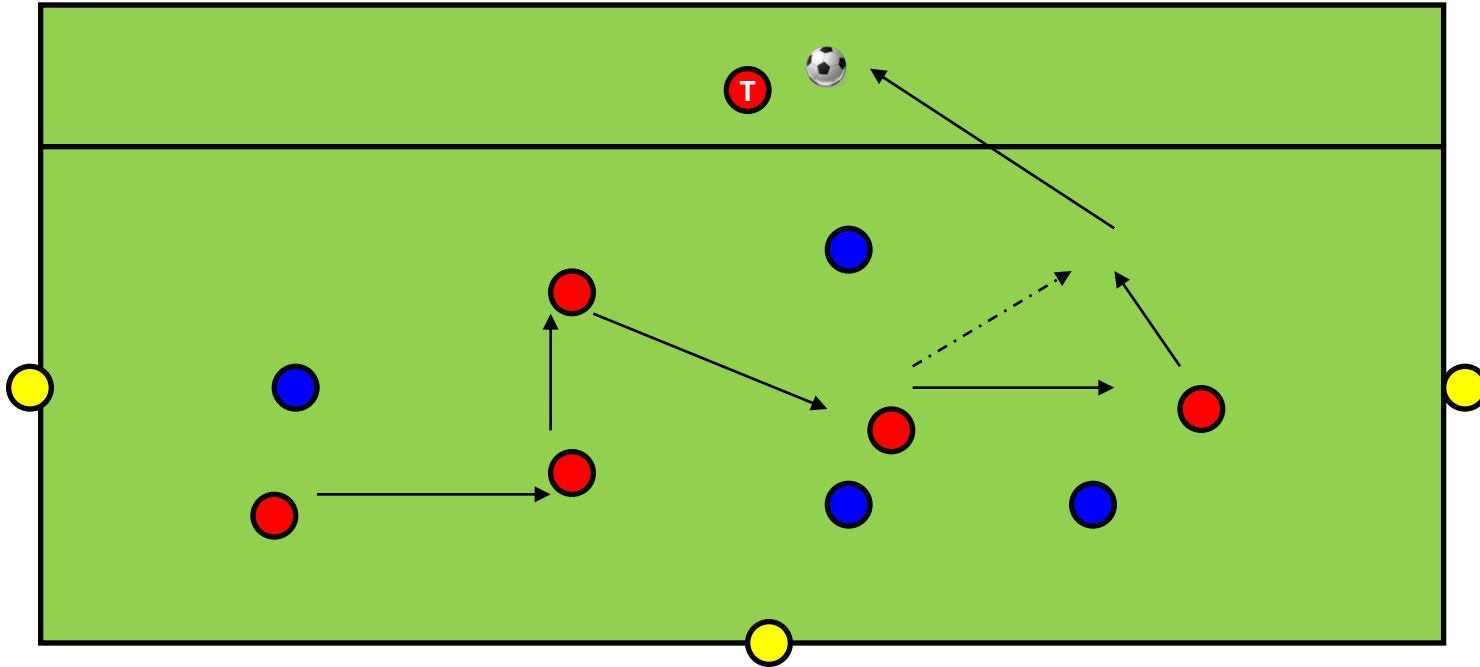


3 vs. 1 and then 3 vs. 2  
Split into two halves

### Challenge:

- Three reds attack. One defender to get past in first half of pitch. Two in second to score past GK. If blue's win breakout to score in either goal at far end. Blue 'S' can join to support.
- Repeat

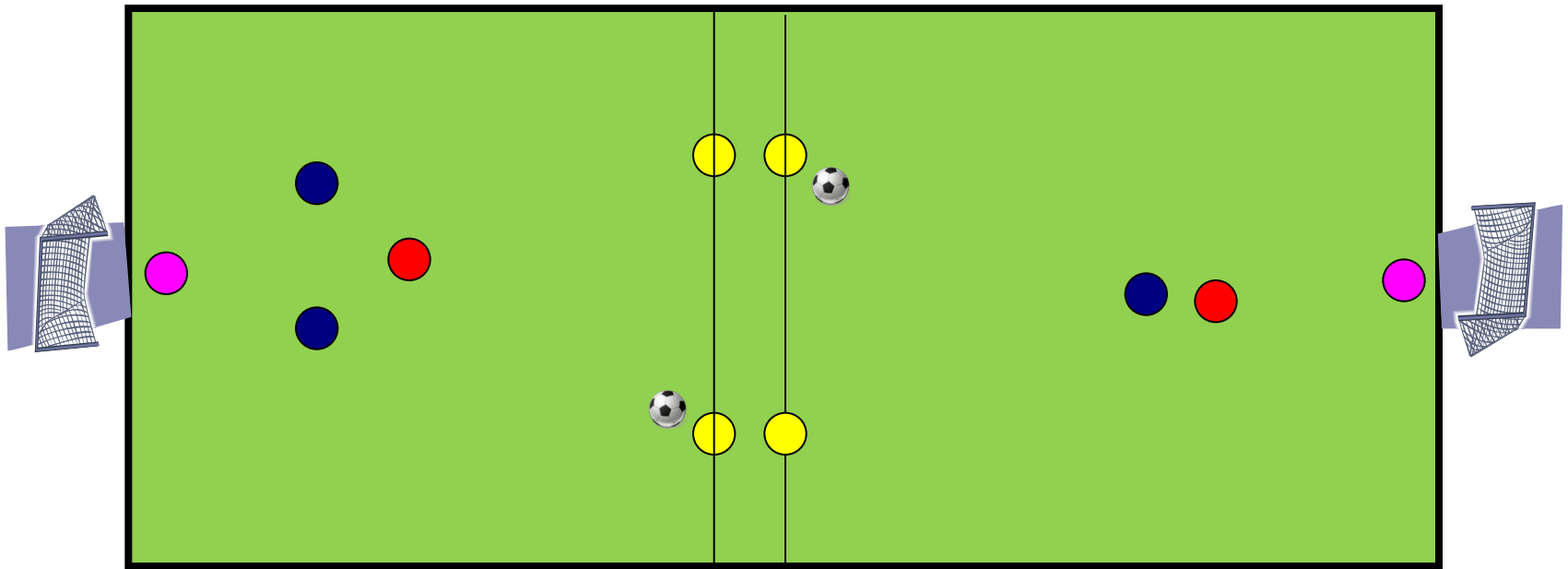
# Grid Work



### 6 reds, 4 blues, 3 yellows – Challenges:

- Reds seek to play 5 passes and then play to red T to score
- Can play to yellow's on outside to keep possession but passing tally them returns to zero
- If blue's win the ball, play to yellow to score – yellow's return to reds to restart

### 33. Receiving & Turning to Shoot/Receiving & Attacking the Goal Outnumbered Repetition Circuit



1 vs. 2 at one end and 1 vs. 1 at the other with two  
servers/targets for each circuit + GK's

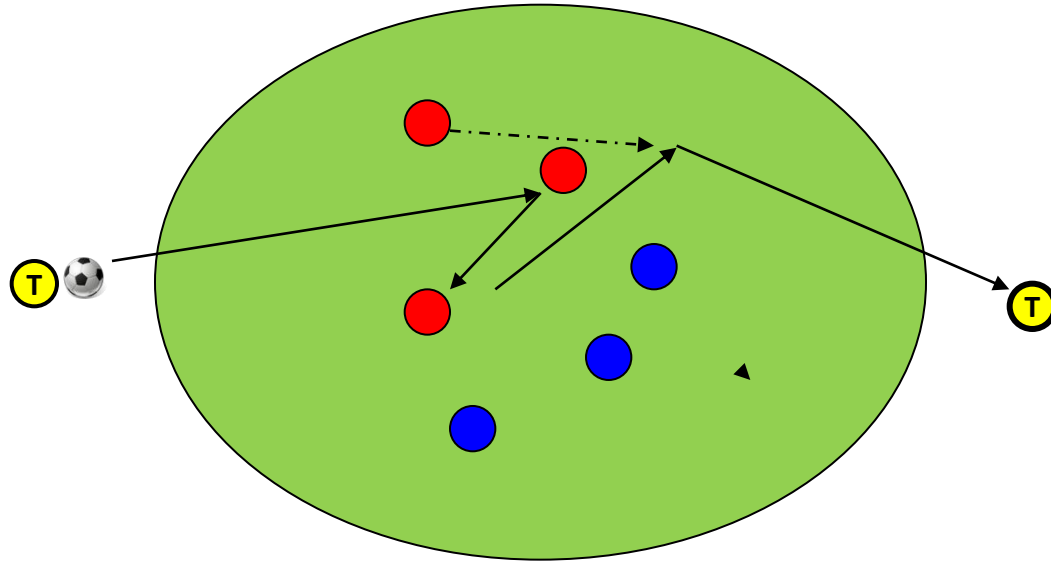
Split into two halves

Challenge:

- Attacker receives from yellows and tries to score
- Can play back to try new approach
- If defender wins, play to target players to restart
- Yellows can pass across before passing in if situation suits
- Change numbers – 2 vs. 2, 2 vs. 3

## 34. Passing Out of Tight Situations

### Circle Work/Game

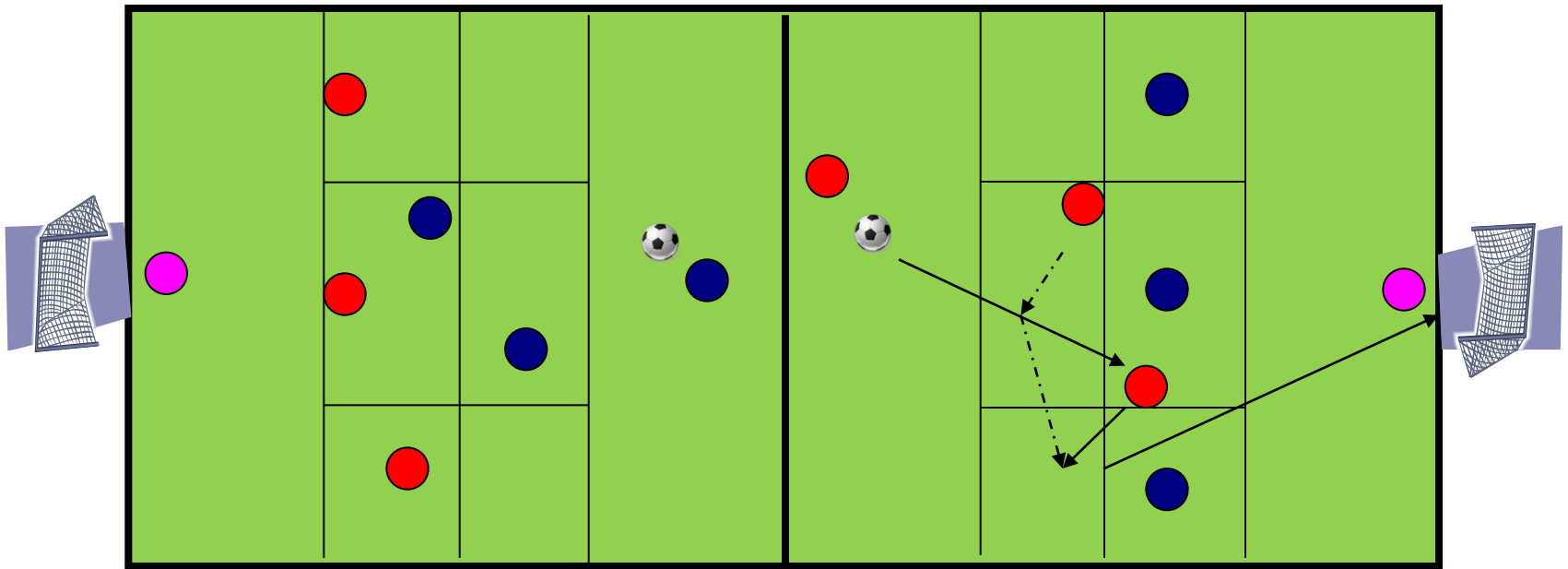


## Challenges

- Play to target, get back and play to opposite target to score
  - Try to play one touch passes where it's appropriate
- Double points if play one-two, overlap or take before playing to target

## 35. Clever Movement In and Around The Penalty Area

### Halves

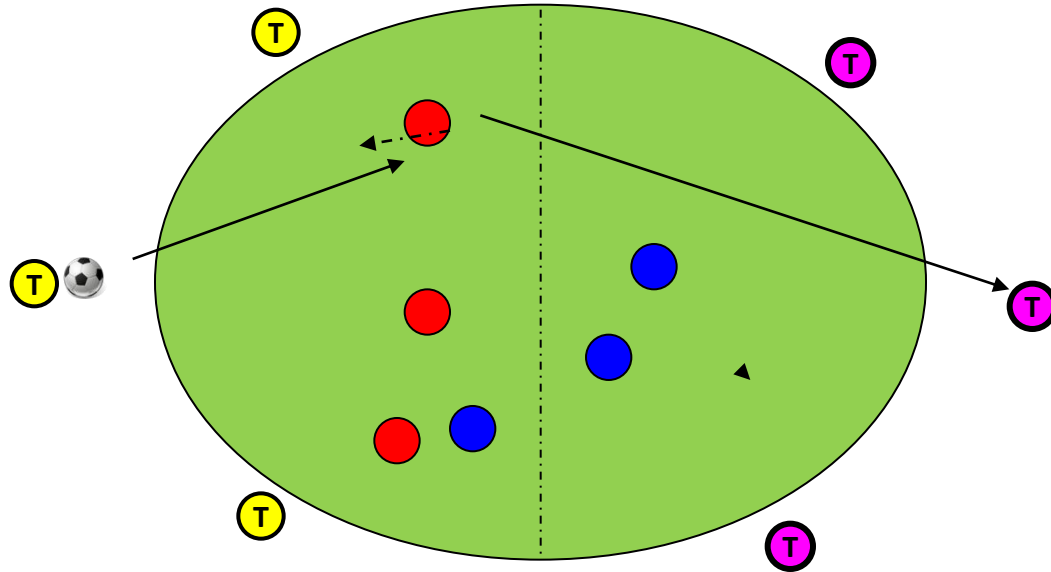


2 vs. 3 + A server and a GK  
Split into two halves

#### Challenges:

- Each end from penalty spot to edge of 'D' split into six grids.
- Try to get your two forwards in different boxes that are adjacent. Timing & speed of movement to be encouraged
- Ask forwards to invent moves to help effect shooting opps.
- Allow midfielder to drive on if one of forwards drops short

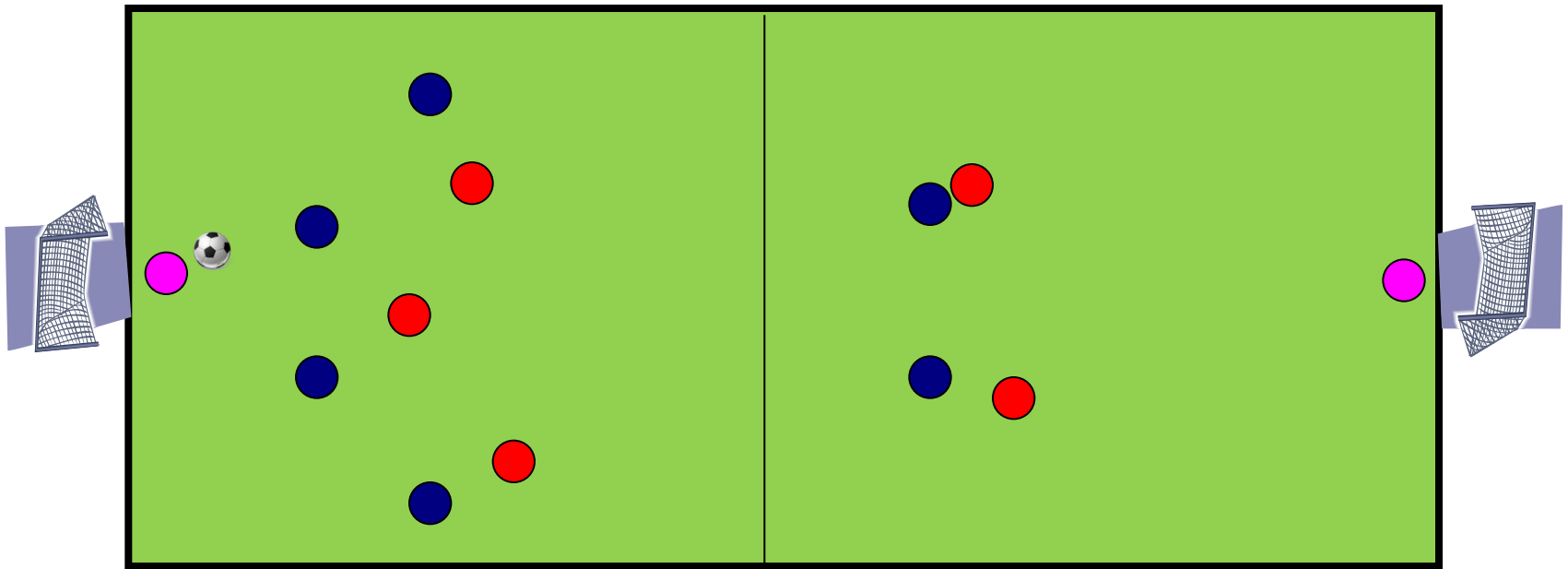
## 36. Switching Play Circle Work/Game



### Challenges

- Receive ball from one side, switch to other side of circle (yellow to purple) to score. Switch back to score again etc.
  - Questions to players:
    1. What are the ways we can transfer the ball quickly?
    2. What helps us to do this when we have pressure from the opposition?

### 37. Combining To Find The Strikers From Midfield Game



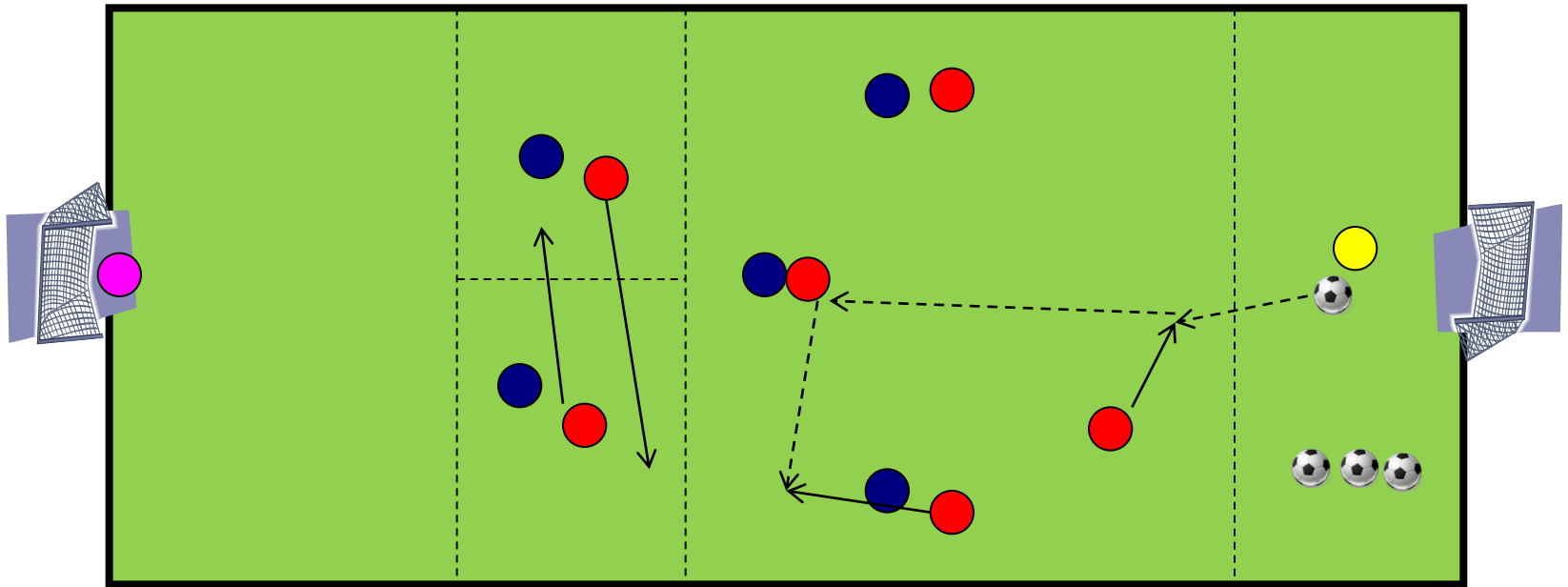
6 vs. 5 + GK's

Split into two halves

Challenge:

- Enter attacking half (blues) when ball crosses half way line (either passed or run with)
- Retain two players in midfield area for security
- Challenge players around types of combinations with front players and when to support behind, in front and on opposite side

## 38. Combining To Find The Strikers From Midfield Game



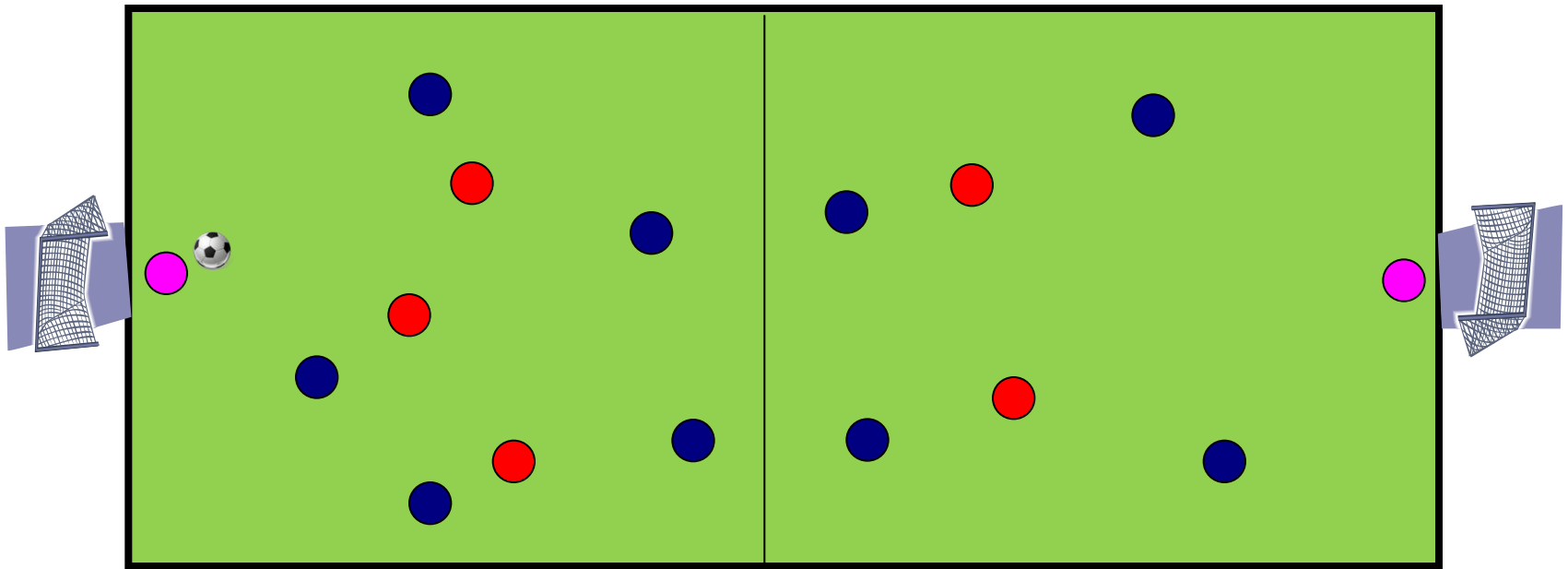
**6 vs. 5 + GK & Target Player for Blues**  
**Midfield Area Defined (4 vs. 3)**

### Challenges:

- Try to work ball through midfield area to forwards who attack
- Try to play one touch when it's on (Give & Go's, 'Round the Corners')
- Forward 2 – try not to receive in the same box as you started in
- Try to play ball through midfield below waist height (help the receiver)
- Midfield players can move into attacking area to support forwards
- Blues score by counter attacking upon regain to play to target (or into goal if you have one)
- Discuss – when to play forward and when to keep possession



### 39. Keeping Possession To Set Up Attacks Game



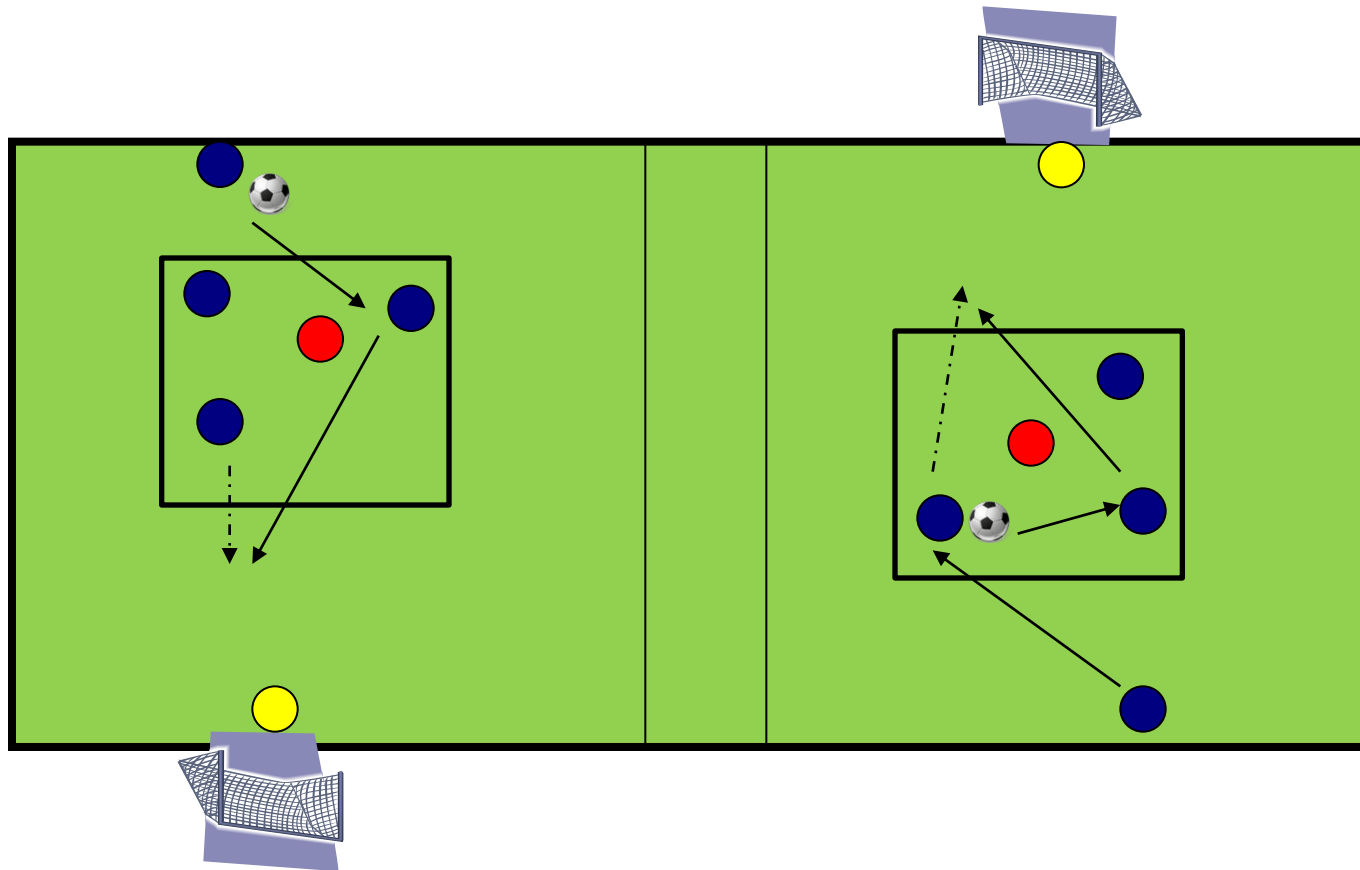
9 vs. 5 + GK's

Split into two halves

Challenge:

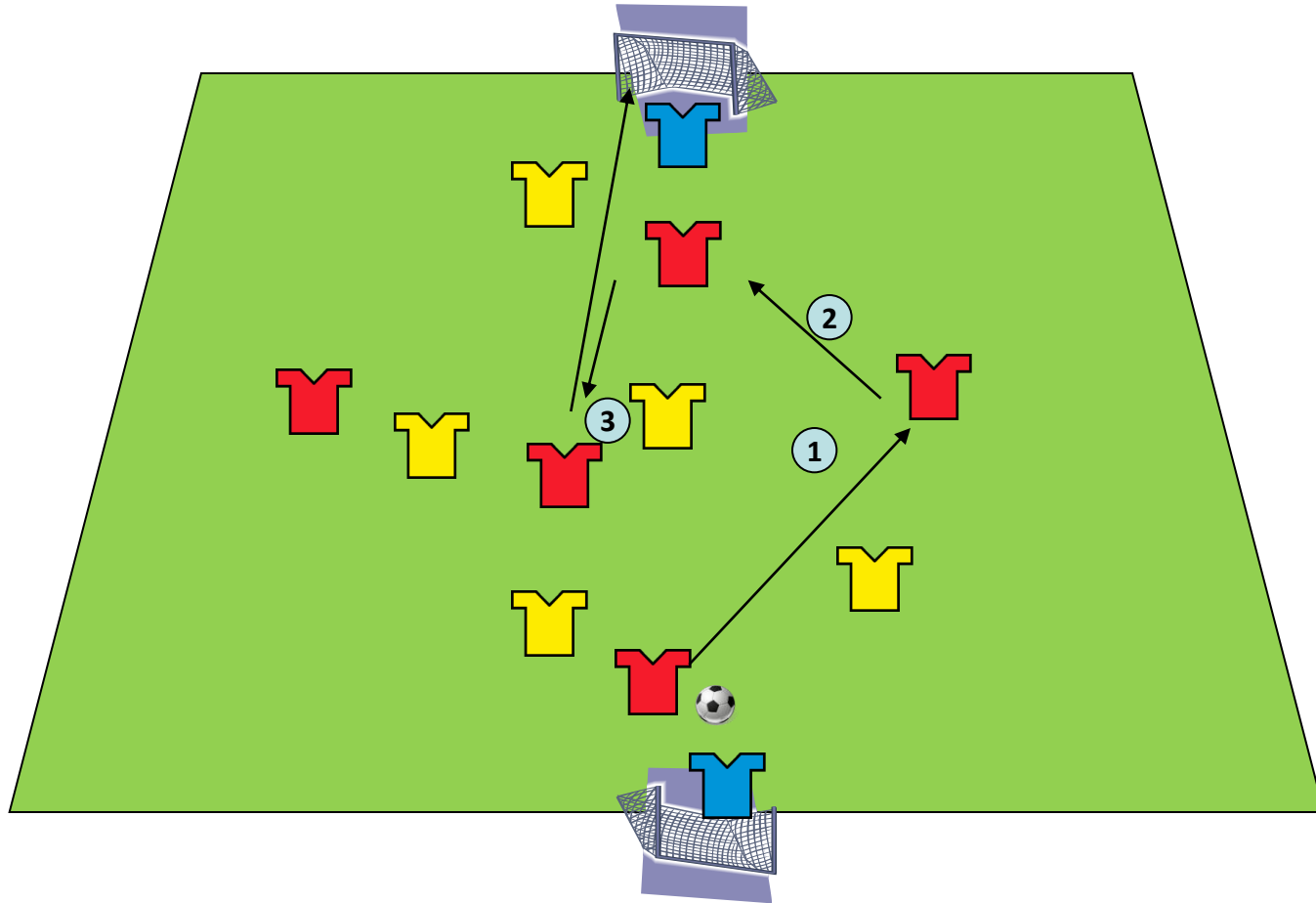
- Blues – Try to maintain possession for five passes – then attack the goal farthest from where the fifth pass is completed.
- Red's – Try to win it and attack either goal

## 40. Tight Area Combination Game



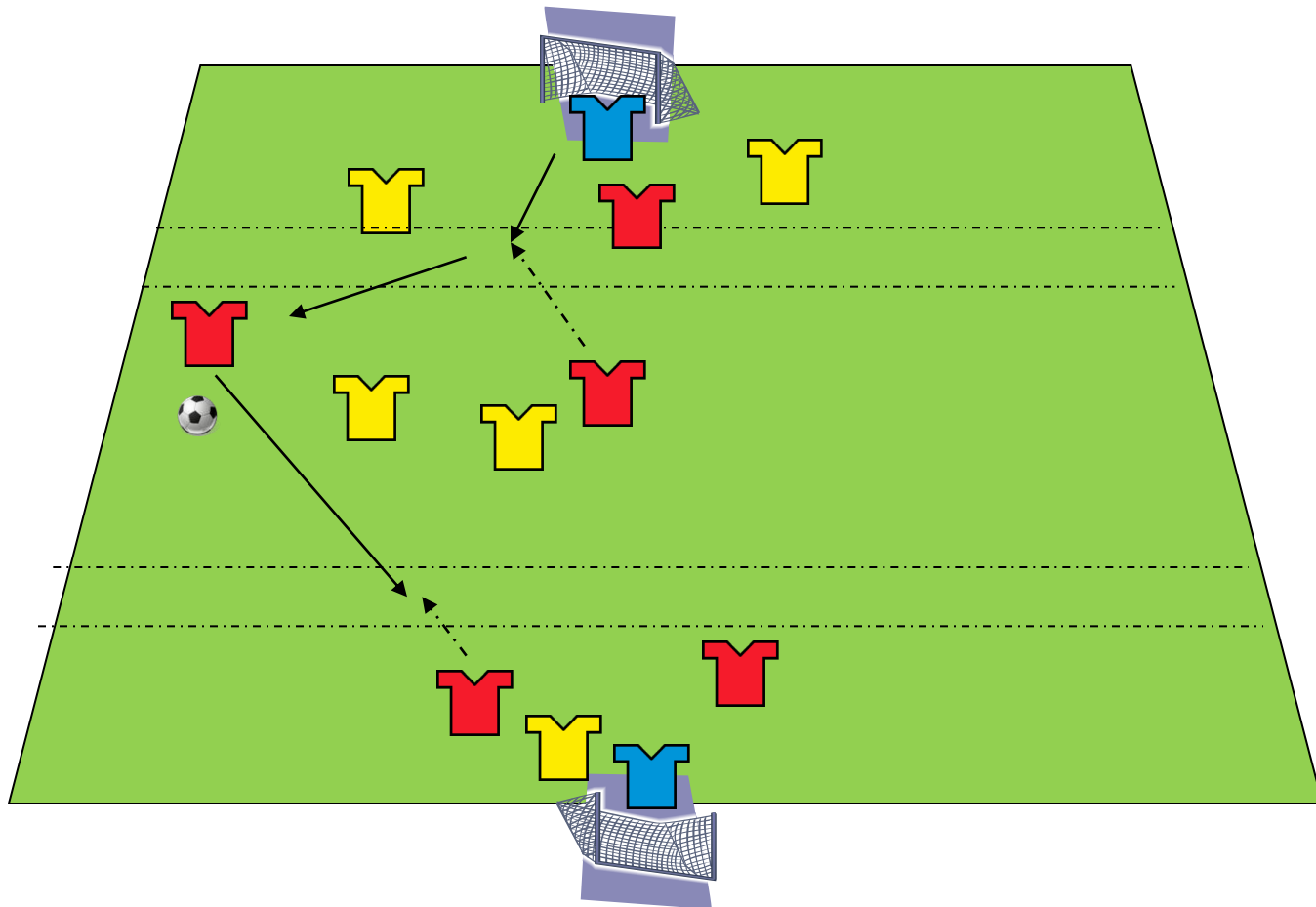
- 3v1 in small box 6 yards x 6 yards
- Break out over end line and score past GK

# Small Sided Games for Understanding



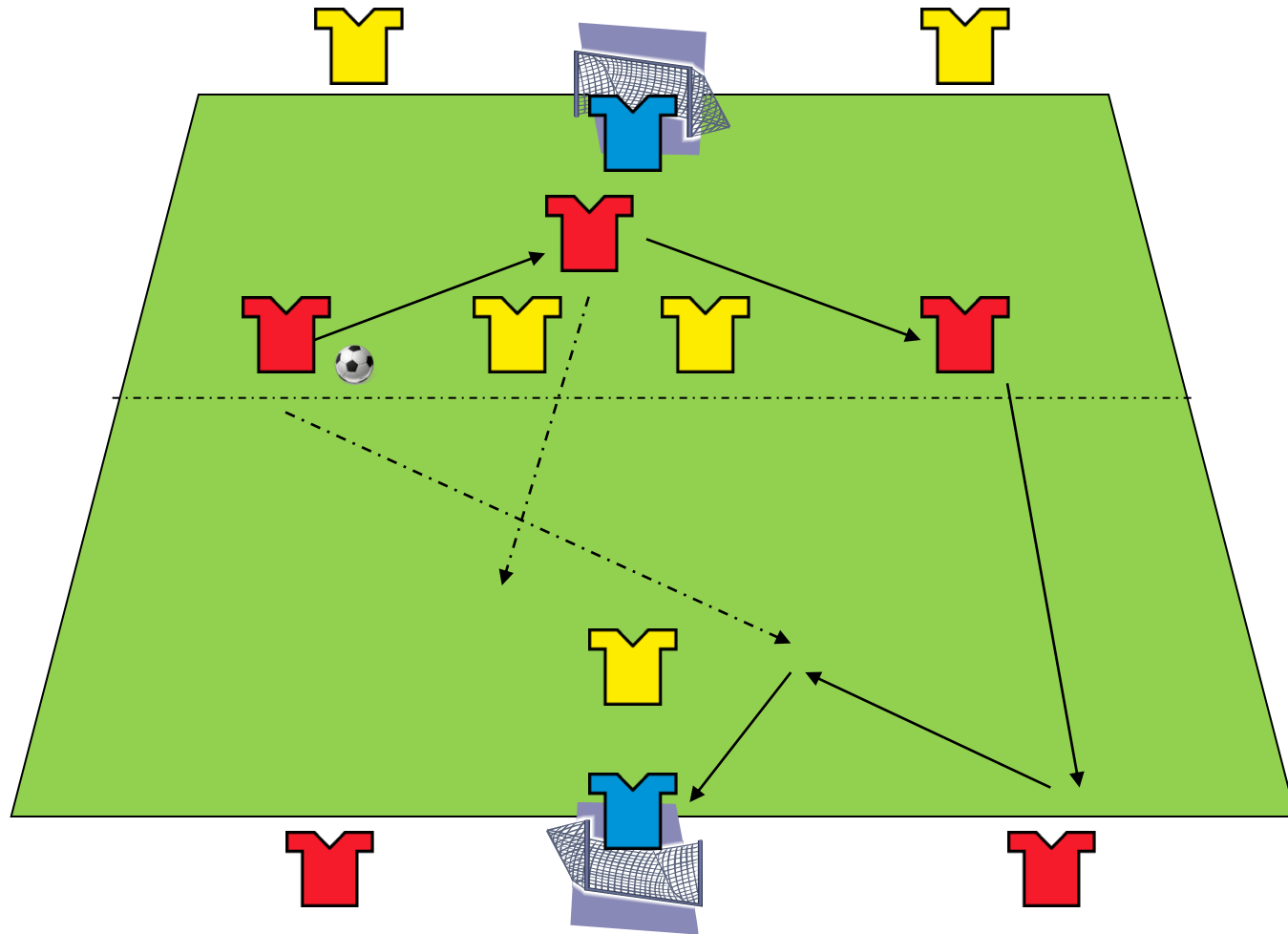
### Possession with progression

Every pass you make equals a point if you then that goal is Worth that amount of points e.g. 3 passes in build up = 3 points/goals



## Playing in-between the lines

Create safe zones for midfielder and strikers to drop into when in possession  
Apart from safe zones when out of possession players free to go anywhere

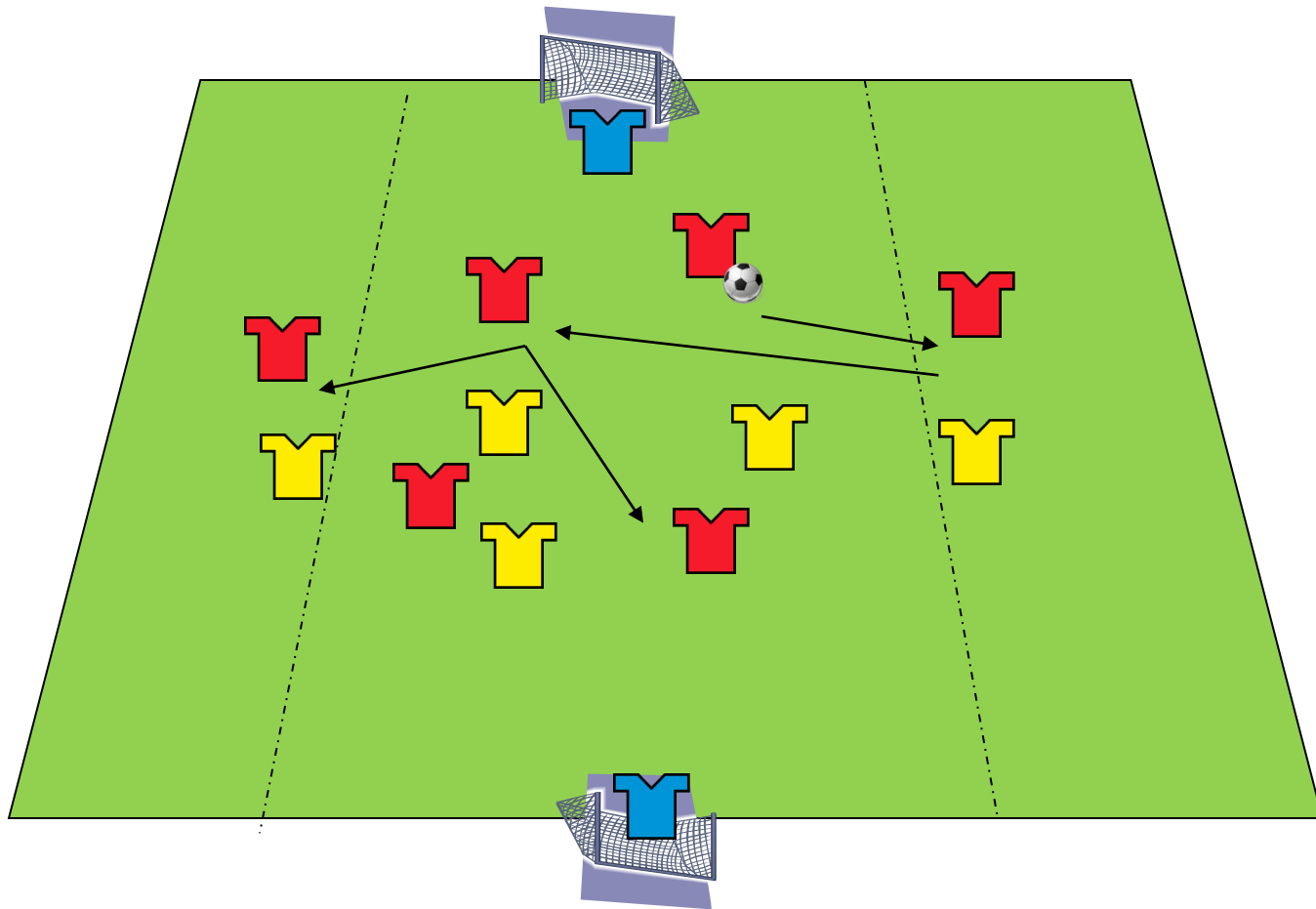


### **Forward passing and counter attacking**

3v2 break out in 1 half

Keep one defender in your half at all times

Look to use bounce players at the end of pitch when its on. Then go join in

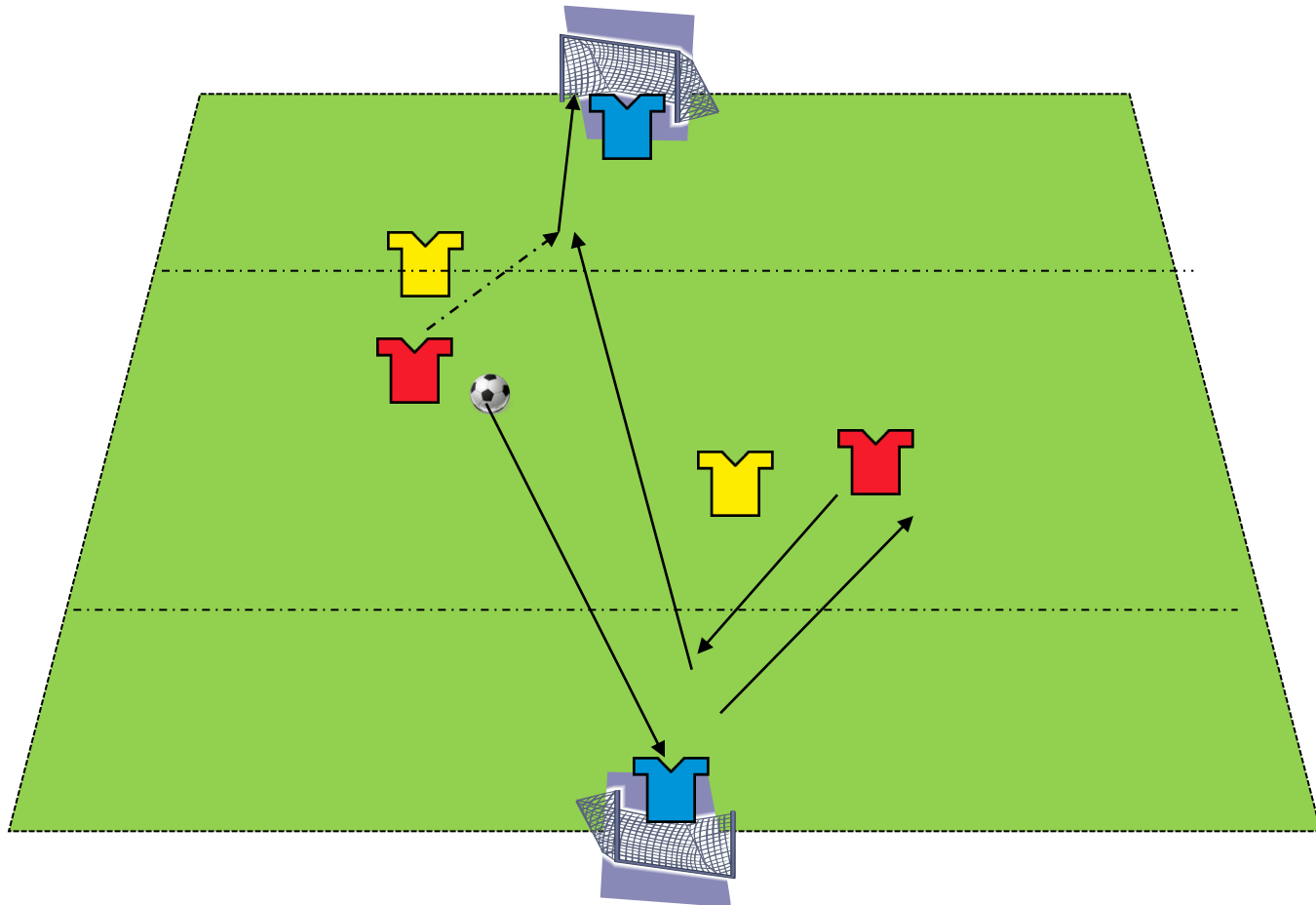


### Finding the gaps for forward passes

If your team switches the ball from one side zone to the other = 1 goal

If your team scores past Gk = 3 goals

Keep the ball side to side until you find a gap to set up a 3 pointer

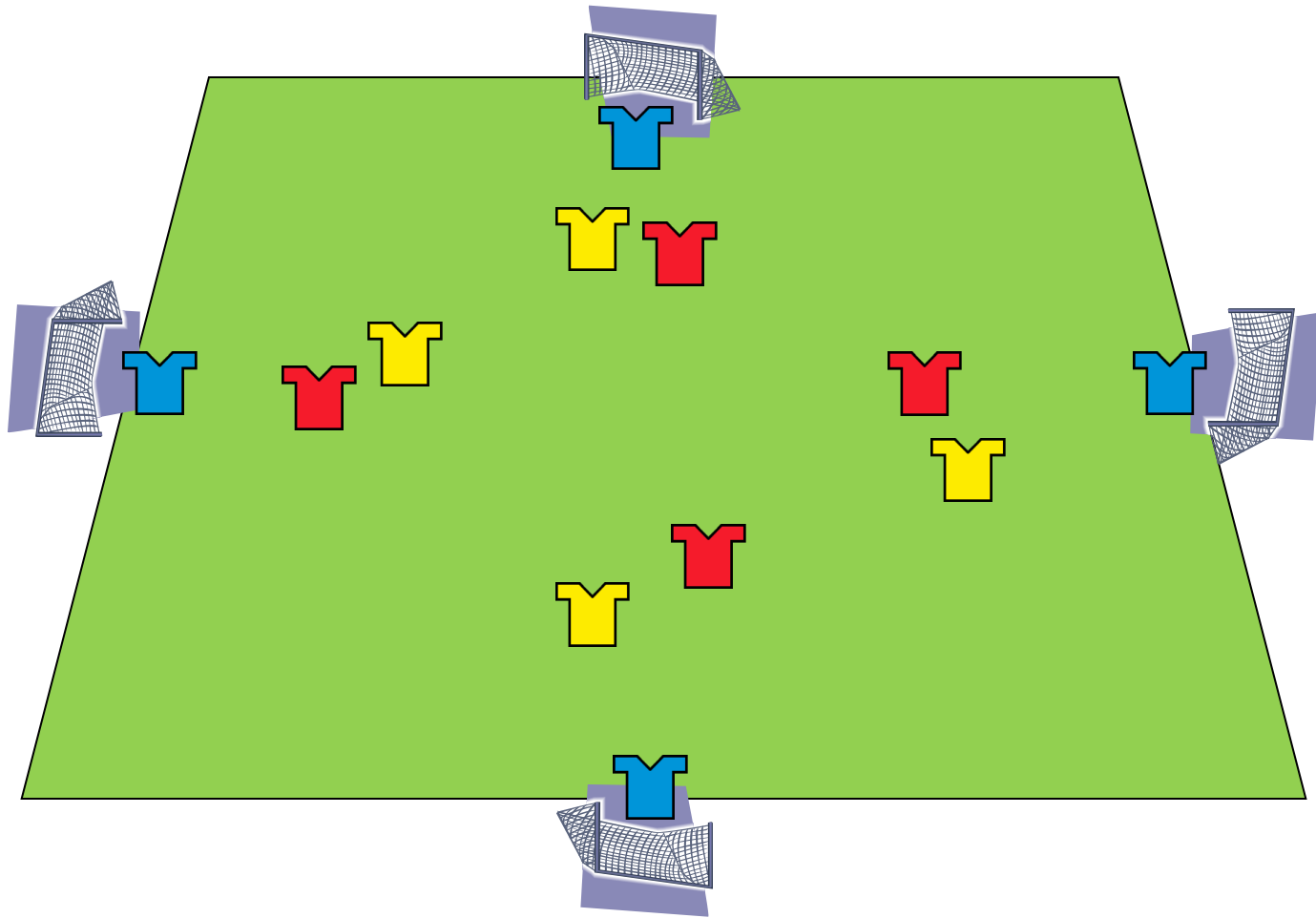


### **Combinations to play forward**

Gain a direction by playing ball into a blue player then work the ball to score in the opposite goal.

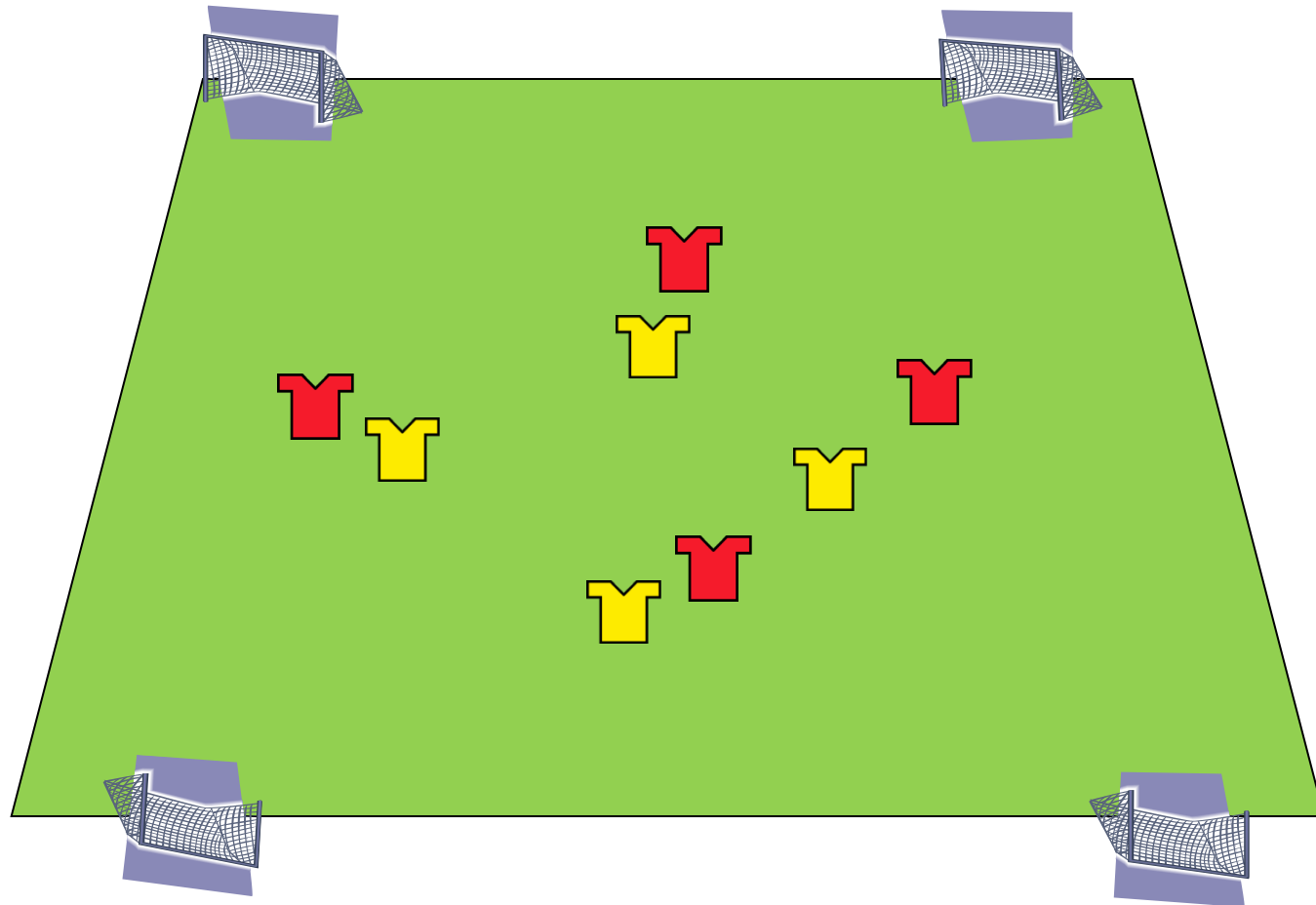
When blue is played to gain direction they support possession in the back 3rd for that team to make a 3v2





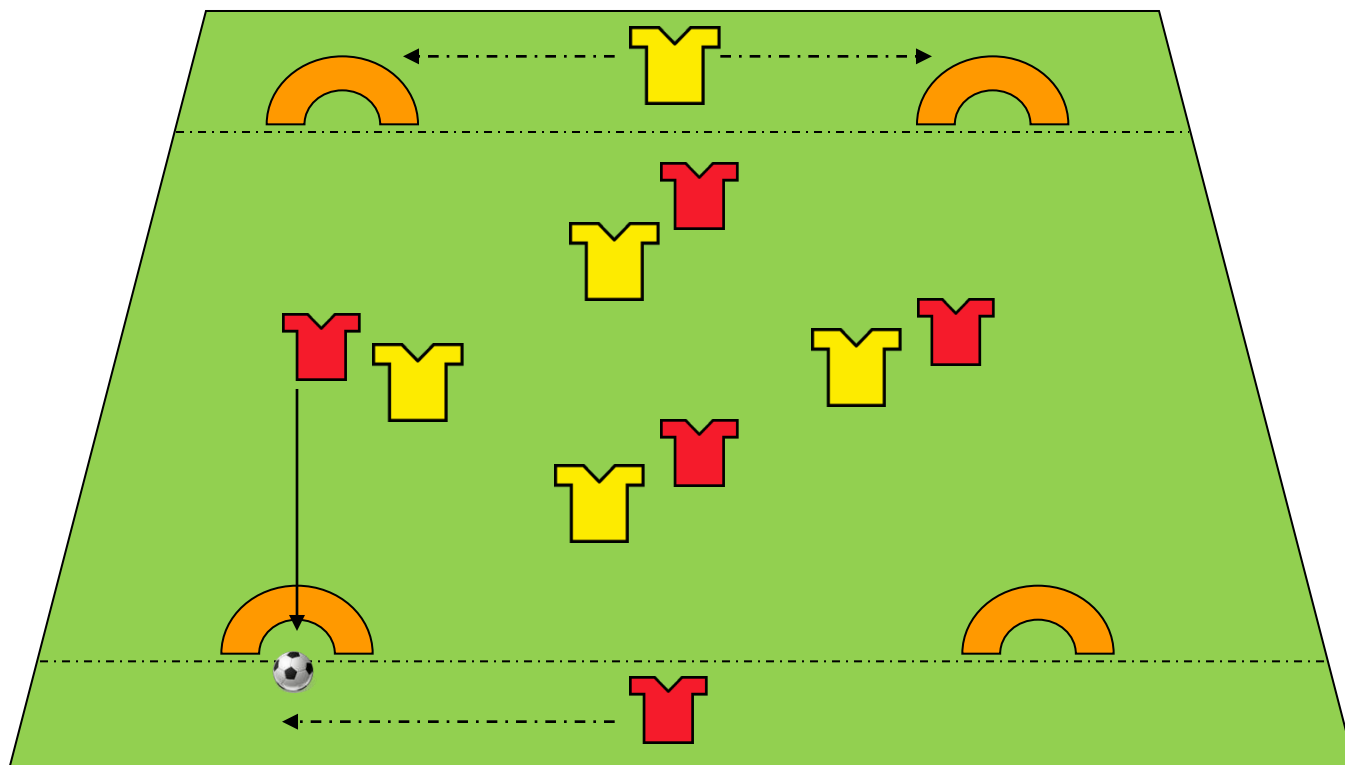
### **4 Goal Game with Goalkeepers**

Attack a different goal after each score



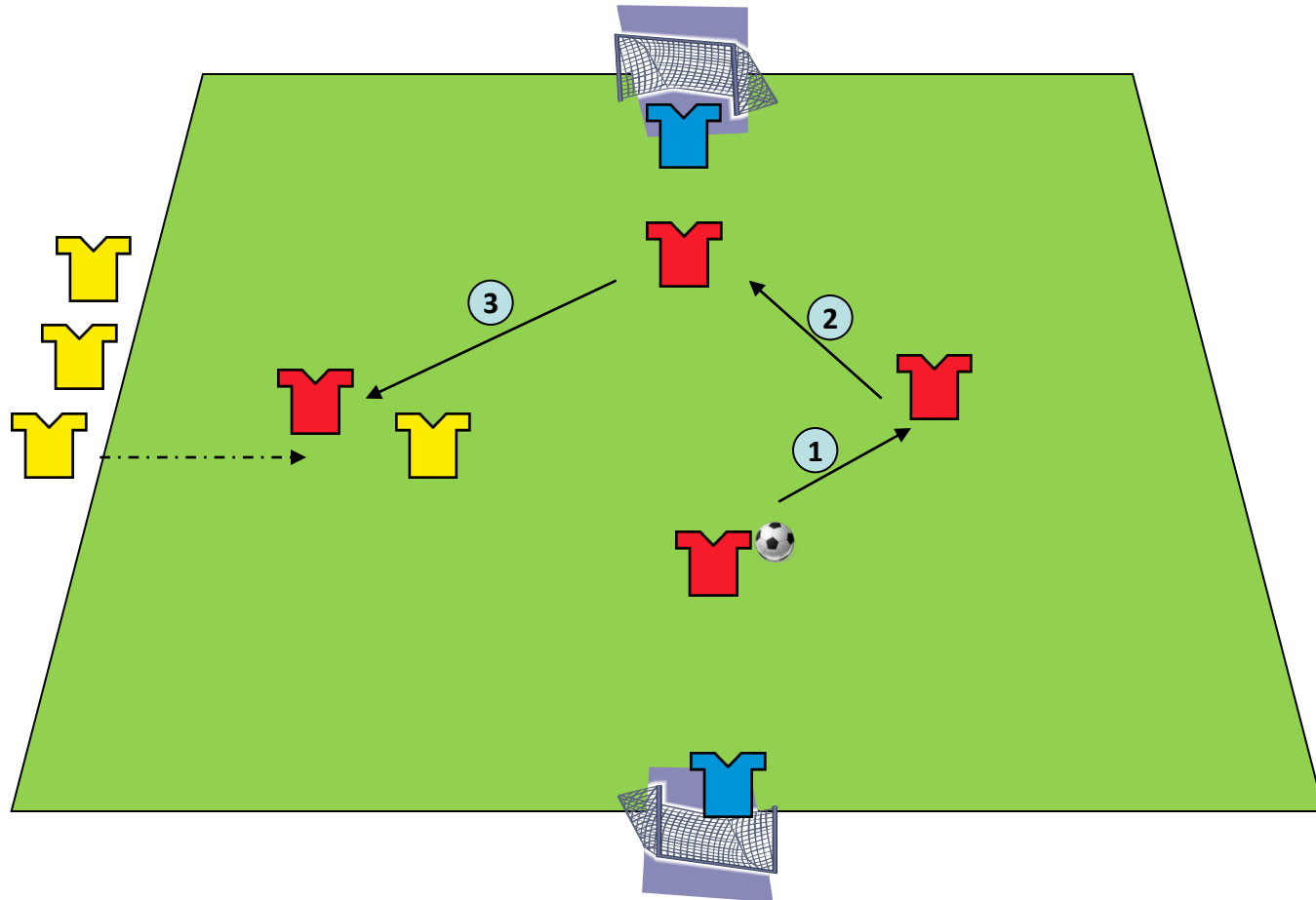
#### **4 Small Goal Game – No Goalkeepers**

Can implement one touch finish



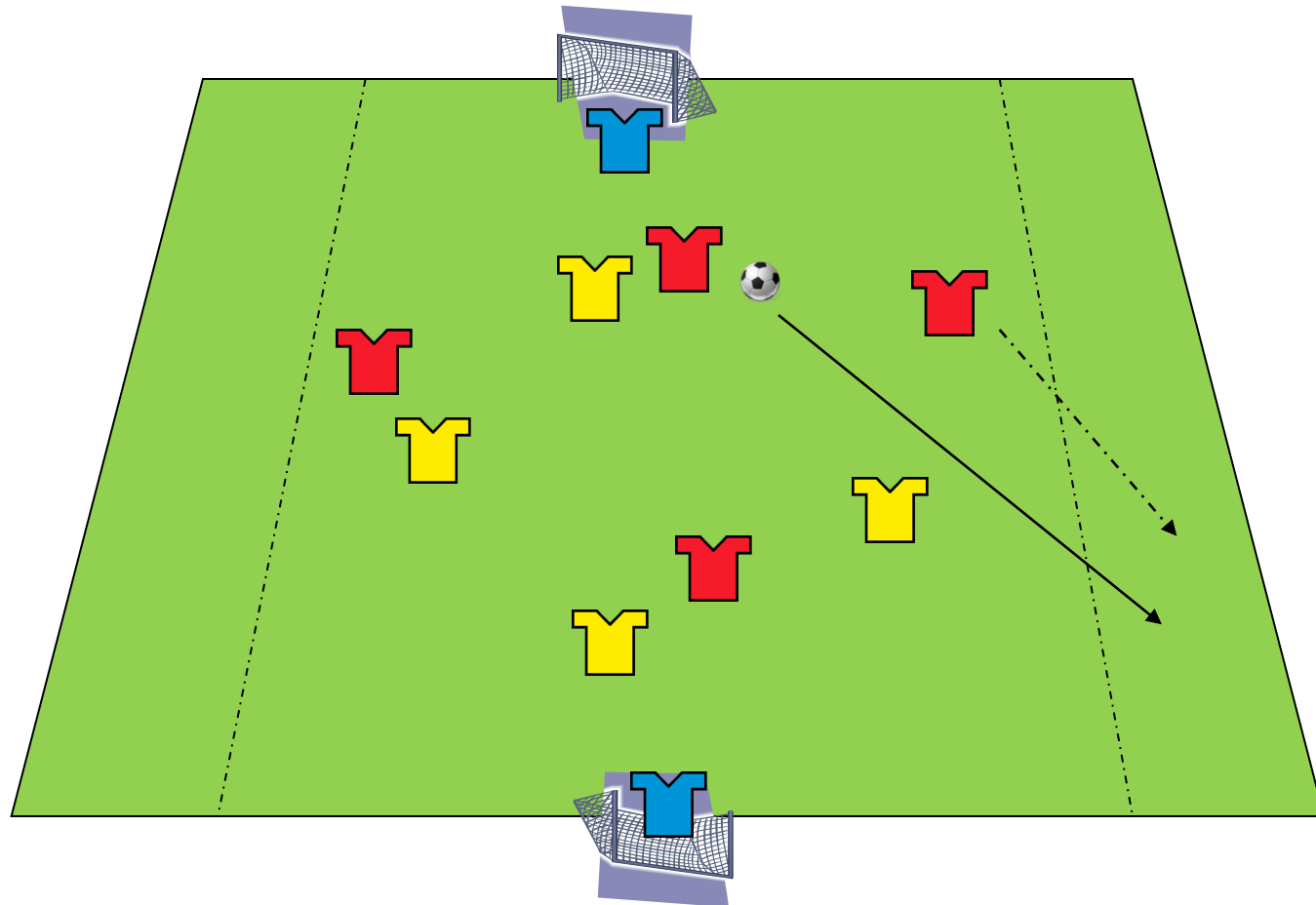
#### **4 Gate Game with Sliding Target Players**

Scorer switches with target after goal



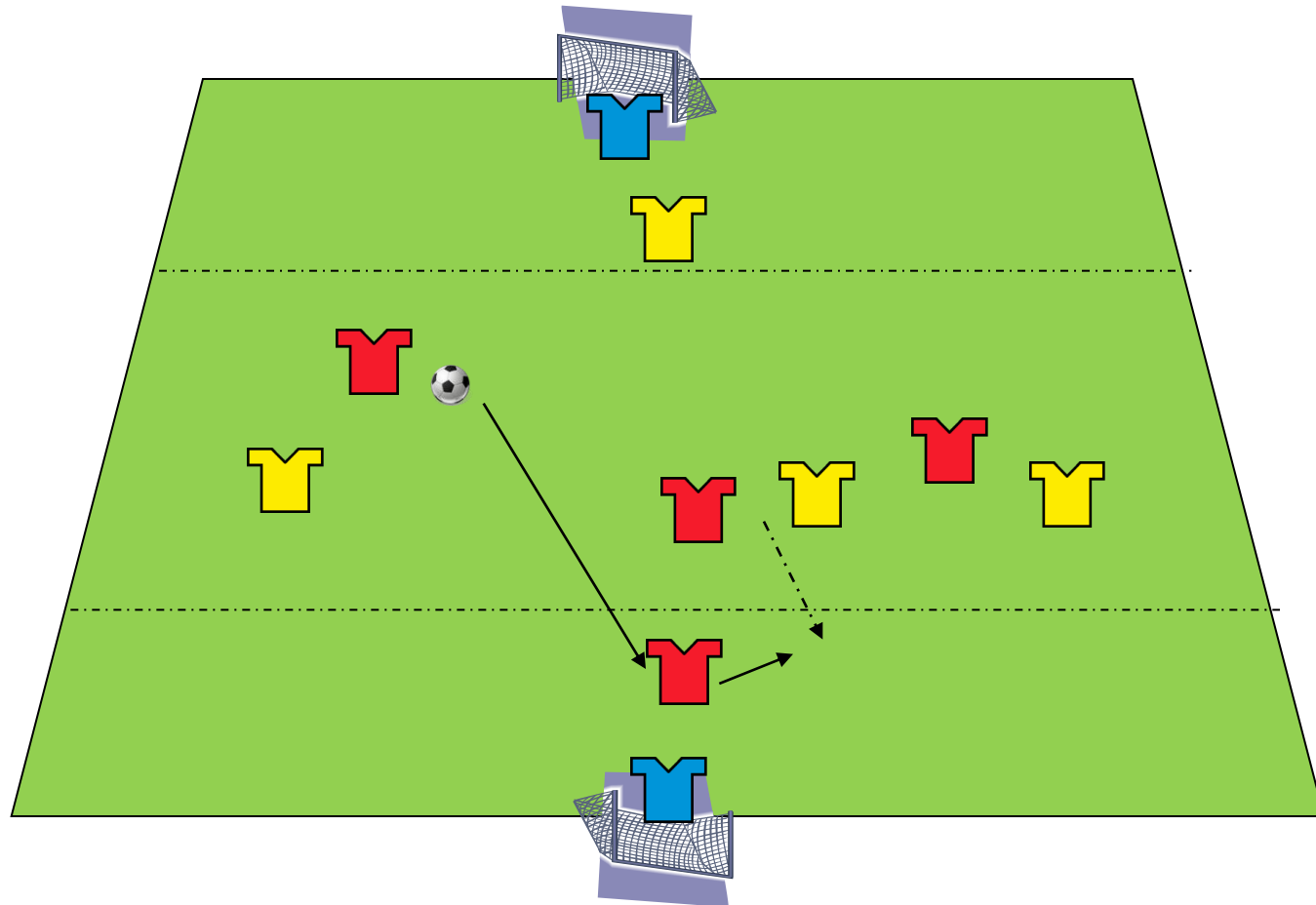
### **Possession Game – 4 vs. 1.....**

Red's keep possession from blues and can use GK's. Blues add a player to the game for every 3 passes the Reds make. If yellows win it, score in either goal.



### **Wide Play Game**

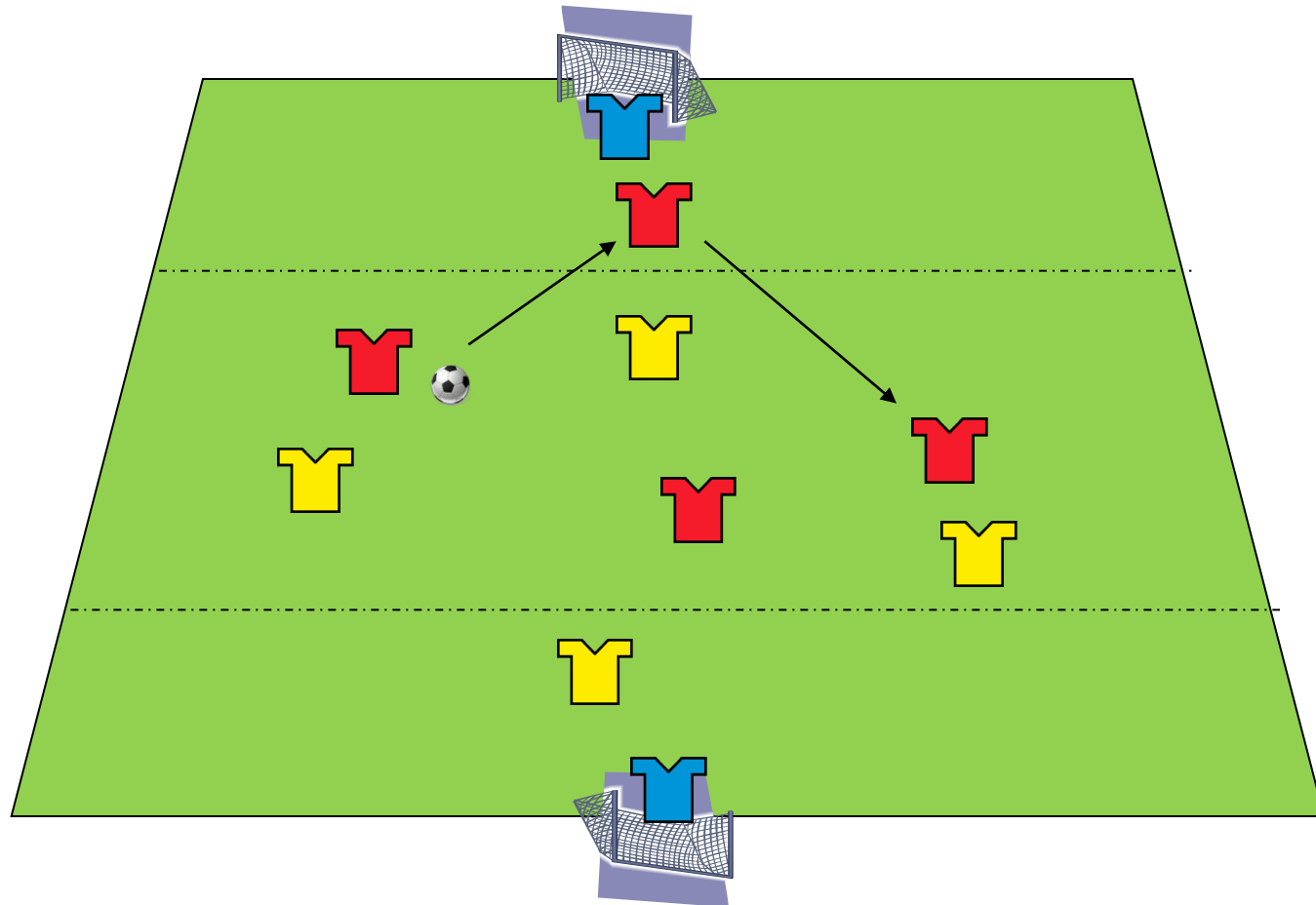
Wide areas are safe (3 second time/ 2 touch limit)



### **Forward Set Up Game**

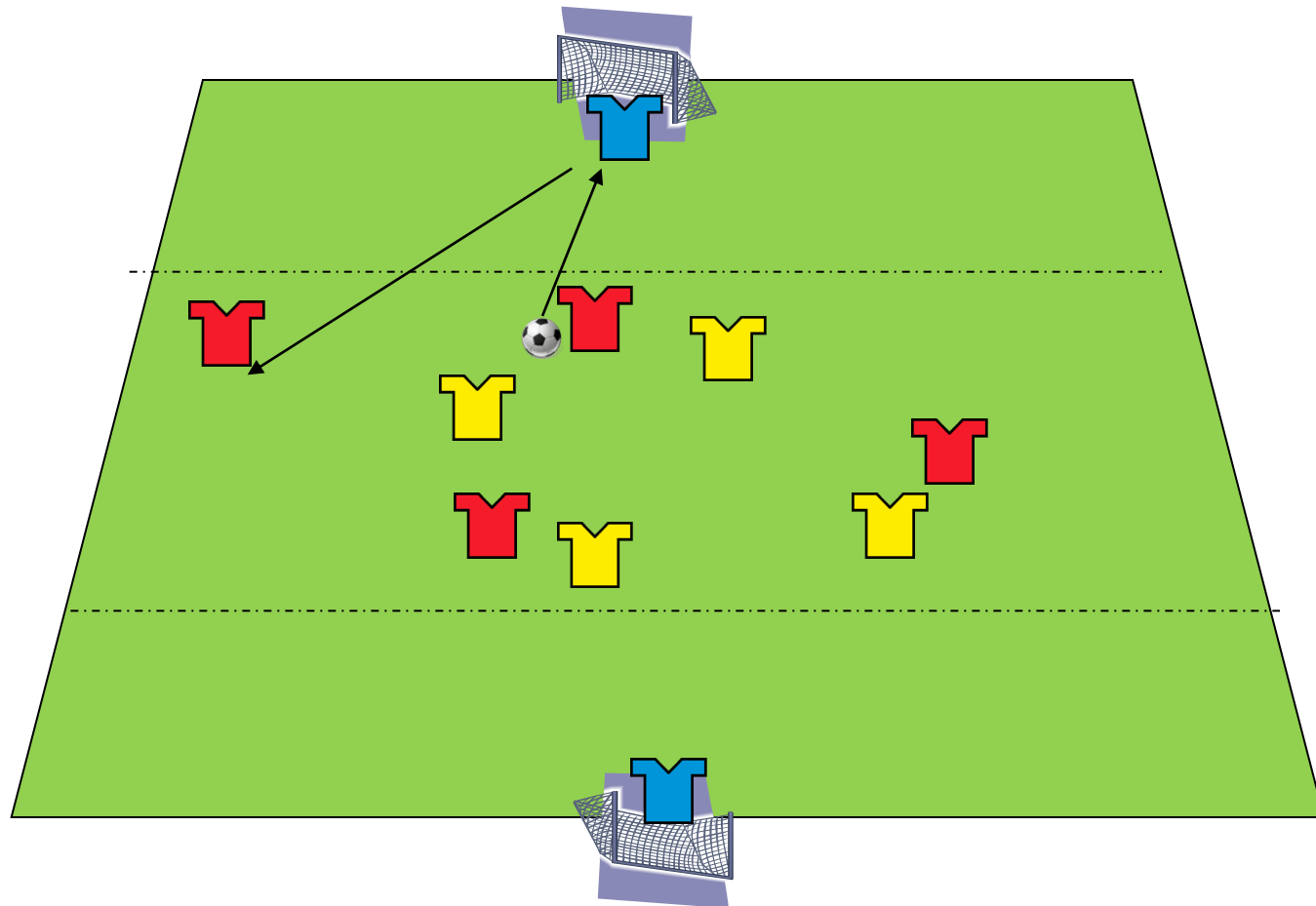
Unopposed forward in attacking area to set up for support players to run on

Encourage unopposed forward to play one touch if suitable



### **Deep Lying Player Game**

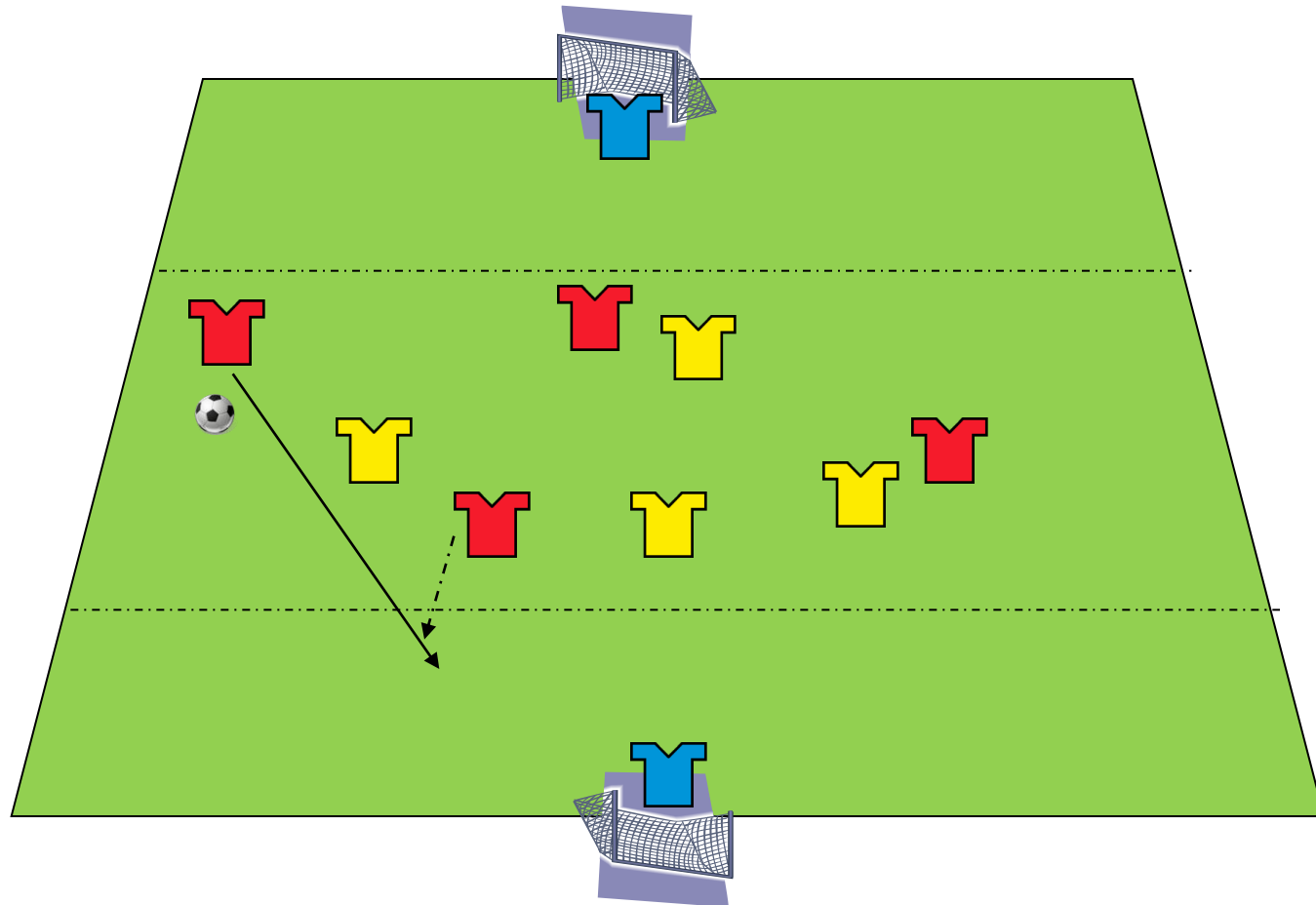
Back safe zone for any player to drop into (if needed when time is right)



### **Goalkeeper Distribution Game**

If you win possession GK must touch the ball before you can score  
Instead of having a set play you start from you GK if other team kick ball out  
(You can make the back zone a free zone if needed to start with)



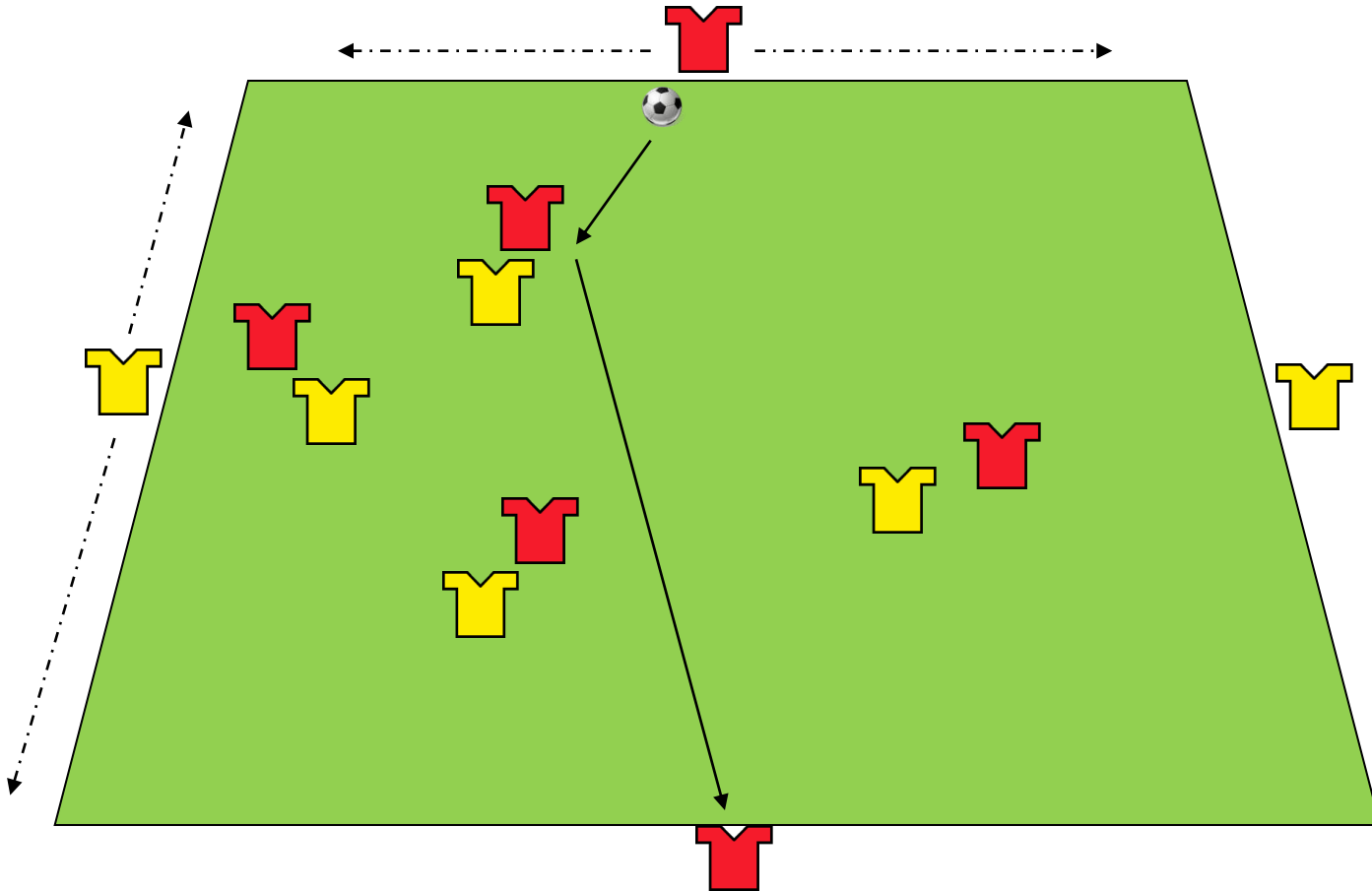


### Through Ball Game

End areas are empty

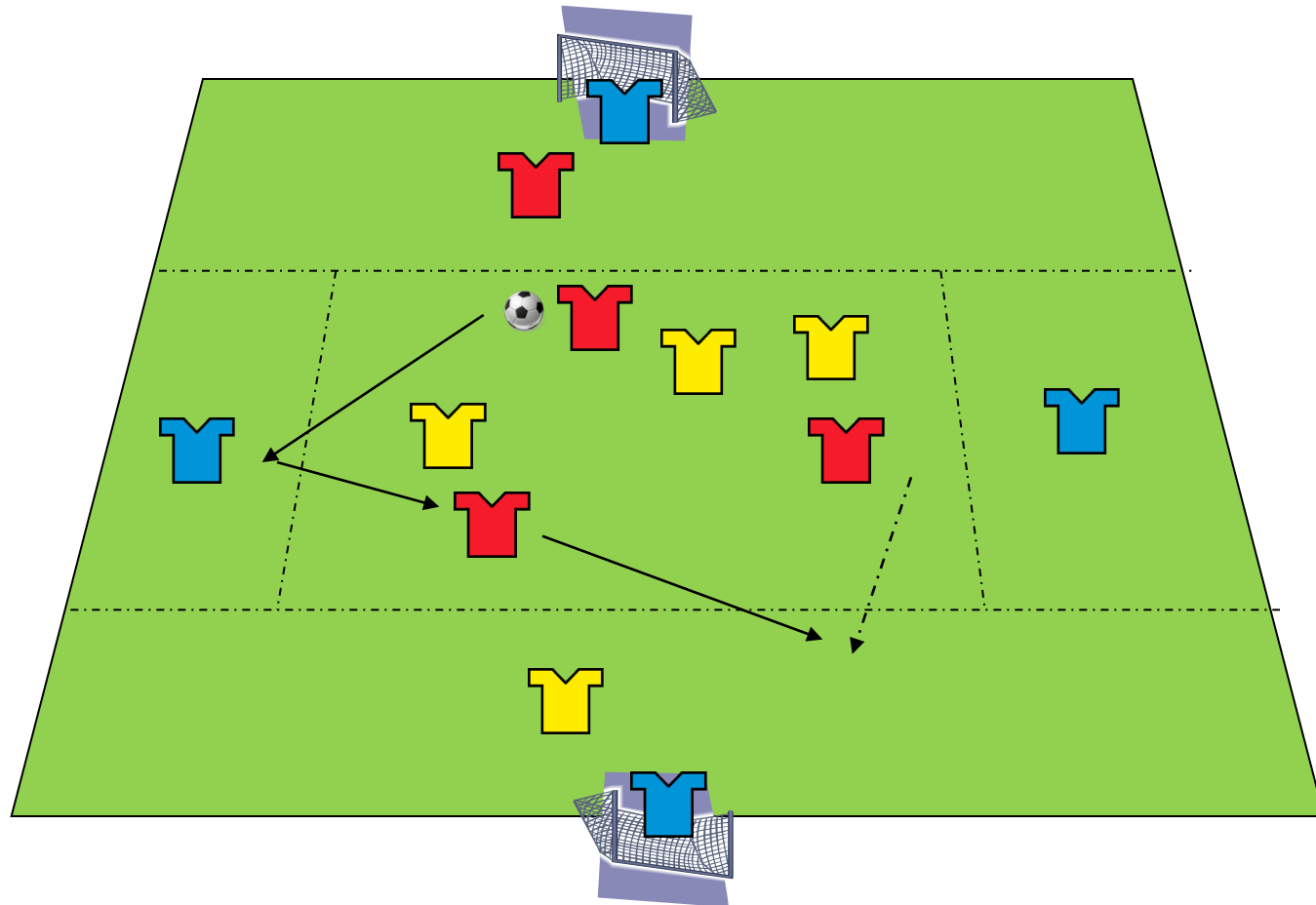
Pass ball into end area for team mate to run onto and shoot

Offside applies in end area



### **Forward Passing Game**

Red's play end to end, Blues side to side  
Can rotate positions with target player after scoring a goal

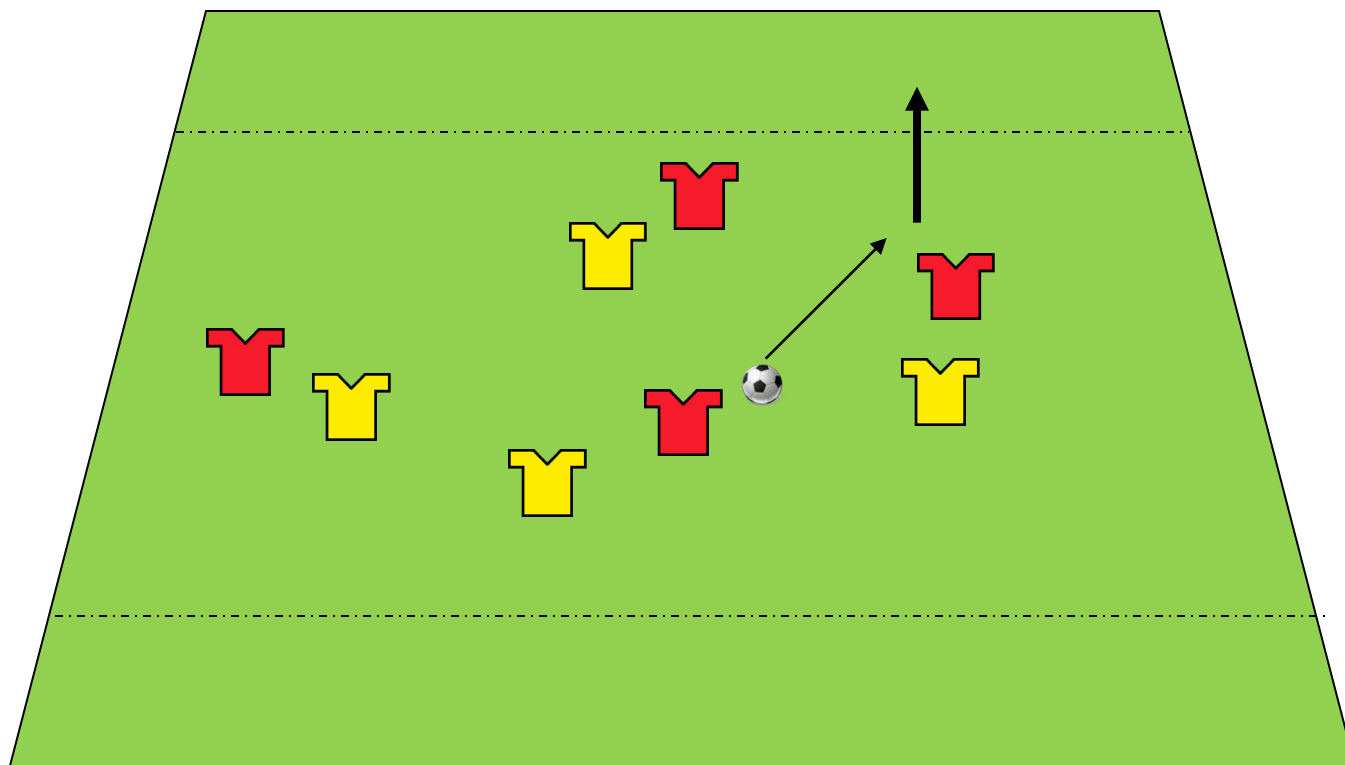


### **Keep Ball to Attack Game**

Keep possession in tight middle area (use Blues at side to help)

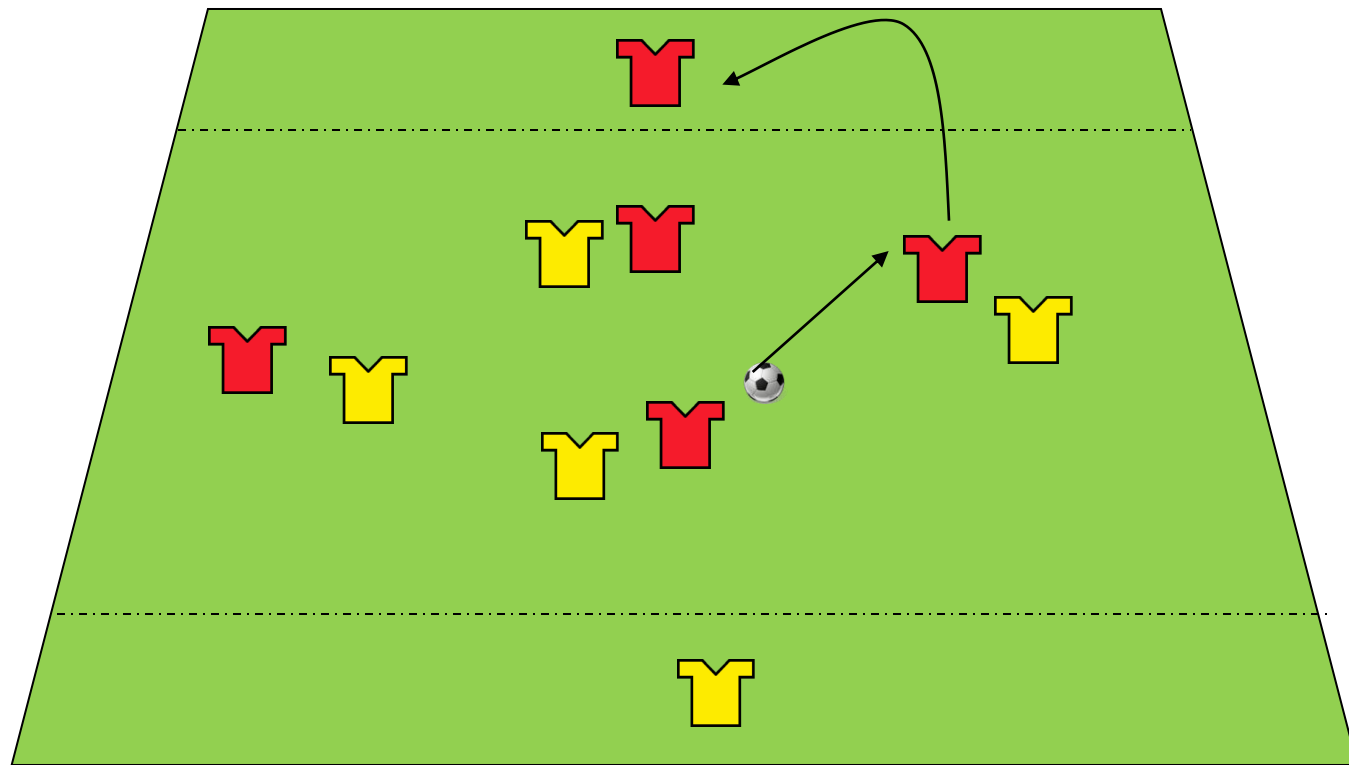
Try to get out into end zone and beat defender to score

If make more than 5 passes in middle area before scoring 3 goals



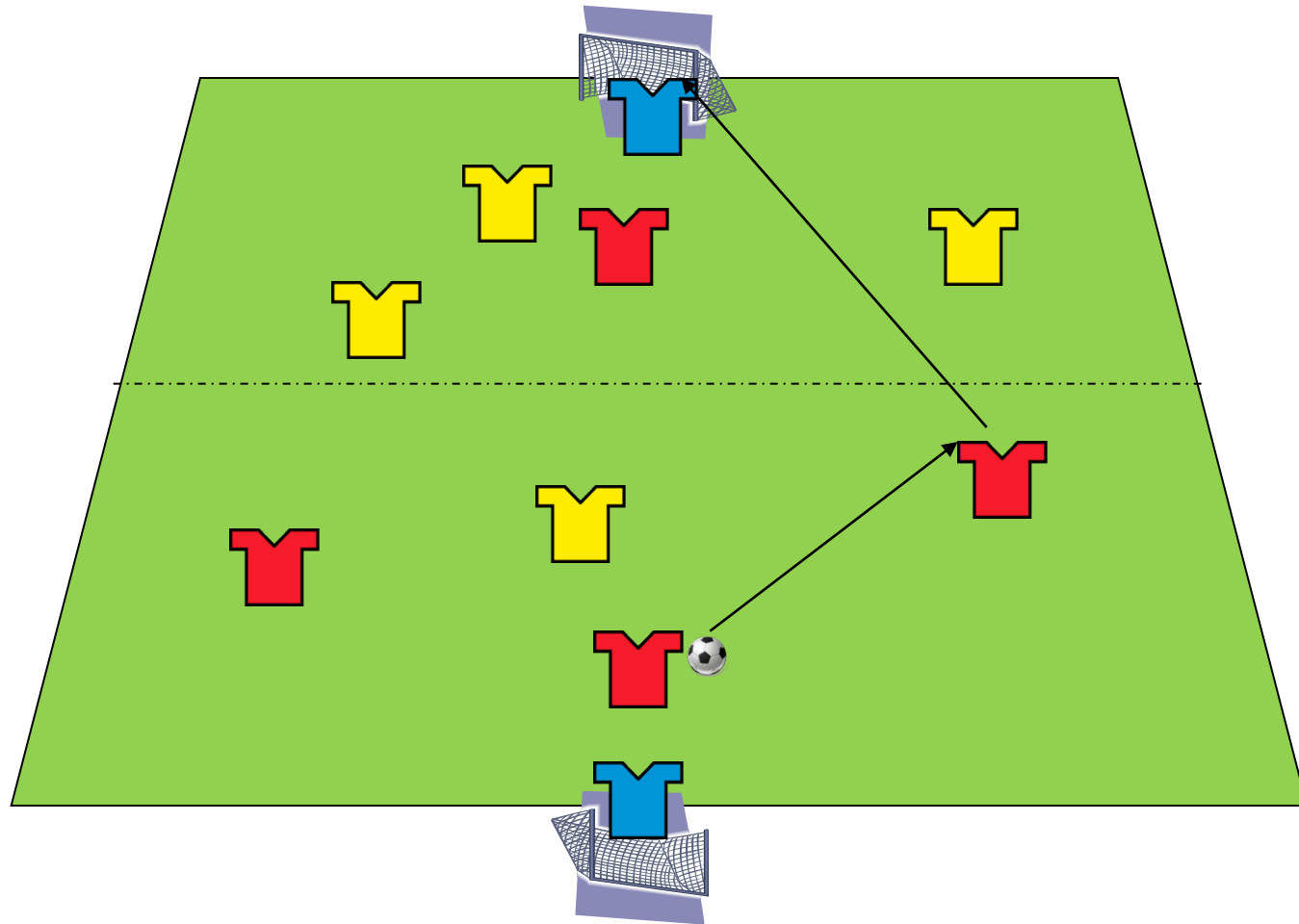
### **Dribbling & Running With The Ball Game**

Run ball into end zone and stop it to score



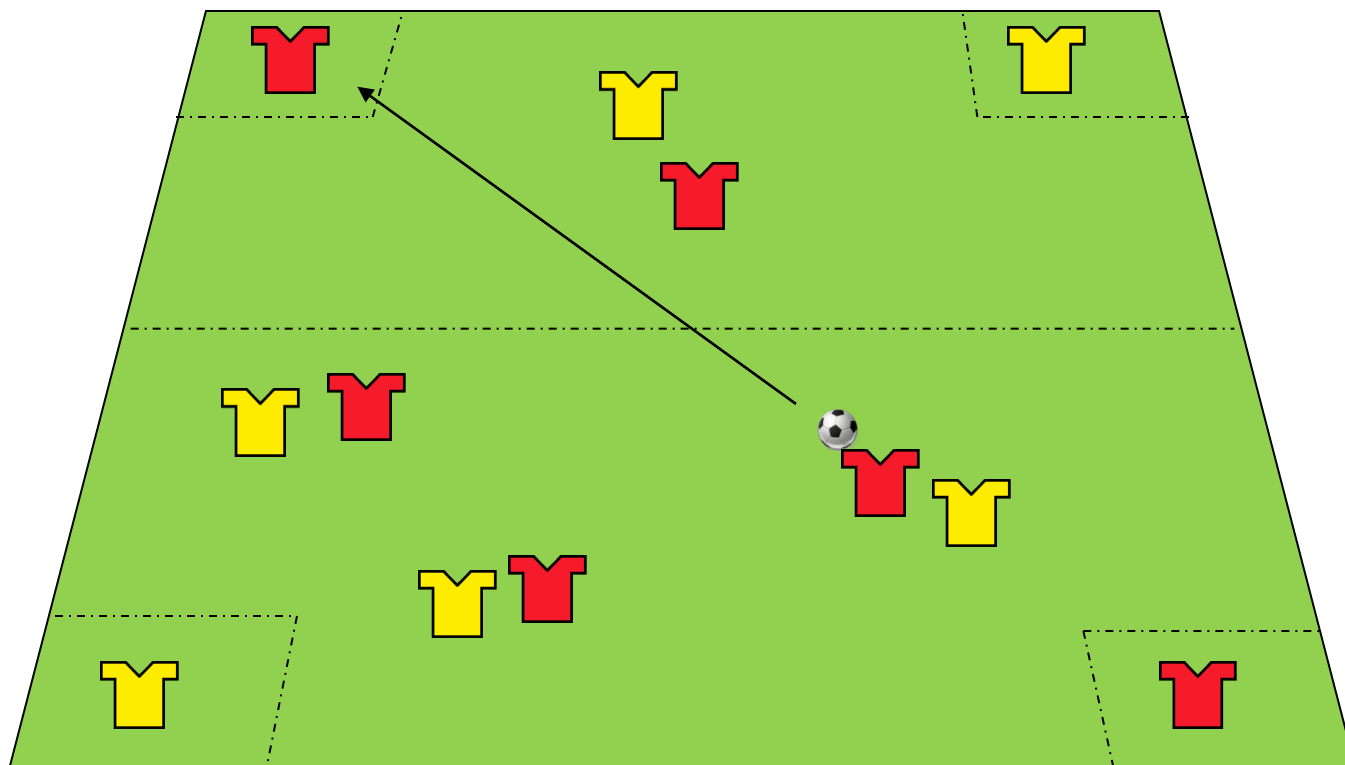
### **Throw, Head, Catch Game**

Complete throw (use throw on technique), head, catch to score  
If can head ball to target player in end zone – 2 goals  
Can play same game with throw, volley, catch



### **Long Range Shooting Game**

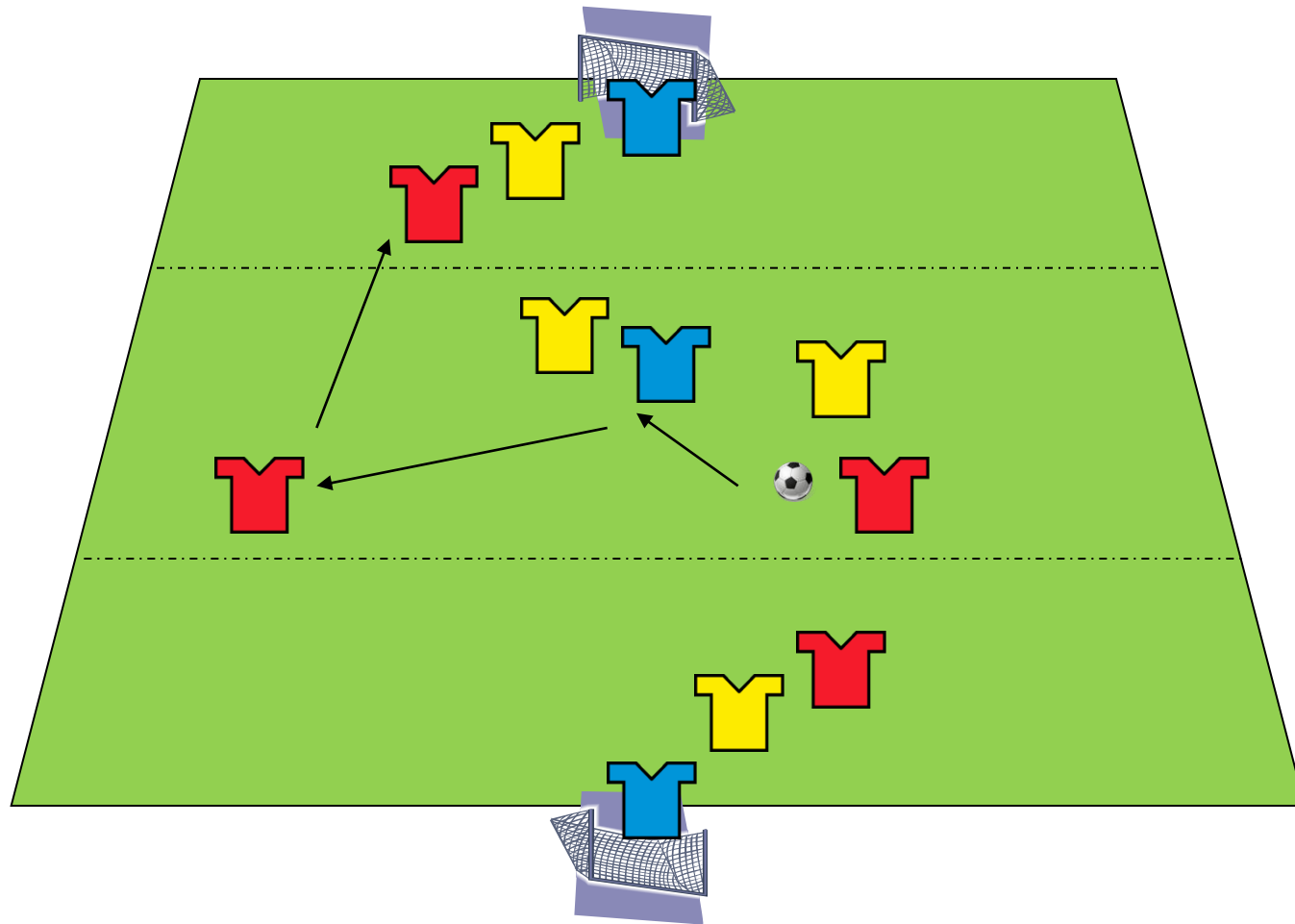
3 vs. 1 in each half with GK's – shoot from within your defending half  
Lone striker can provide set ups, pressure opposition & score rebounds



### **Long Passing Game**

Score by playing into target player in box - Attack one end, score & go the other way

If score by playing from inside own half – 3 goals

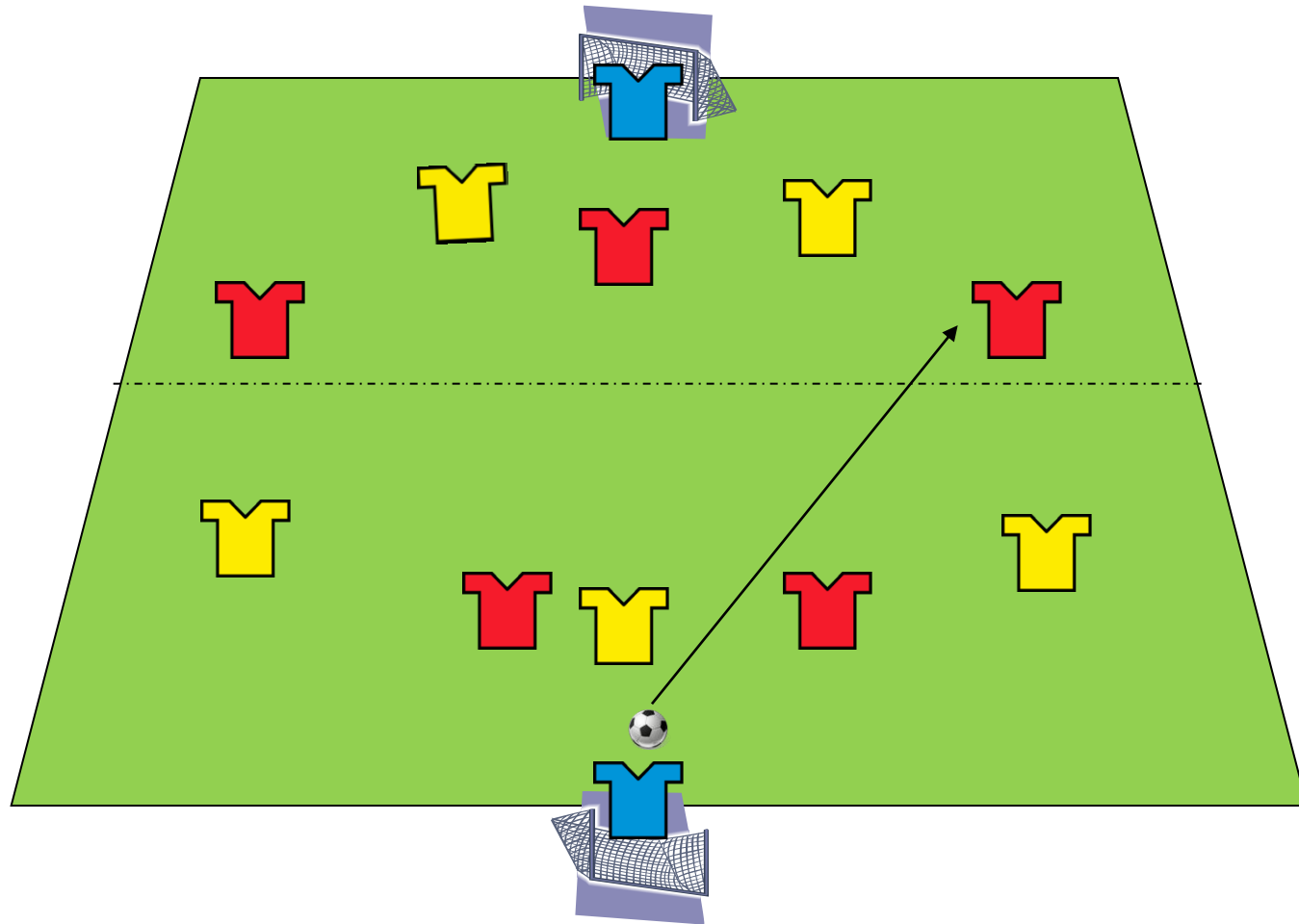


### Turning & Shooting Game

2 vs. 2 with an overload player (3 vs. 2) in middle area and 1 vs. 1 in each end area

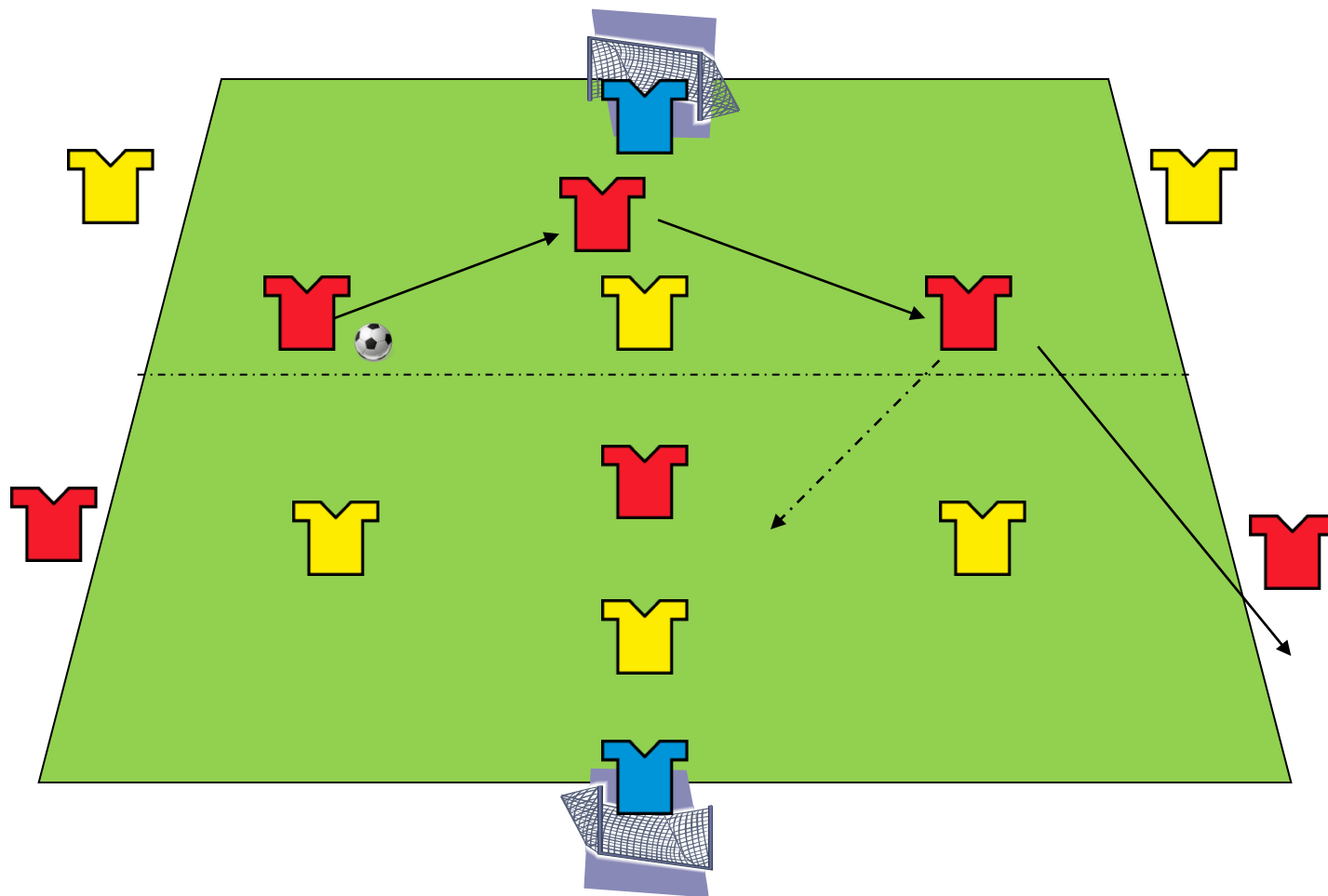
Work ball into end area for forward to turn and shoot





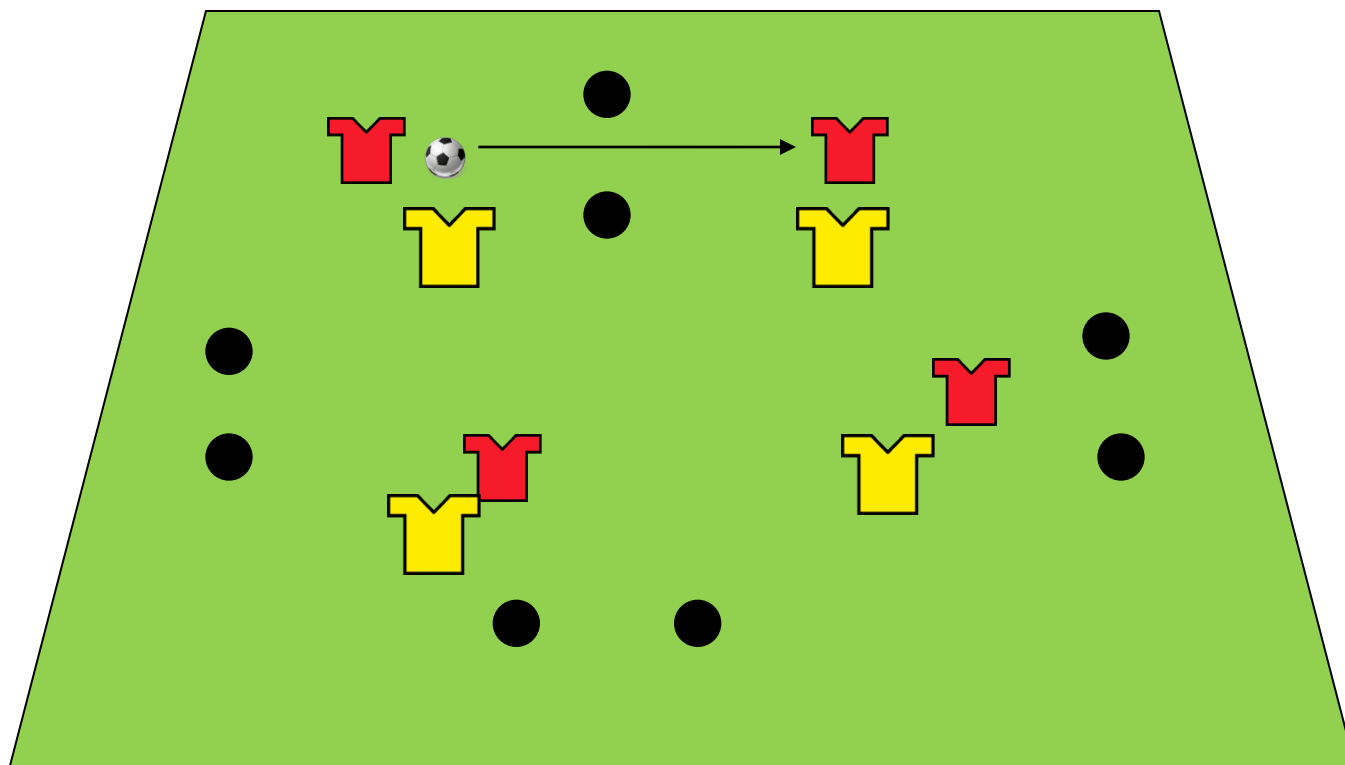
### **Defending Outnumbered Game**

3 vs. 2 (in favour of forwards) in each half with GK's  
GK throws/kicks into attacking half to start game. If defenders win the  
Ball – counter attack



### **Crossing & Finishing Game**

3 vs. 1 in each half with two support players off the side of the pitch  
Keep at least one defender back at all times



### Short Passing Game

Pass through gate to team mate to score

# Challenges

- Try to get your body in a position to play forward
- Try to leave the ball playable for the next person
- Try to link the next pass as the ball is travelling
- Look for opportunities to play first time passes
- Try to pass forward when it is on
- Try to lose you marker before you get the ball
- Try to see both goals when you receive the ball
- Try the let the ball roll across your body before you touch it
- Try to keep the ball safe on the first pass
- Try to get back on the ball in the next 2 passes after you have passed it
- Try to lend the ball to buy a pass if you need it

# Questions

- What did you notice about that?
- What is going to stop you from.....?
- How do you know if or when you can.....?
- What or who can help you to .....?
- Are there any other ways to.....?
- What made your mind up to make that decision?
- What might you try next time?
- What the hardest bit about this?
- How does this link to the game?

# Statements

- ‘I understand it may go wrong sometimes’
- ‘Think of a way you can improve your performance by 1 mark/point’
- ‘Can you get on the MOTD highlights package by.....’
- Praise effort over outcome