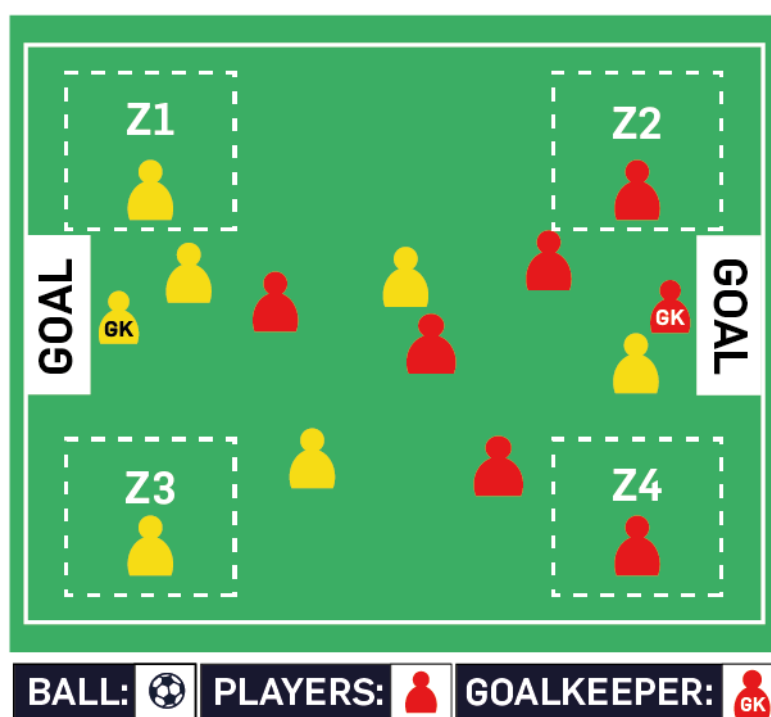


SQUARE ZONES

This session helps less-skilled players learn to control the ball under pressure.

SET IT UP

- In your playing area, create four small square zones. These areas are 'safe'.
- Split your players into two teams.
- Assign a less-skilled player to each safe zone. Explain they can stay there until they feel able to take part in the open game.



GET PLAYING

This is a normal game of football, with a few differences. While inside the safe zones, players can't be approached or tackled. This gives them the chance to practise ball control – without being challenged. When they feel comfortable, they can progress to open play.