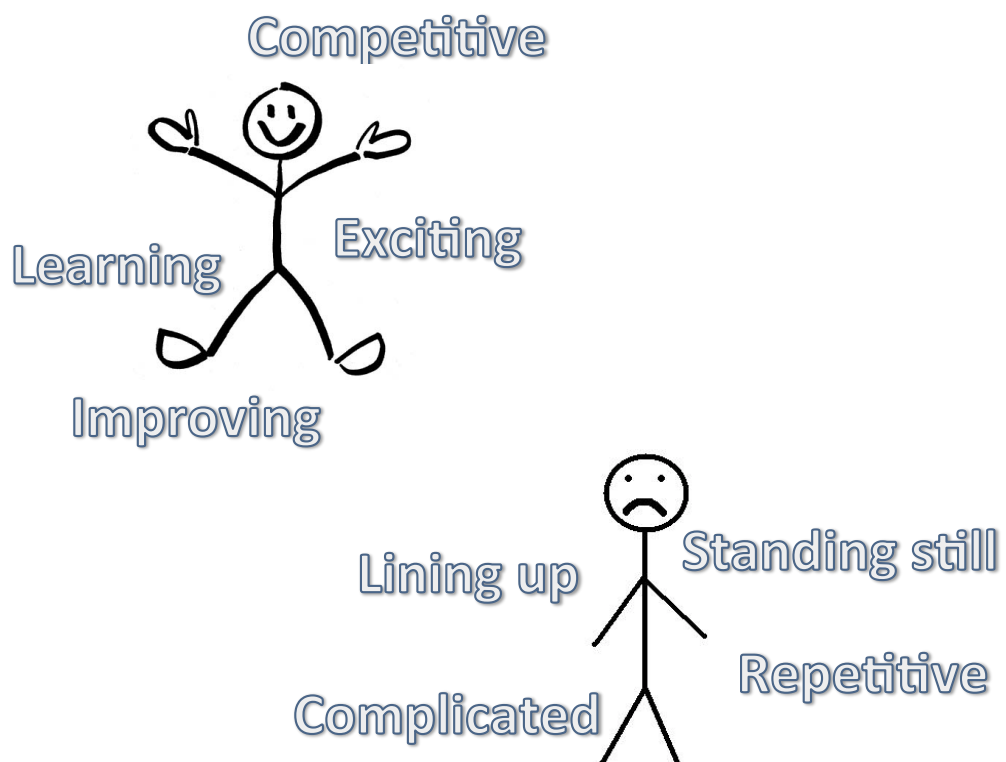




Warm Up Cone Grab



- In pairs, place a cone between you. Each player should be one large step away from the cone.
- Everyone stands in a ball carrying position (no stick or ball) – knees bent, head up.
- Coach calls commands for players to follow – head (touch your head), knees (touch your knees), back (touch your back), etc. When the coach calls ‘cone’, each player tries to be the first to pick up the cone.
- If both players touch the cone at the same time, do rock, paper, scissor to choose the winner.
- Move one line of players down one space so they face different opponents.
- You can swap words round, eg, swap ‘cone’ for ‘head’, so when you say ‘cone’, they touch their head, and when you say ‘head’, they go for the cone.

Progression 1

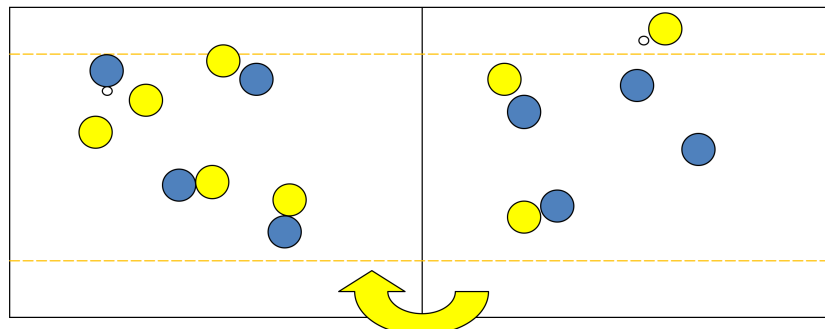
- Replace the cone between players with a ball. Players have their sticks.
- Coach calls ‘heads’ ‘shoulders’ ‘knees’ or ‘toes’. Players should keep two hands on their stick as they move it up and down between the various positions.
- When coach calls ‘ball’ they try and take the ball with their stick.

Progression 2

- Once a player takes the ball, they must try and keep possession for 3 seconds. The winner is the player who has the ball after 3 seconds.

Small Sided Game

Swapping Game



Set up

- Four teams of 3-4 players with two games going on at once. It is recommended to use the same two colours of bibs for this game.
- One ball per team (although its handy to have spares to keep the game flowing).
- Mark out a playing area of two squares with end zones.

How does it work?

- Each team has an end zone to attack towards and one to defend. When a team scores in the end zone the player who scored the goal moves boxes and joins the same coloured bib team.
- During this game there should be lots of movement of players from one pitch to the other and this will naturally lead to players having more/fewer players on their team compared to the other (known as underloads or overloads).

Is it working?

No

- It may take the players a little bit of time to pick up how the game works. Verbally encourage them to move between boxes initially to support this.
- Add an interception only rule into the game to make it easier for the team in attack to pass to team mates.
- Increase the size of the scoring zone and increase the size of the pitch to make it easier for players to score.

Yes

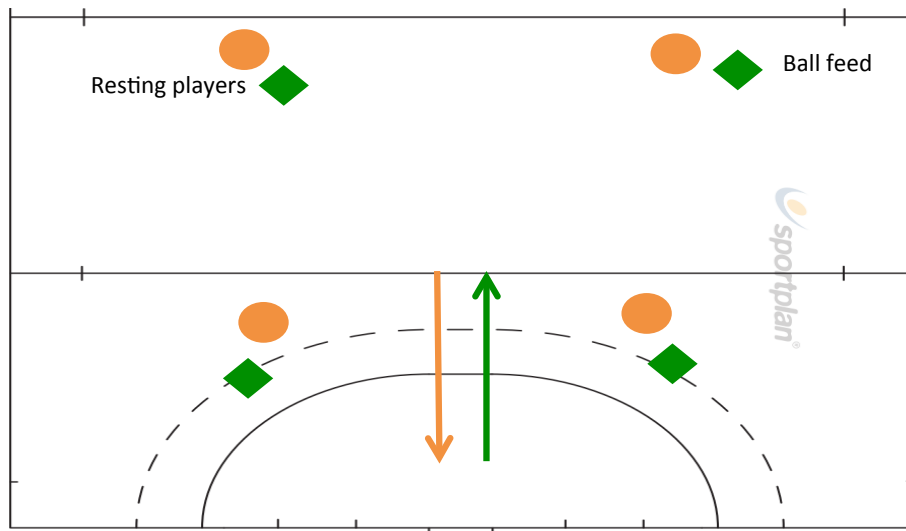
- Reduce the size of the pitch to make it more challenging for players. Reducing the amount of space will reduce the amount of time players have to score.
- Add goalkeepers to the game, they can use their feet to kick the ball and pass to their team mates.
- Award bonus points for skills such as good team work and communication.

Things to consider

- If you have lots of players set up multiple boxes and have lots of games going on at once to keep everyone active. Allow players to play for a few minutes and then rotate the teams around.
- Is everyone getting lots of touches of the ball?
- Are different people switching between the games?

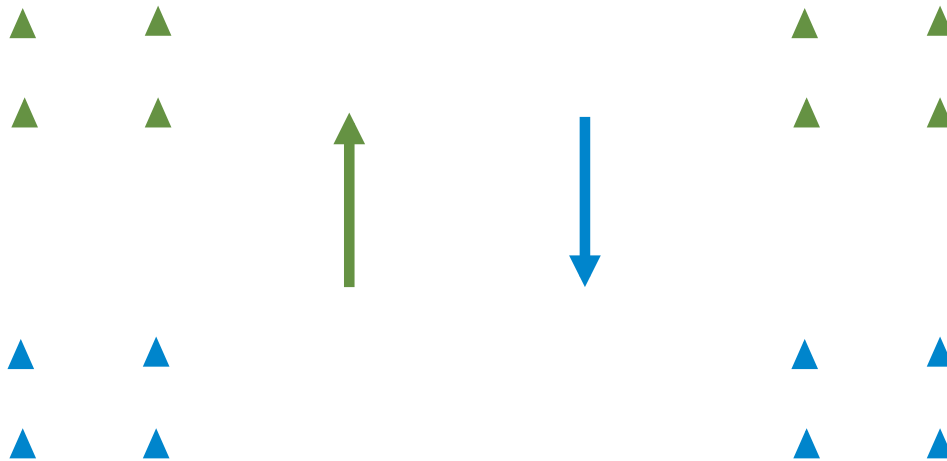
Attacking & Defending

3 v 3



- Ball is fed from attacker at ball feed point to either of his teammates in the attacking 23. Defenders should mark from the start.
- As soon as the ball is fed, the ball feeder and his opposition player are in play to create a 3 v 3.
- Attackers: score in the goal.
- Defenders: clear ball to resting players.
- Each pair rotates clockwise after each round.

Small Sided Game Four Squares



- Pass or carry into either of your team goals to score.
- If you score, keep possession of the ball.
- Teams can't score in the same goal consecutively. If they are dispossessed after scoring, they can then go for either goal.