

# Follow Your Partner



## Whole Part Whole Session

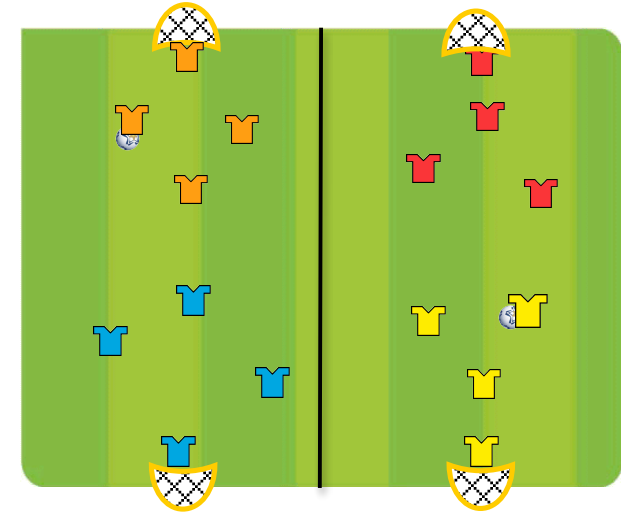
### Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

### YOUNGER GROUPS FOCUS

- Individual possession skills looking to dribble with the ball
- As they get more comfortable can you dribble with your head up to see if better options available through passing

NB: If you have big groups, consider playing 2 mini-games on each pitch so 2v3/2v2 on one side and same on the other OR play game with 2 footballs



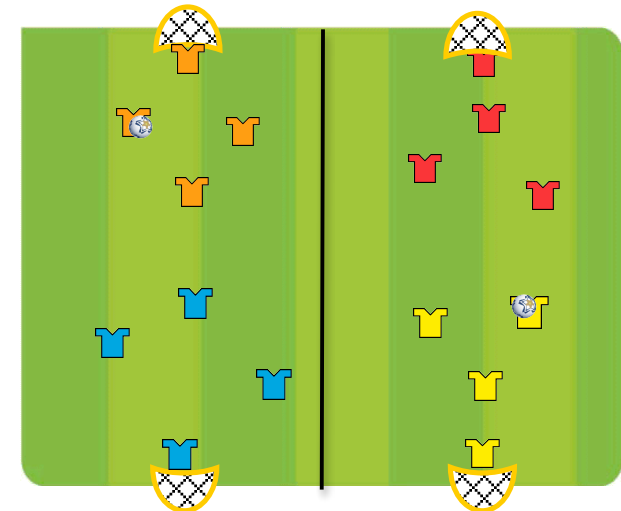
### Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

Whole Practice at the end can be 5v5/6v6 mini-tournament OR play 6v6 with subs if numbers cannot allow for 3 teams tournament

### OLDER GROUPS FOCUS

- Use pass & dribble techniques to play with the ball



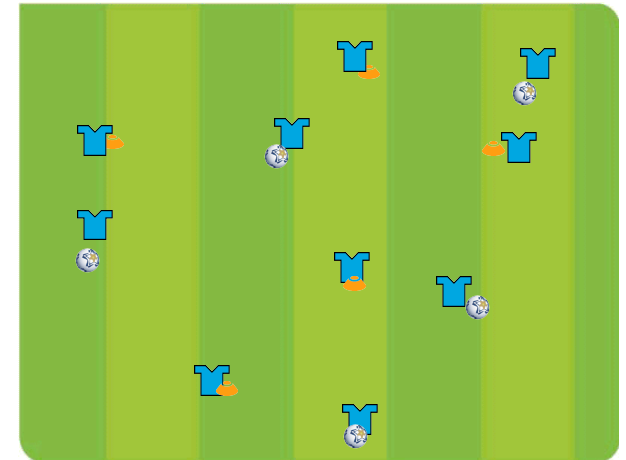
## Part Practice – Follow Your Partner

### PHYSICAL LITERACY ACTIVITY

In pairs, one player with a ball the other without. The player with the ball has to get as far away as possible from their partner. When the coach shouts stop they have to be a good distance away go gain a point. Then keep swapping roles to see who end up with the most points after 3 goes each.

NB: The players without the ball encourage their partners to use different techniques such as turning with the ball, running/sprinting with the ball and dodging from the other pairs within the group.

- Players encouraged to keep safe by RUNNING & DODGING
- Work on various ball controls, side foot, outside foot and laces



## Part Practice

### YOUNGER GROUPS

Similar to above game, players without the ball apply pressure to their partners, encouraging them to sprint, turn and dodge. Improving their technical skills and movement.

Players should be encouraged to maintain control of the ball at all times. If they lose control of the ball by bumping into another group or stepping outside of the marked area then the ball will be given to the partner.

NB: The number of partners within the area applies pressure to the person dribbling with the ball. Giving an opportunity for them to carefully think about where their next move will be. Not only concentrating on the person pressuring them but also the other players surrounding them, which relates to a game situation.

### Progression Ideas:

- Scoring system, add goals to the game.
- Allow the partner to now tackle and win the ball to gain possession.

