

Gladiators



Whole Part Whole Session

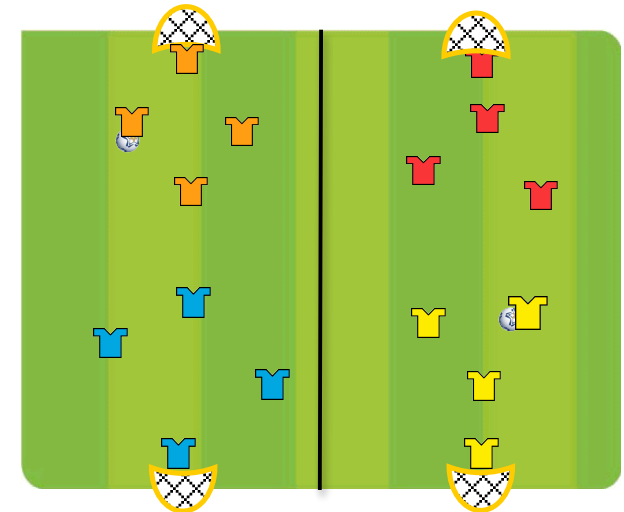
Whole

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



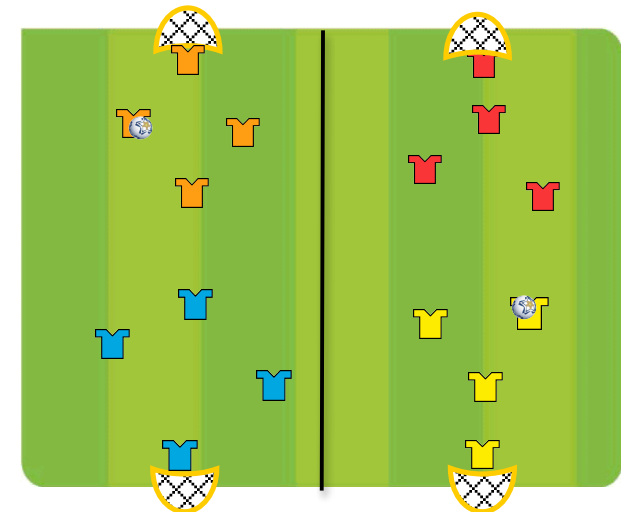
Whole

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

YOUNGER GROUPS – Ball Manipulation/Individual Possession

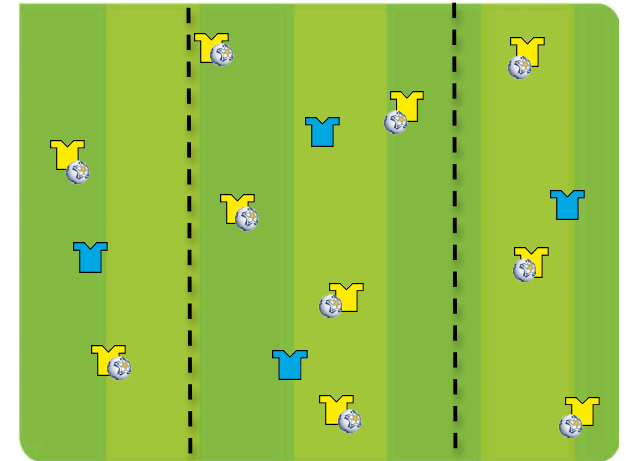
Split area into 3 zones, players have to cross all 3 zones to score

Invasion Game

Place a tagger in each of the 3 zones with 2 taggers to cover middle zone. Score by travelling across all 3 zones safely. If a tagger catches you, hold a balance waiting for someone to free you to return back into the game

Individual Possession Practice

Same as above but use footballs, can you dribble through all 3 zones to score. Defenders can tag whilst dribbling with a ball OR play without a ball trying to steal a ball, if you get caught hold ball in your hands for someone to dribble through your legs to return back into the game



Part Practice

OLDER GROUPS – Individual & Small Unit Possession Play

Split pitch into 2 or possibly 3 zones (dependent upon numbers and what way you decide to play either full length or use half pitch)

2 defenders inside each half only allowed to defend inside their half/zone (number of defs vary depending upon number of attackers). Attackers can work individually, in pairs or in groups of 3. Attackers start from one end trying to beat defenders in both halves before looking to score in the goal. If defenders win the ball, can you score in the opposite goal

Attackers can all leave at the same time meaning several groups attacking together leaving 2v1/1v1/2v2 situations. When ball leaves play, return back to start to have another go

RULE: Attackers only allowed to score when the goal is clear. Cannot have 2 balls in the goal at the same time (keep possession until goal becomes available again)

