

Targets Game



Whole Part Whole Session

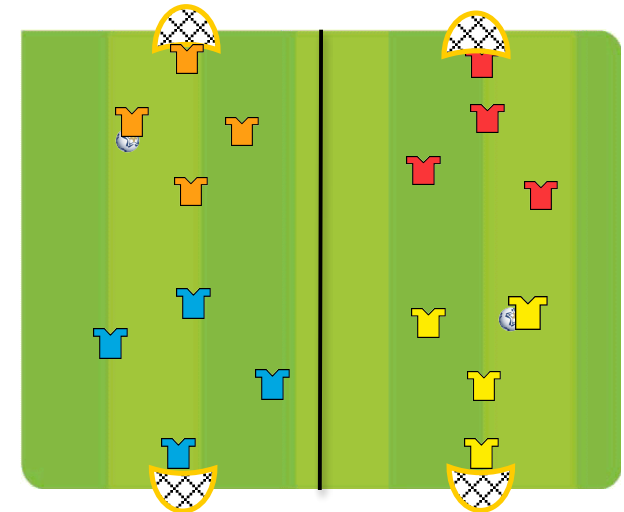
Whole

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



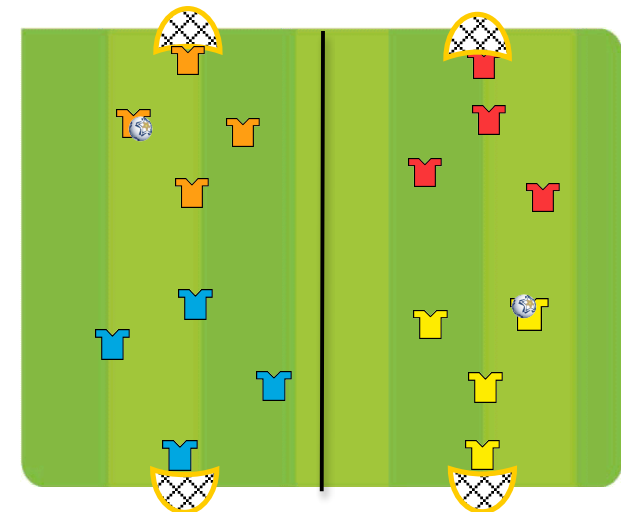
Whole

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



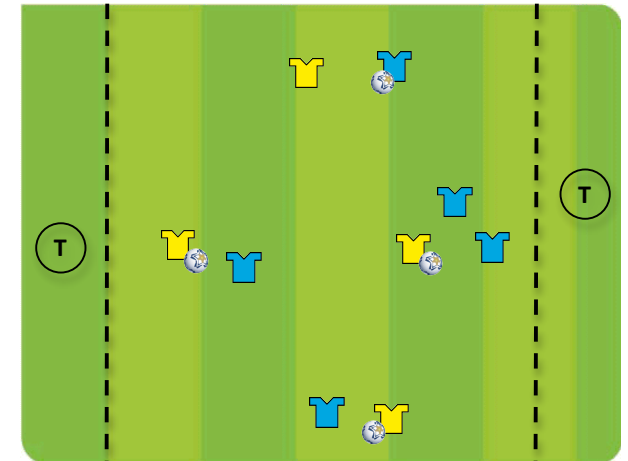
Part Practice - Targets Game

Make an area with 2 Target zones on either ends, Target players work only inside their areas. Game/s in middle have to try and pass to a Target player and collect a return pass from Target player to score. After passing to Target player, a FREE pass is played back into player/team that passed the ball in, now attack the other end

YOUNGER GROUPS

- Play multiple 1v1 games trying to pass to Target players
- With multiple 1v1's, need to recognise when to keep the ball and when to try and pass to Target player

NB: if 2 balls passed to Target player at same time, Target player takes one pass, other ball you leave, re-start with teammate. Players should be encouraged to keep the ball and only pass when Target player is available

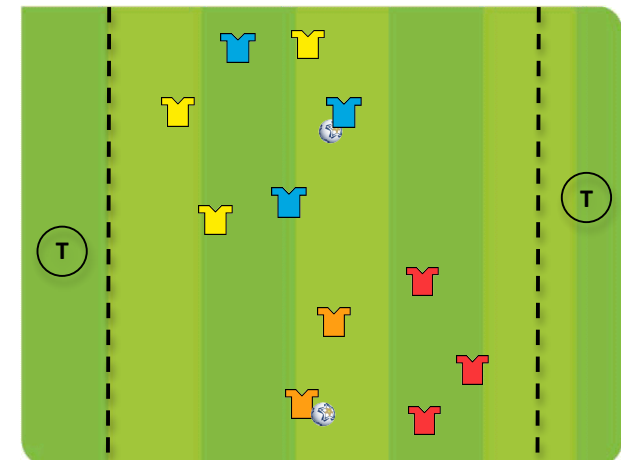


Part Practice

OLDER GROUPS

- Play 3v3/3v2/4v3 in the middle (may have multiple games in middle depending upon size of group)
- Score by passing into Target player, Target returns ball into game with FREE pass, now attack other end

NB: players should be encouraged to play with the ball in the middle and not simply try and play end to end, when available look for pass. May have to play using Pass & Dribble techniques to create opportunities to play into Target player



Progressions:

- Competition playing 2 mins per game, person with most points wins game
- Place 2-3 gates inside Target zone, only allowed to pass through gate to Target player
- Play various under/overloads 2v1/2v2 OR 3v2/3v3/4v3