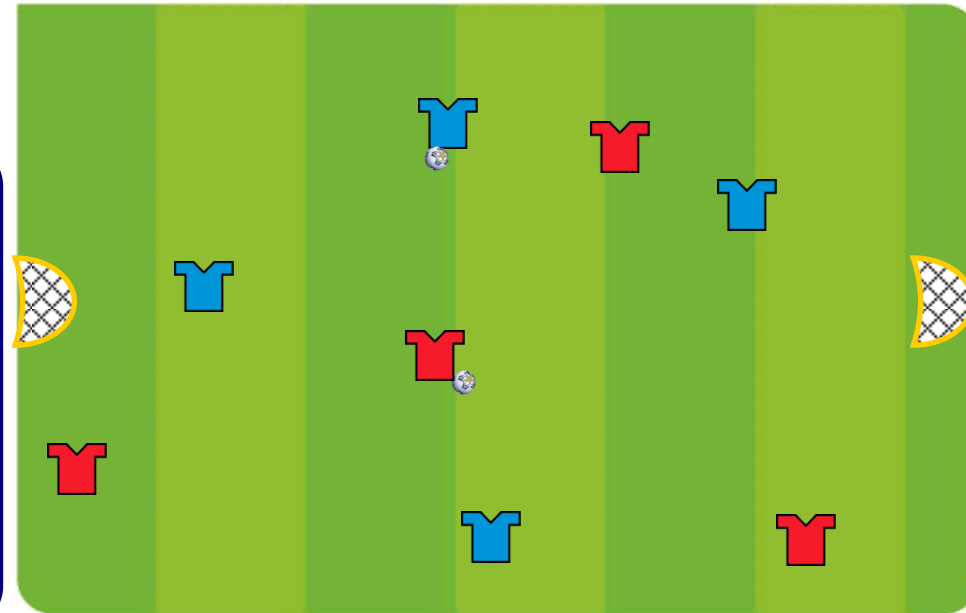
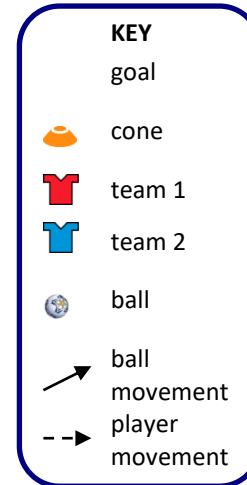
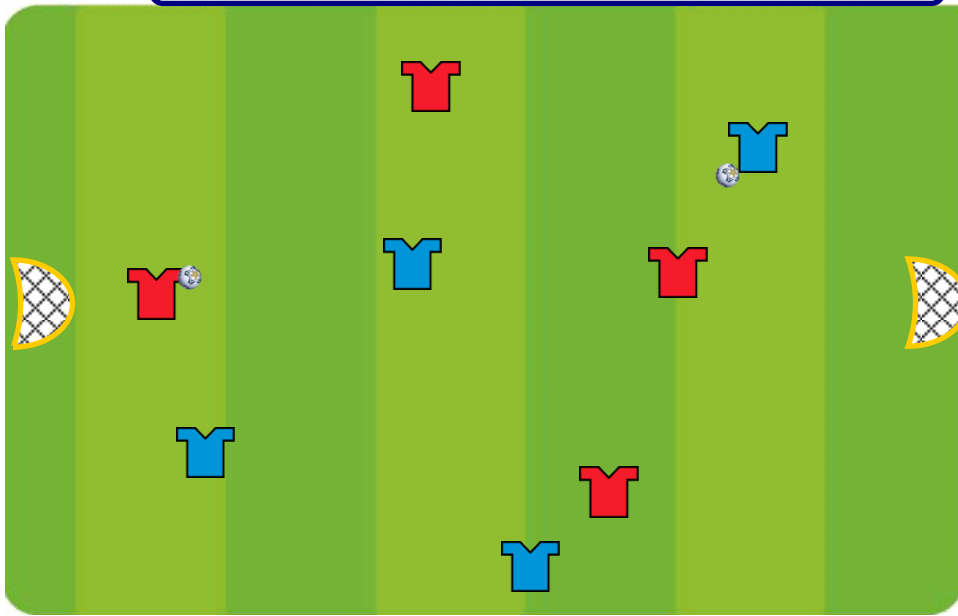


## Problem to solve: how to keep the ball to score?



**Attacking Learning focus:** a) how to keep the ball to score?

**Defending Learning focus:** a) how to win the ball back?

### How to play?

Size of playing area related to players ability and age. Play 4v4 with each team starting with the ball. The aim of the game is to keep your own football and seek to win the ball back from opposition. To score a goal team must have 2 footballs in possession. If scored, the game restart again with 1 football per team.

### Progression:

- Each team have different colour football. Once wins the 2<sup>nd</sup> football from opposition, team can only score a goal with his own colour football.
- Play 5v3 in favour for one team

**Notice:** This game has some degree being not realistic to the game (two footballs). Nonetheless will challenge players to continue keep the ball under pressure and have a purpose to keep it in order to win 2<sup>nd</sup> football and score. Adding colourful footballs players have to further challenge their ability to stay on the ball since they can only score with their own colour football.

### Decisions, challenges & questions within the game

- Recognize when to help to keep your own ball and when to win the other football?
- How to use space and free player to keep the ball or two?
- How do you keep the ball for longer period?
- How can you keep the ball with less numbers i.e. 2v3;3v5
- How do you recognize the team win 2 football?
- When to dribble and when to pass to keep the ball?
- What would you do to win the ball back successfully?
- Individual challenges in relation to players ability and experience

- First touch in relation to position of defender
- Dribbling-further foot away from defender
- Protecting the ball 1v2;1v1;

\*changing direction when dribbling  
\*maintain balance prior, during and after releasing the ball  
\*feet-eye coordination

- Positive body language of wanting the ball-positional play
- Confidence of staying on the ball under constant pressure
- Focus and awareness of free space and free man to keep the ball
- Problem solving

- Learning environment promote repetition of same situation-but different solutions
- Peer to peer feedback
- Failure v success balance

