

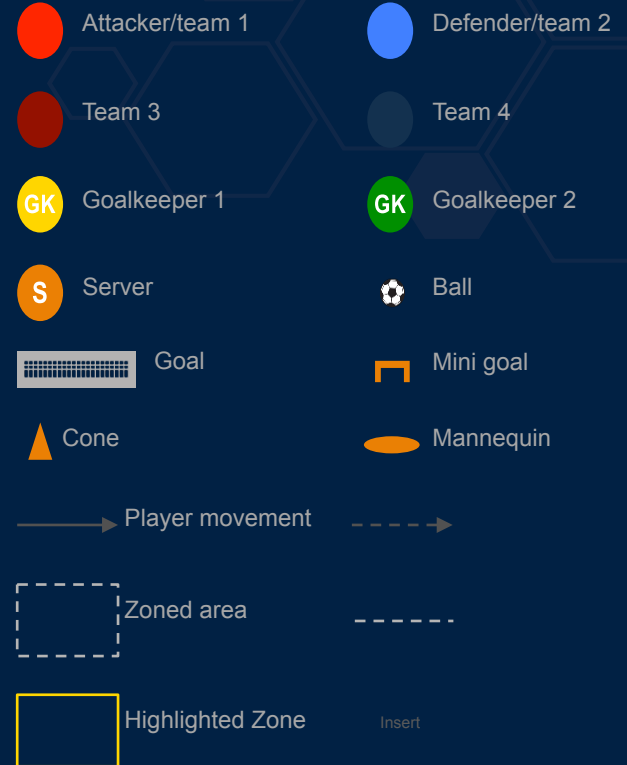
FA TUTOR RESOURCE

EXAMPLES OF:

ARRIVAL ACTIVITIES AND GAME-RELATED PRACTICES



KEY:

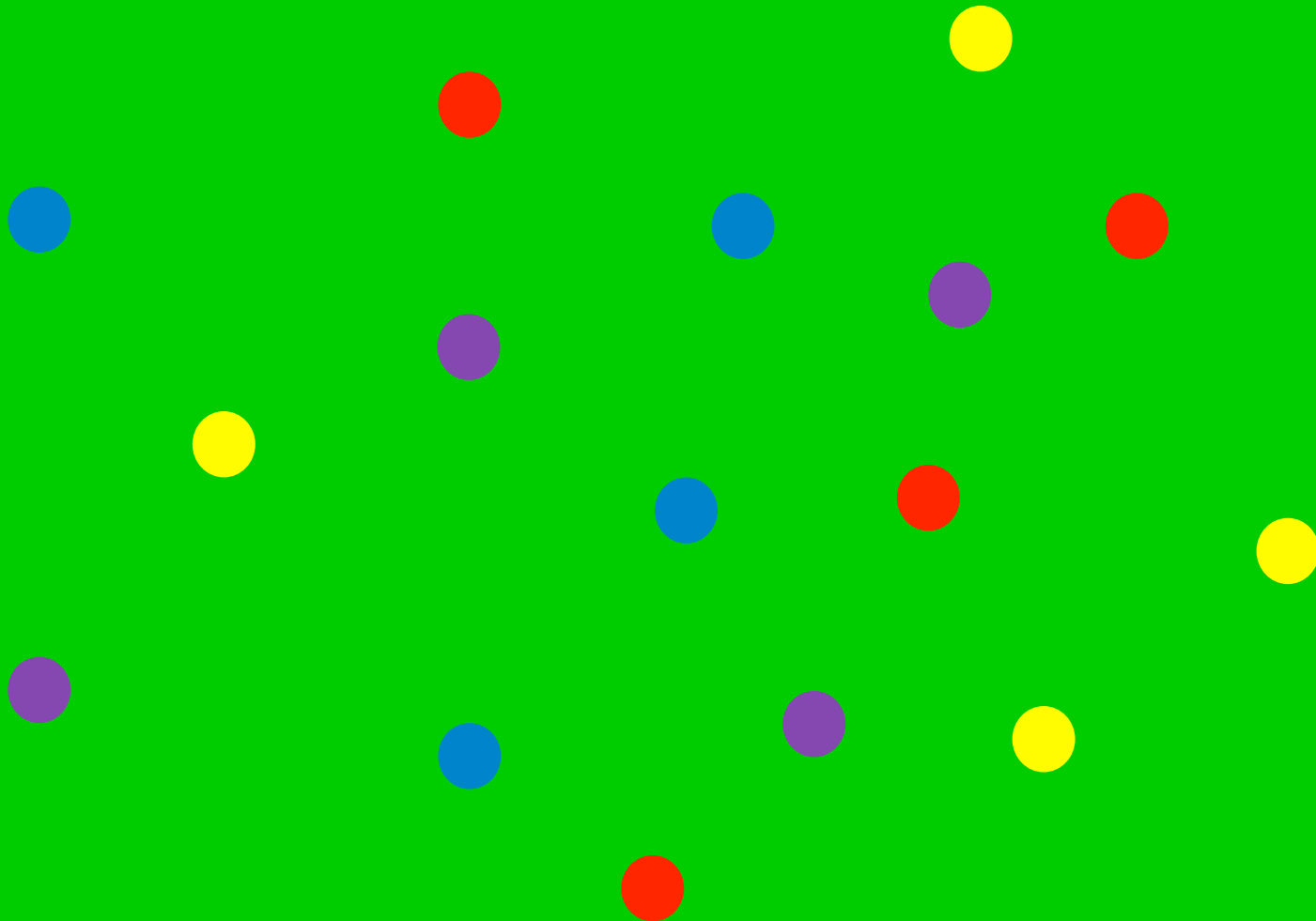


Arrival Activities

- Tag Games
- Handball Games
- Ball manipulation Games
- Knock-out Games
- Passing Games



Arrival Activity – ‘Team Tag’



Arrival Activity – ‘Team Tag’

Organisation – two teams play with uneven numbers.

Description – a team of tagging players has a set time to try and score a set number of points. Players can work on their own or with a team mate to try and achieve the score. Change the tagging team after each time period.

Scoring method – points are scored by tagging players safely on the body between shoulders and waist.

Things to consider...

- Score by tagging another colour on the chest, shoulders, knees
- Score by tagging another colour anywhere on the body
- Tails – each player has a bib tail, when a tail is stolen player returns to collect another – how many can the team get
- Work in teams (minimum of 3)
- Duration – 15 - 30 seconds
- Set a total – achieve the target, better the target, better the 1st score

Arrival Activity – ‘Team Tag (Safe-Ball)’



Arrival Activity – ‘Team Tag (Safe-Ball)’

Organisation – two teams play with uneven numbers.

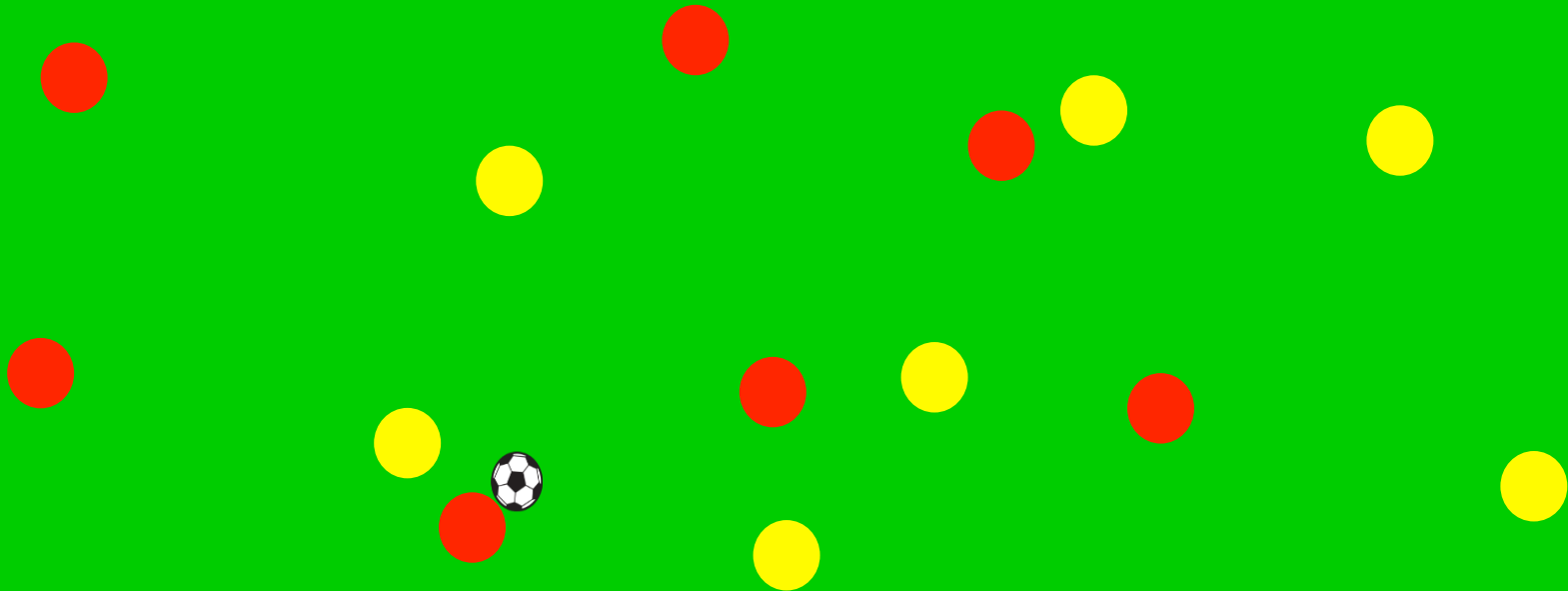
Description – a team of tagging players has a set time to try and score a set number of points. Players can work on their own or with a team mate to try and achieve the score. Players can carry a ball (3 seconds) which keeps them safe from being tagged. Change the tagging team after each time period.

Scoring method – points are scored by tagging players safely on the body between shoulders and waist.

Things to consider...

- 5 x 3's – 4 x 3's have a ball, one 3 (orange) are taggers
- Players try to prevent scoring by throwing to their partner, leaving the ball on the ground for a partner to pick up or by dodging taggers
- Change the tag team
- Work in teams (minimum of 3)
- Duration – 15 - 30 seconds
- Set a total – achieve the target, better the target, better the 1st score

Arrival Activity – Handball – ‘Endzones’



Arrival Activity – Handball – ‘Endzones’

Organisation - Two teams play with matched-up or uneven numbers.

Description - Teams defend their own end-zone and try to run and pass the ball into the opposite end-zone. If tagged when holding the ball, player must pass to a team mate. Change players within teams after each game. Teams can adopt a team shape.

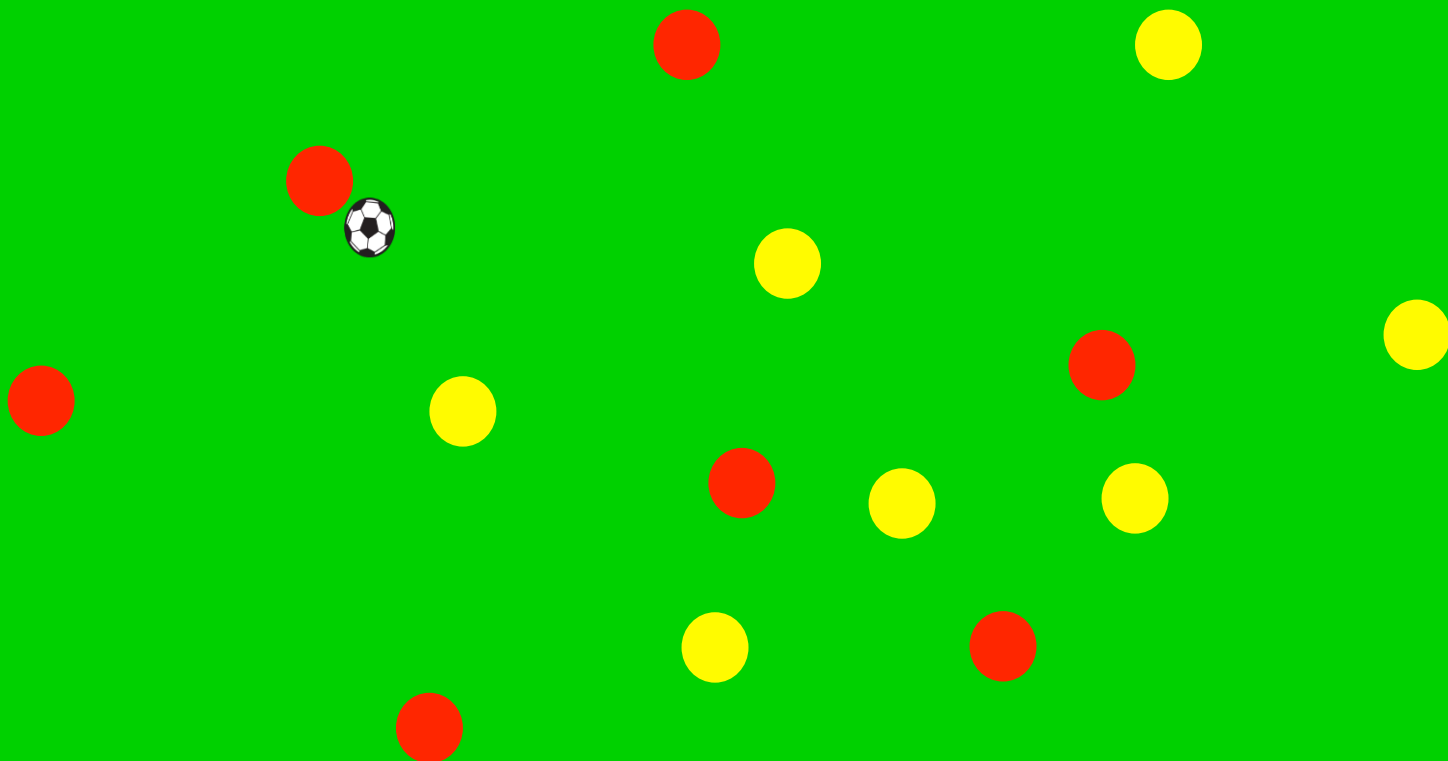
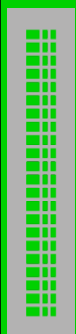
Scoring method - Points are scored by getting into the opposite end-zone with the ball.



Things to consider...

- Players pass into end-zone for team mate to receive – team mate tries to time their run into the end zone to receive the ball
- Players can throw, roll or bounce the ball to team mates
- Players try to regain the ball by intercepting a throw.
- If tagged when holding the ball, possession changes to the other team.
- Duration – 3 x 2 minute games.

Arrival Activity – Handball – ‘Goals’



Arrival Activity – Handball – ‘Goals’

Organisation - Two teams play with matched-up or uneven numbers.

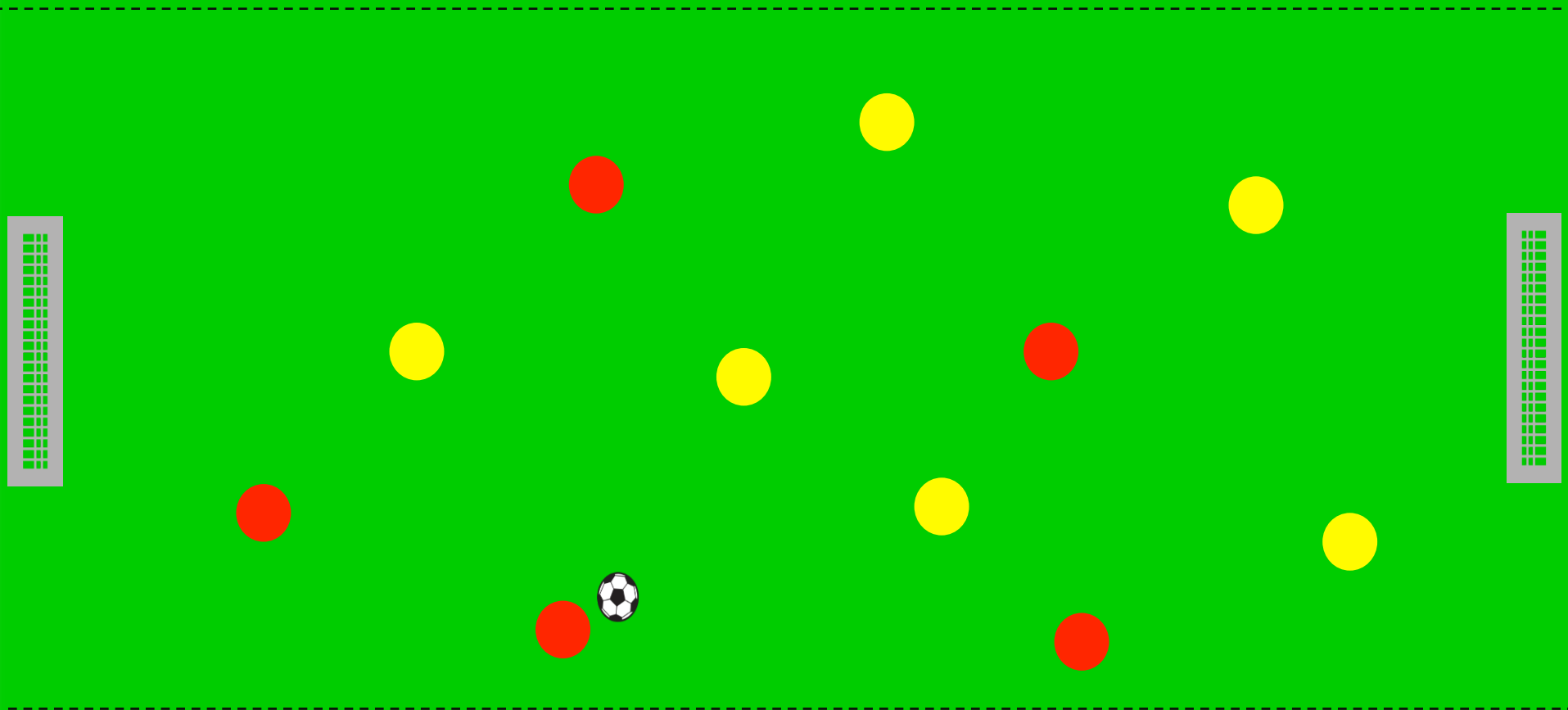
Description - Teams defend their own goal and try to score in the opposite goal by running and passing the ball with team mates. If tagged when holding the ball, player must pass to a team mate. Change players within teams after each game. Teams can adopt a team shape.

Scoring method - Points are scored by throwing the ball into the opposite goal.

Things to consider...

- Players can throw, roll or bounce the ball to team mates
- Players try to regain the ball by intercepting a throw.
- If tagged when holding the ball, possession changes to the other team.
- Duration – 3 x 2 minute games.

Arrival Activity – Handball – ‘The 2-Game’



Arrival Activity – Handball – ‘The 2-Game’

Organisation - Two teams play with matched-up or uneven numbers.

Description – One team defends two opposite end-zones and tries to score in the goals. The other team defends the two opposite goals and tries to run and pass the ball into the end-zones. If tagged when holding the ball, player must pass to a team mate. Change players within teams after each game. Teams can adopt a team shape.

Scoring method – Points are scored by throwing the ball into either of the opposite goals or by getting the ball into either of the opposite end-zones.

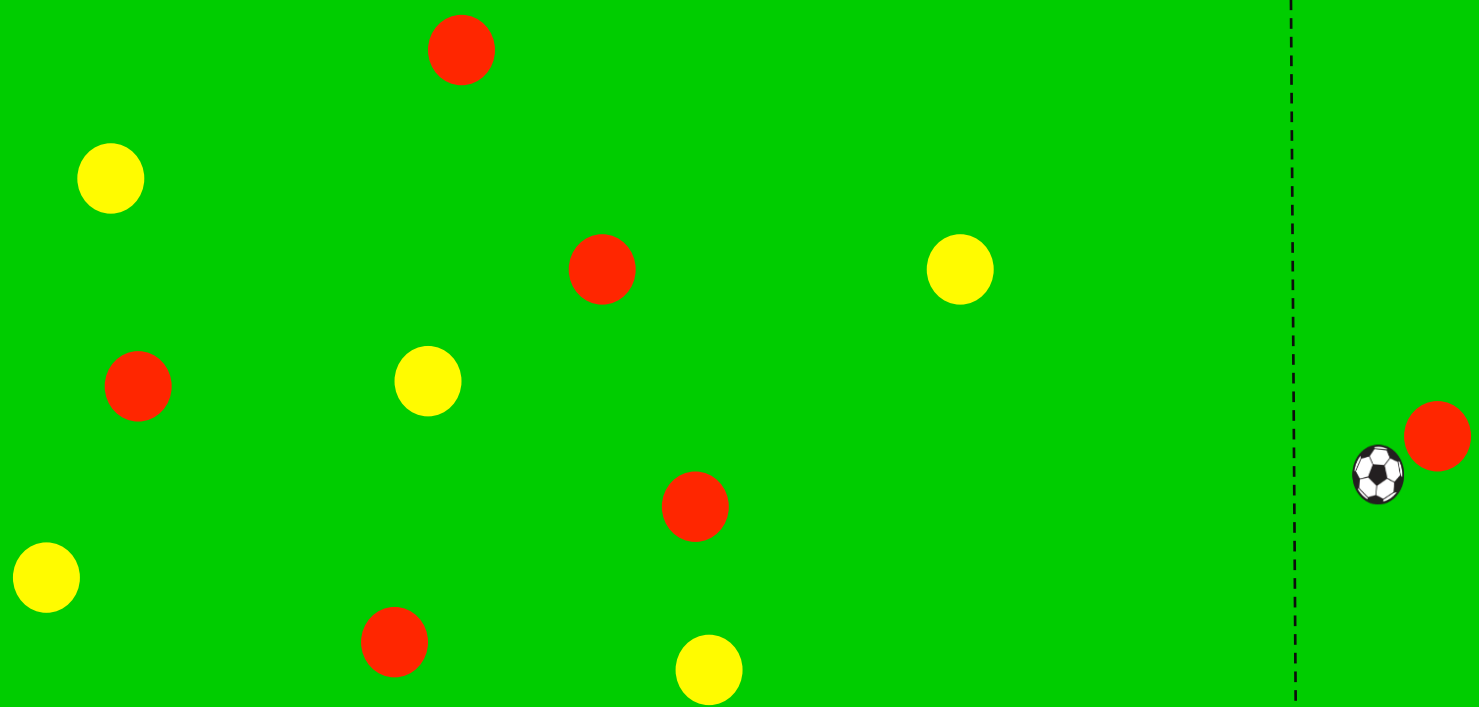
Things to consider...

- Players can throw, roll or bounce the ball to team mates
- Players try to regain the ball by intercepting a throw.
- If tagged when holding the ball, possession changes to the other team.
- Duration – 3 x 2 minute games.

Arrival Activity – Handball – ‘Zone to Goal’



GK



Arrival Activity – Handball – ‘Zone to Goal’

Organisation- Two teams play with matched-up or uneven numbers.

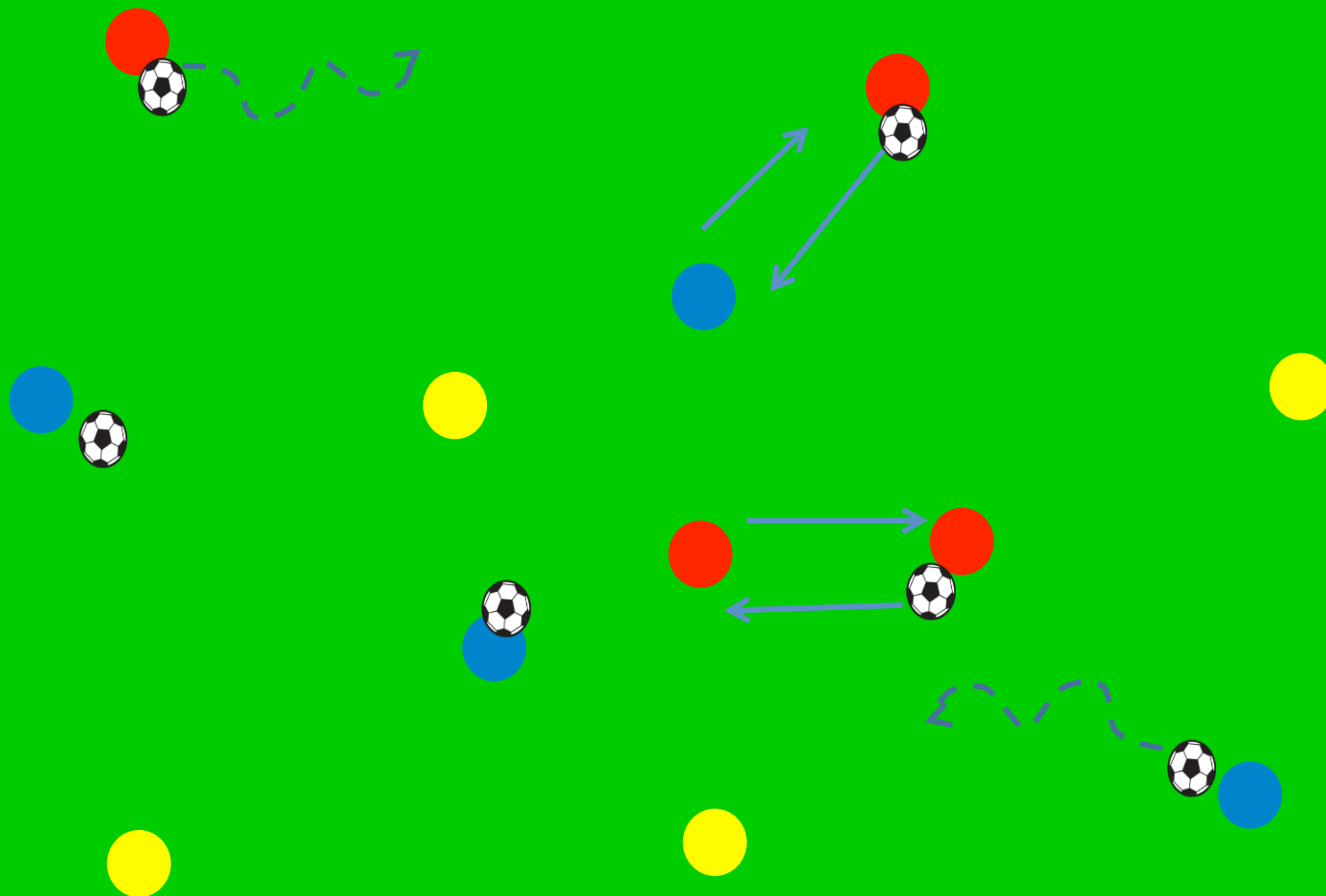
Description – One team defends the goal and tries to run and pass the ball into the end-zone. The other team defends the end-zone and tries to score in the goal. If tagged when holding the ball, player must pass to a team mate. Change players within teams after each game. Teams can adopt a team shape.

Scoring method – Points are scored by getting the ball into the end-zone or the goal.

Things to consider...

- After a goal is scored the attack starts from the Goalkeeper – after an entry into the ‘end-zone’ the attack starts from the ‘end-zone’
- Players can throw, roll or bounce the ball to team mates
- Players try to regain the ball by intercepting a throw.
- If tagged when holding the ball, possession changes to the other team.
- Duration – 3 x 2 minute games.

Arrival Activity – ‘King of the Ring’



Arrival Activity – ‘King of the Ring’

Organisation Three teams of players are spread within an area shaped as a rectangle, square or circle.

Description In two of the teams, every player has a ball and tries to keep possession of it for a set time period. The players without a ball try to win it from any of the other players and keep possession until the end of the time period.

Scoring method – Points are scored if a player manages to keep the ball for the whole time period (1 point) or if a player wins the ball and keeps it until the end of the time period (1point).

Things to consider...

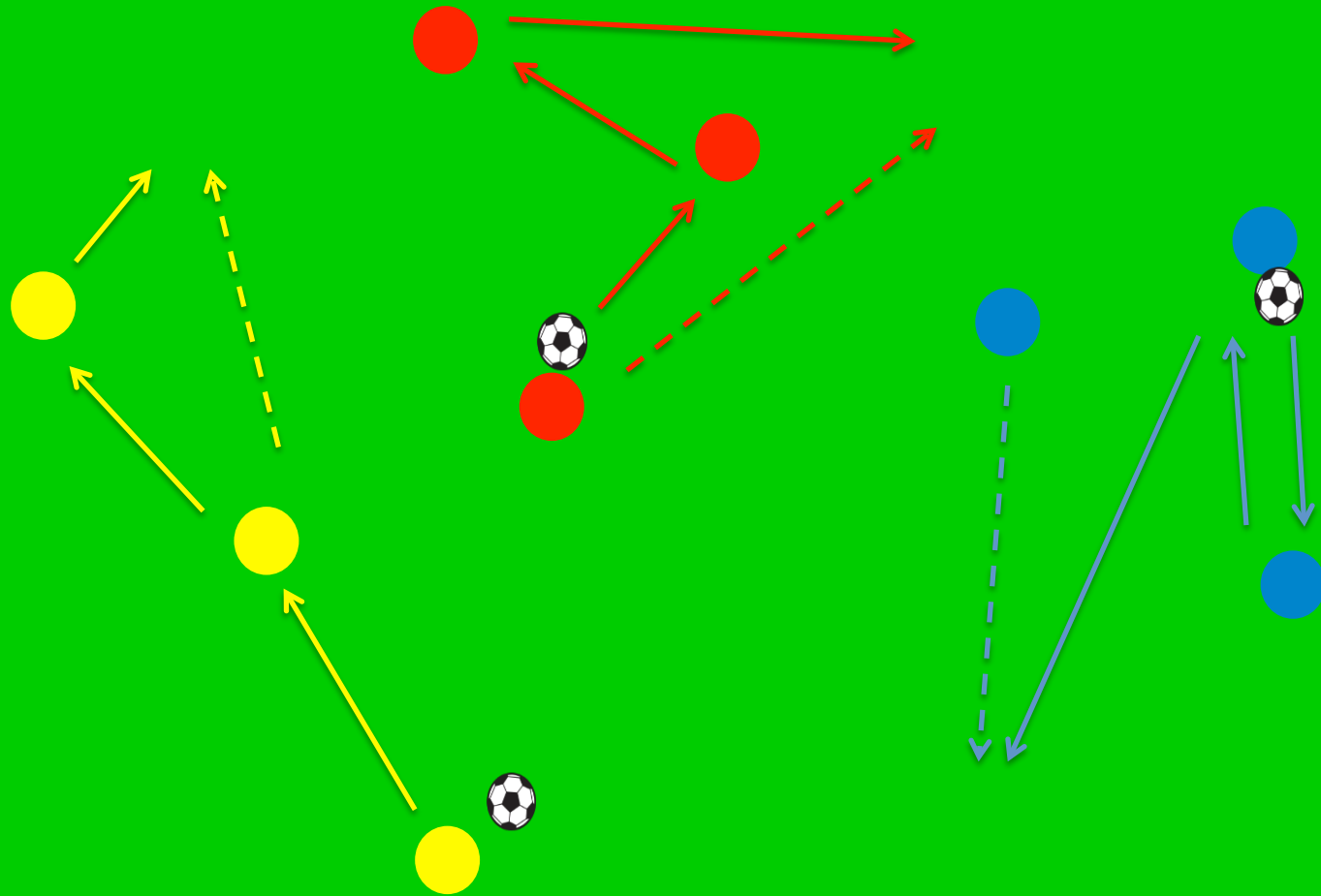
PROGRESSION

Players can only win the ball from someone in a different team. The team with most points wins.

Players without a football try to win possession and run the ball out of the area. If a player loses their ball, they can attempt to win it back or assist their team mates in keeping possession. At the end of the game, the team with most footballs left wins (1 point per ball).

Two of the teams have a number of footballs between them. Players can pass the ball between themselves within their teams. The team starting without footballs tries to win as many balls as possible and retain possession. The team with most footballs at the end of the game wins (1 point per ball).

Arrival Activity – ‘Move in 3s’



Arrival Activity – ‘Move in 3s’

Organisation Players work in groups of three within the area.

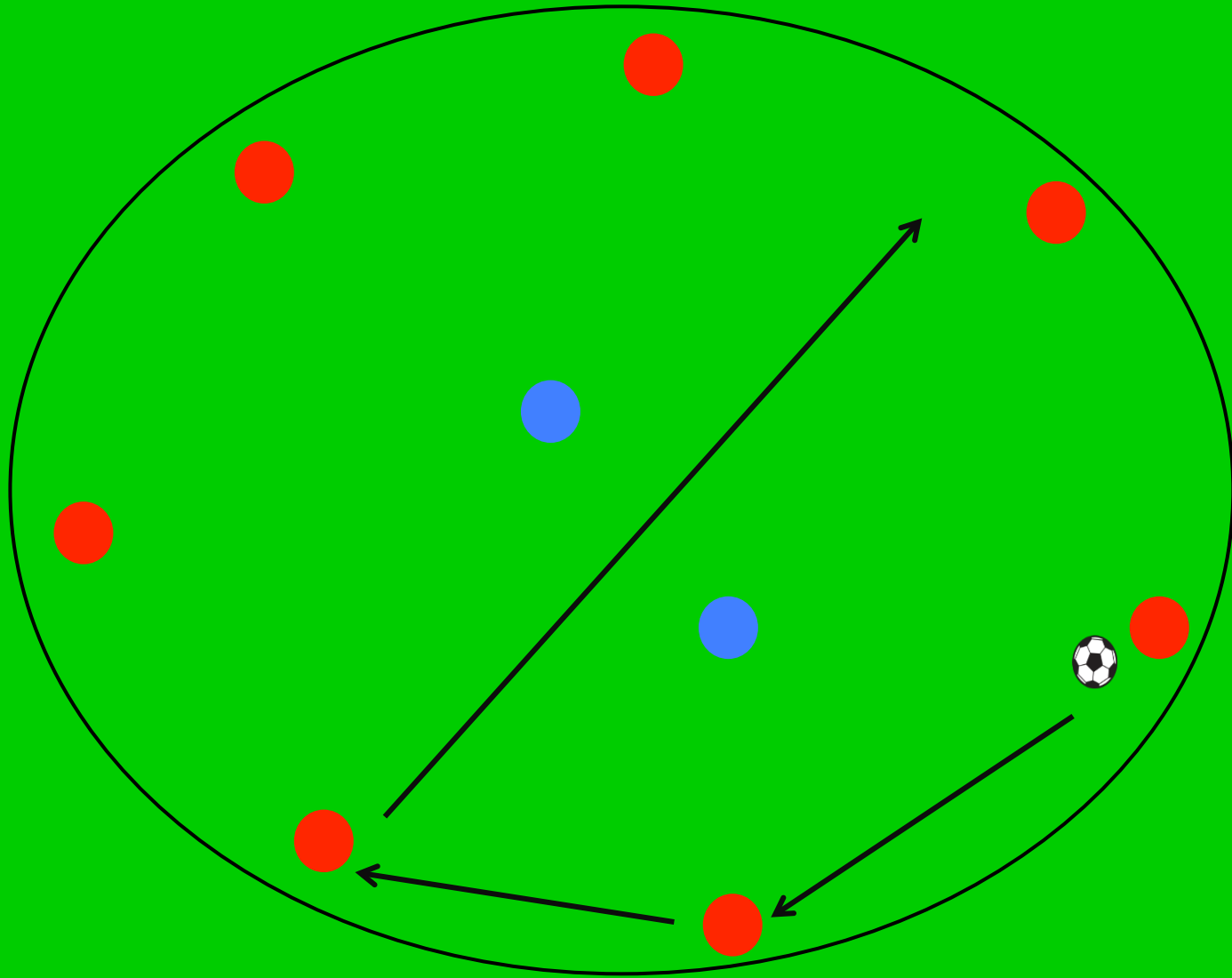
Description: Players use various passing combinations within their groups. They are encouraged to pass, dribble and move into space throughout the area.

Scoring method - Players use as many combining moves as possible within a set time.

Things to consider...

- Players work in groups of 3 arranged in triangle shape
- Yellow – (Over) player passes to team mate who lets the ball go through their legs to other player, player then turns to receive ball in new space
- Red – (Switch) player passes to target player who passes to other player, receiving player then passes forward into space behind target for player to run into
- Blue – (Back & Through) player passes to target player who passes back, receiving player then passes forward into space behind target for third player to run into

Arrival Activity – ‘Split-2’



Arrival Activity – ‘Split-2’

Organisation – Players form a circle with two defending players in the middle.

Description – The players in the circle pass the ball between themselves, retaining possession. Players can pass around or across the circle. The two defenders try to win the ball by intercepting a pass. Change players within teams after each game.

Scoring method – The players forming the circle pass the ball between the defenders (1 point). The defending players intercept a pass (1 point).

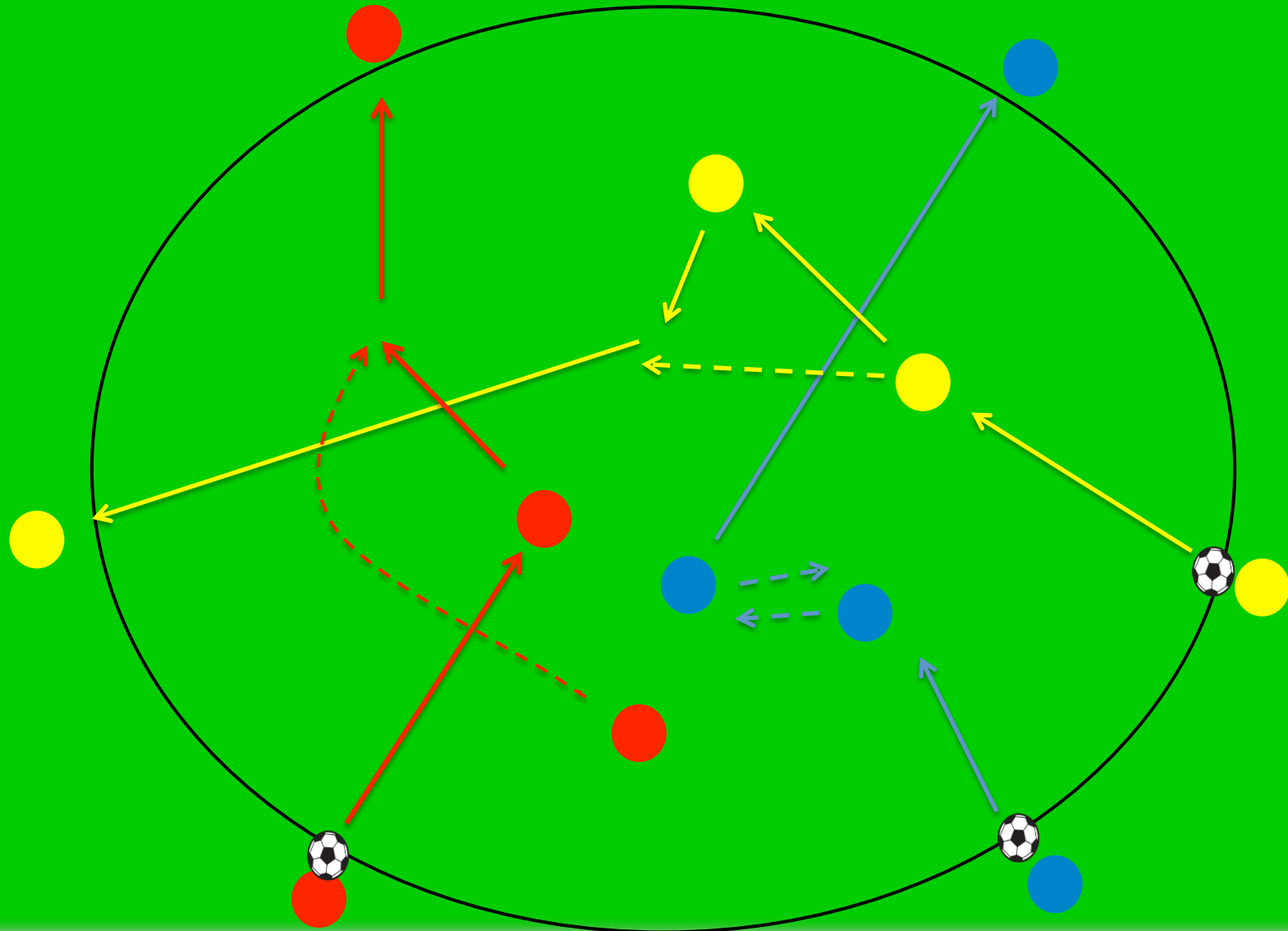
Things to consider...

- Intercepting passes – not tackling for the ball
- 3 passes through by Red team or 3 intercepts by Blue team wins the game

PROGRESSION

Two defending players are added on the outside of the circle. When the defending players in the middle win the ball, they can pass to their team mates located on the outside of the circle.

Arrival Activity – ‘Play In-Play Out’



Arrival Activity – ‘Play In-Play Out’

Organisation – A rectangle or circle area with players working in groups of four or five, with two players located inside the area.

Description – A player on the outside passes the ball into a team mate in the middle, who combines with their colleague before passing it out to a player on the other side.

Scoring method – Attempt to combine successfully with team mates for a set number of times.

Things to consider...

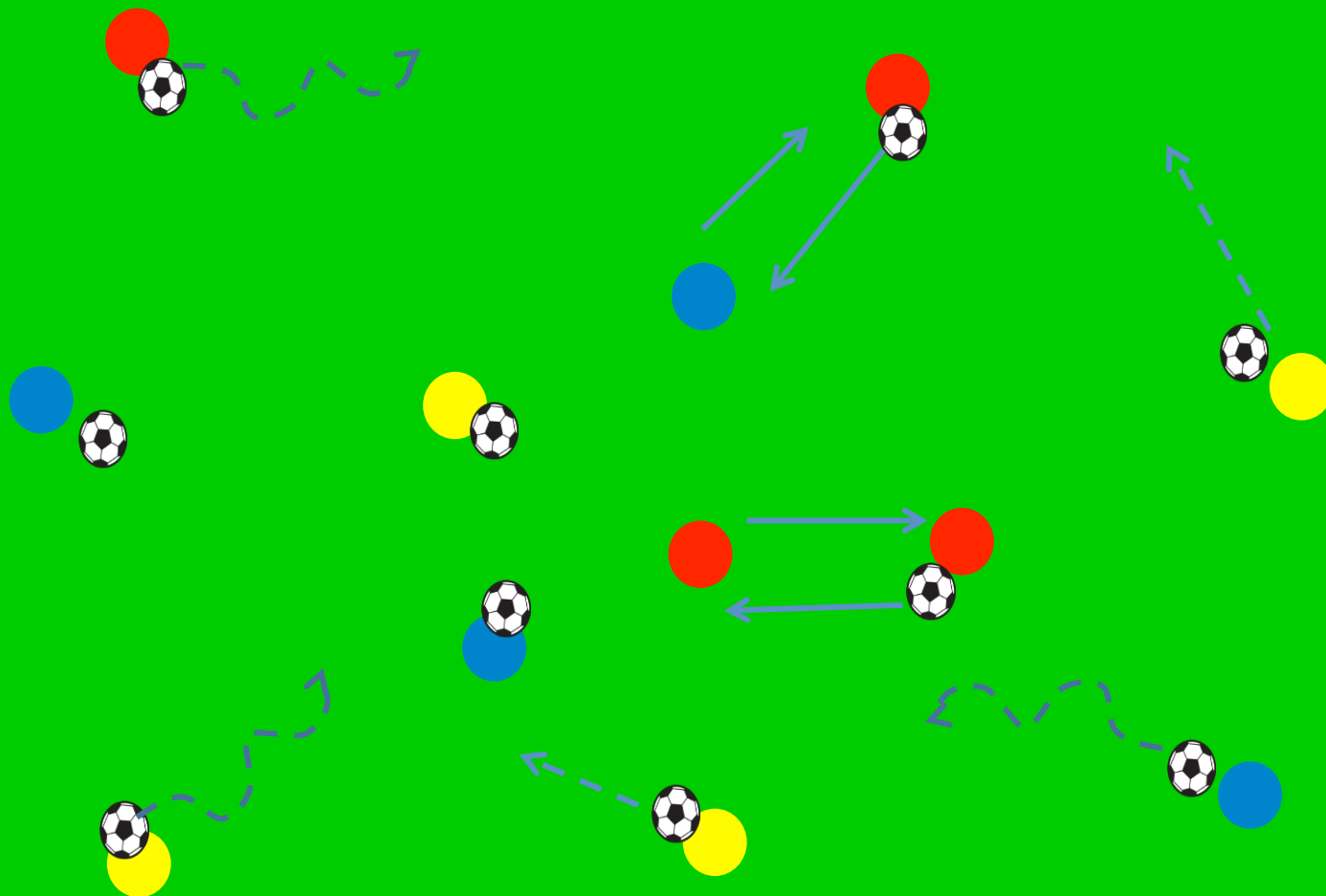
PROGRESSION

Player on the outside passes to their nearest team mate who receives and combines with their colleague, before playing the ball out of the area.

Player on the outside passes to their furthest team mate who receives and combines with their colleague, before playing the ball out of the area.

Player on the outside passes the ball into either team mate and follows the pass to provide support. The players on the inside can pass or run the ball out of the area to a team mate.

Arrival Activity – ‘King of the Ring’



Arrival Activity – ‘King of the Ring’

Organisation – Three teams of players with a ball per player are working within an area.

Description – Players are encouraged to move safely within the area, using different surfaces of the foot to control and manipulate the ball, while changing speed and direction.

Scoring method – Build a sequence of touches on the ball.

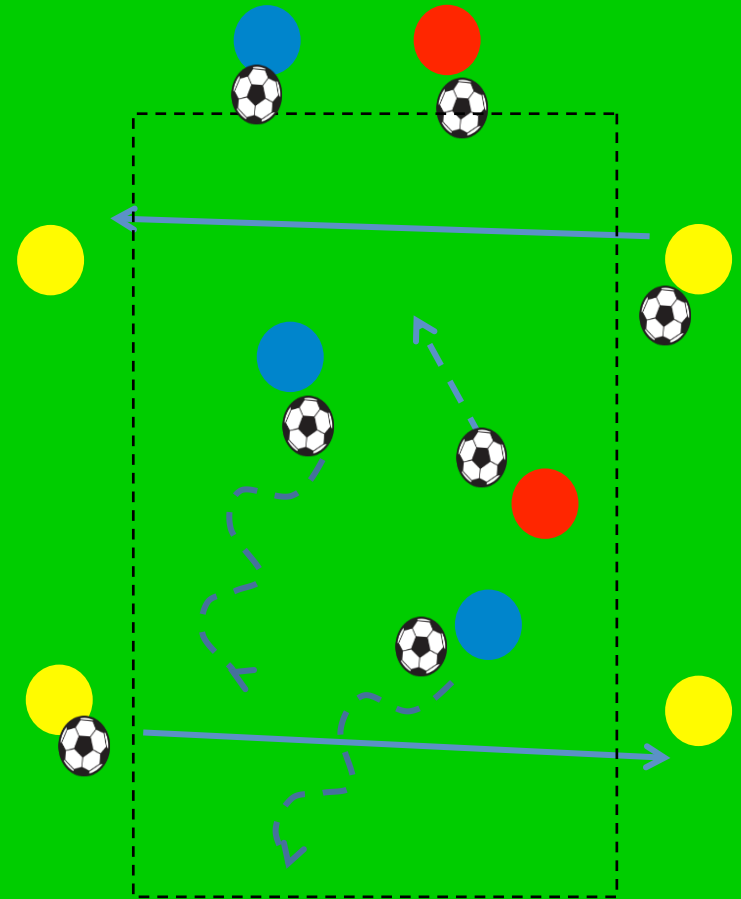
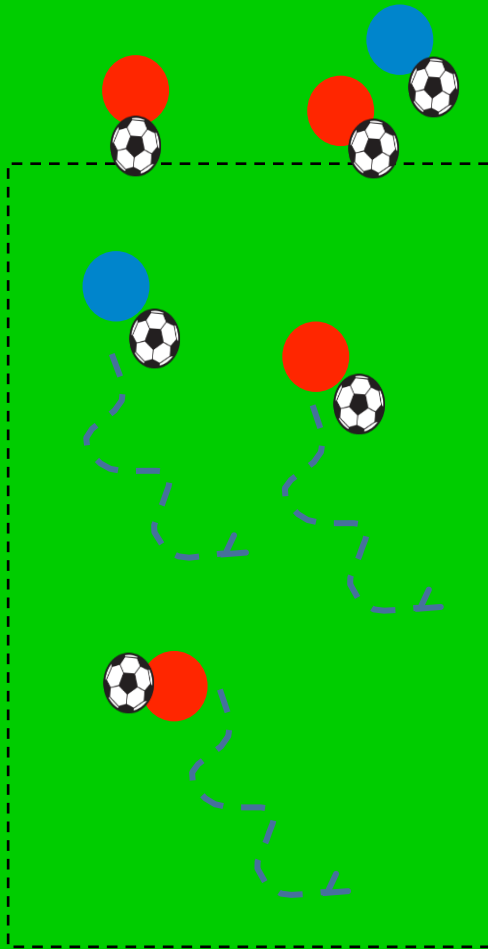
Things to consider...

PROGRESSION

Players are encouraged to swap footballs with someone on a different team.

Four goals are located on the outside of the playing area. One team is without footballs and try to win possession from the other players. If they succeed, they dribble out of the area and attempt to score in one of the goals.

Arrival Activity – ‘Skills Corridor’



Arrival Activity – ‘Skills Corridor’

Organisation – Set up a rectangular area with players moving from one end to the other. Two players are located on the outside of the area.

Description – Players move in waves through the area, changing speed and direction while manipulating the ball. The players on the outside attempt to pass the ball between each other.

Scoring method – Create a sequence of moves. Improve your attempt, copy someone else or challenge a team mate to do something different.

Things to consider...

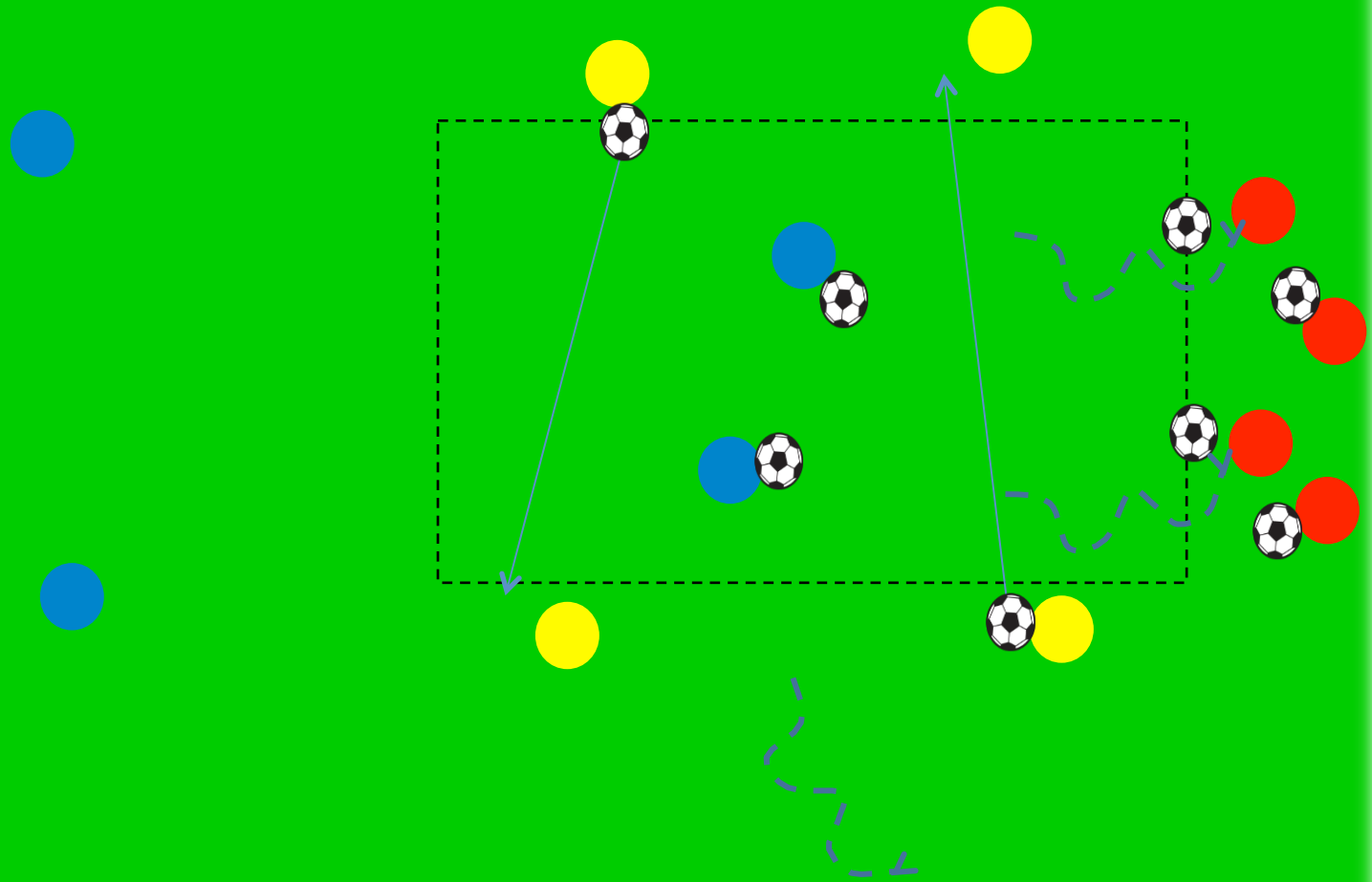
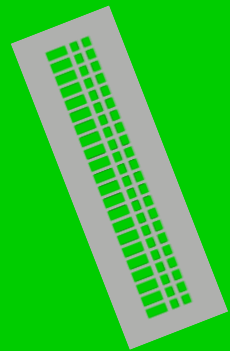
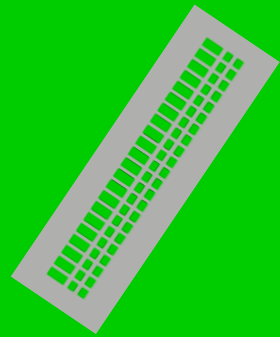
PROGRESSION

A blocking player with a football is added to the inside of the area.

A defending player is added inside the area, attempting to win the ball off the dribbling players.

Four passing players are located on the outside of the area and attempt to pass the ball between each other, while the players inside the area manipulate their footballs. Complete a set number of passes.

Arrival Activity – ‘Skills Corridor’



Arrival Activity – ‘Skills Corridor’

Organisation – Set up a rectangular area with goals located beyond one end of the area. Players dribble through and get out of the area to attack a goal. Players can be located on the outside of the area attempting to pass the ball across the area.

Description – Players move in waves through the area, changing speed and direction while manipulating the ball. The players on the outside attempt to pass the ball between each other.

Scoring method – Create a sequence of moves. Improve your attempt, copy someone else or challenge a team mate to do something different.

Things to consider...

PROGRESSION

A defending player or blocking player with a football is added to the inside of the area, which challenges the dribbling players.

Defender is added at each goal, trying to protect the goal and win possession.

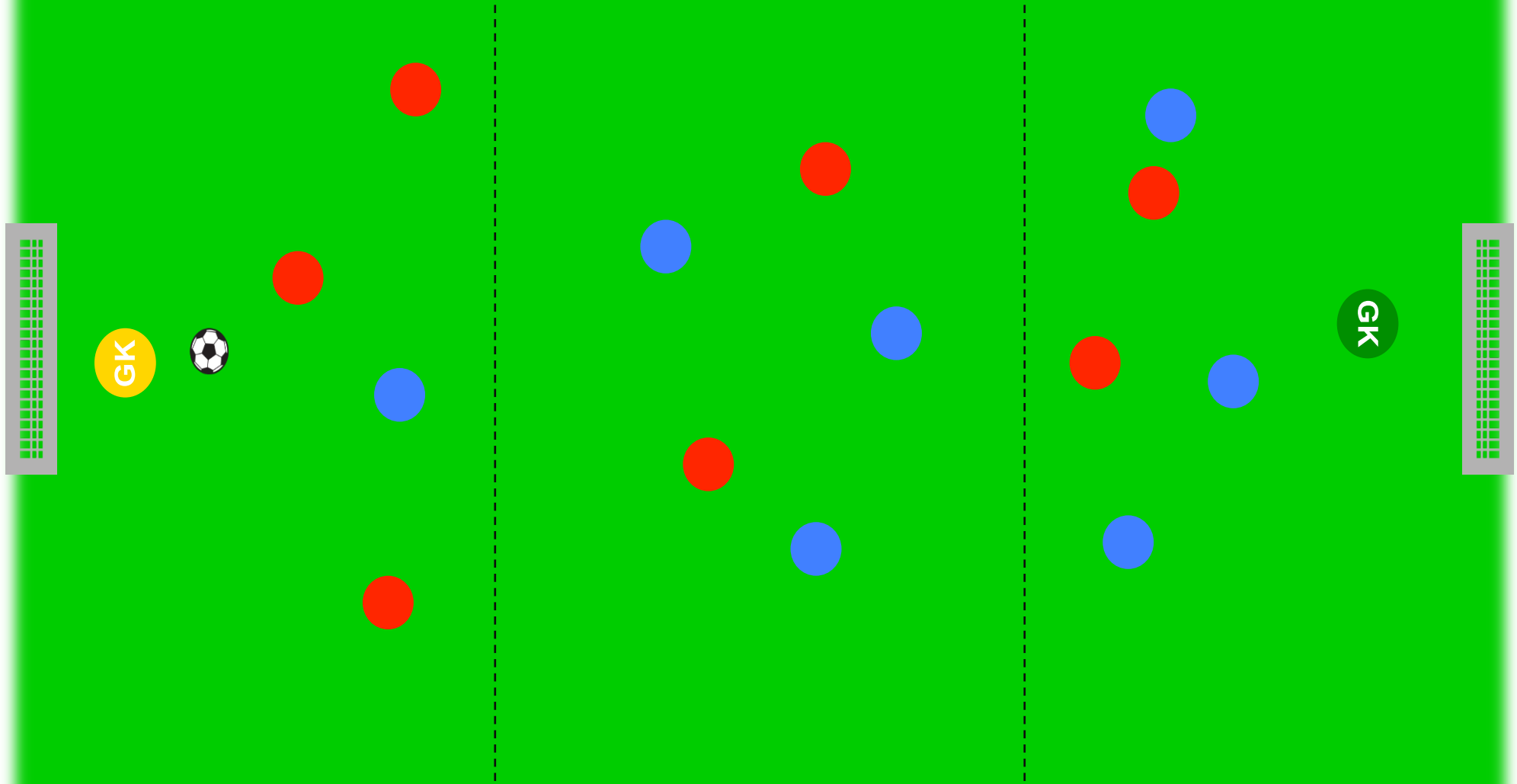
Points are scored by dribbling players scoring a goal (1 point) or by the defenders winning possession and getting the ball across the centre line (1 point).

Game-related Practices

- Matched up
- Outnumbered
- In Possession
- Out of Possession
- Counter Attacking
- Players & Positions



Game-related Practice – ‘Through the Thirds’



Game-related Practice – ‘Through the Thirds’

Organisation – Teams are arranged as 1(GK)-3-2-1 v 1(GK)-2-3-2 or similar numbers. The area is divided into thirds.

Description – Goalkeeper passes to team mates who combine to play through midfield into the next area. When attacking, players can follow a pass to support in the next area. Players are encouraged to use various passing combinations to move through the thirds. When defending, players are locked into respective areas and team shape.

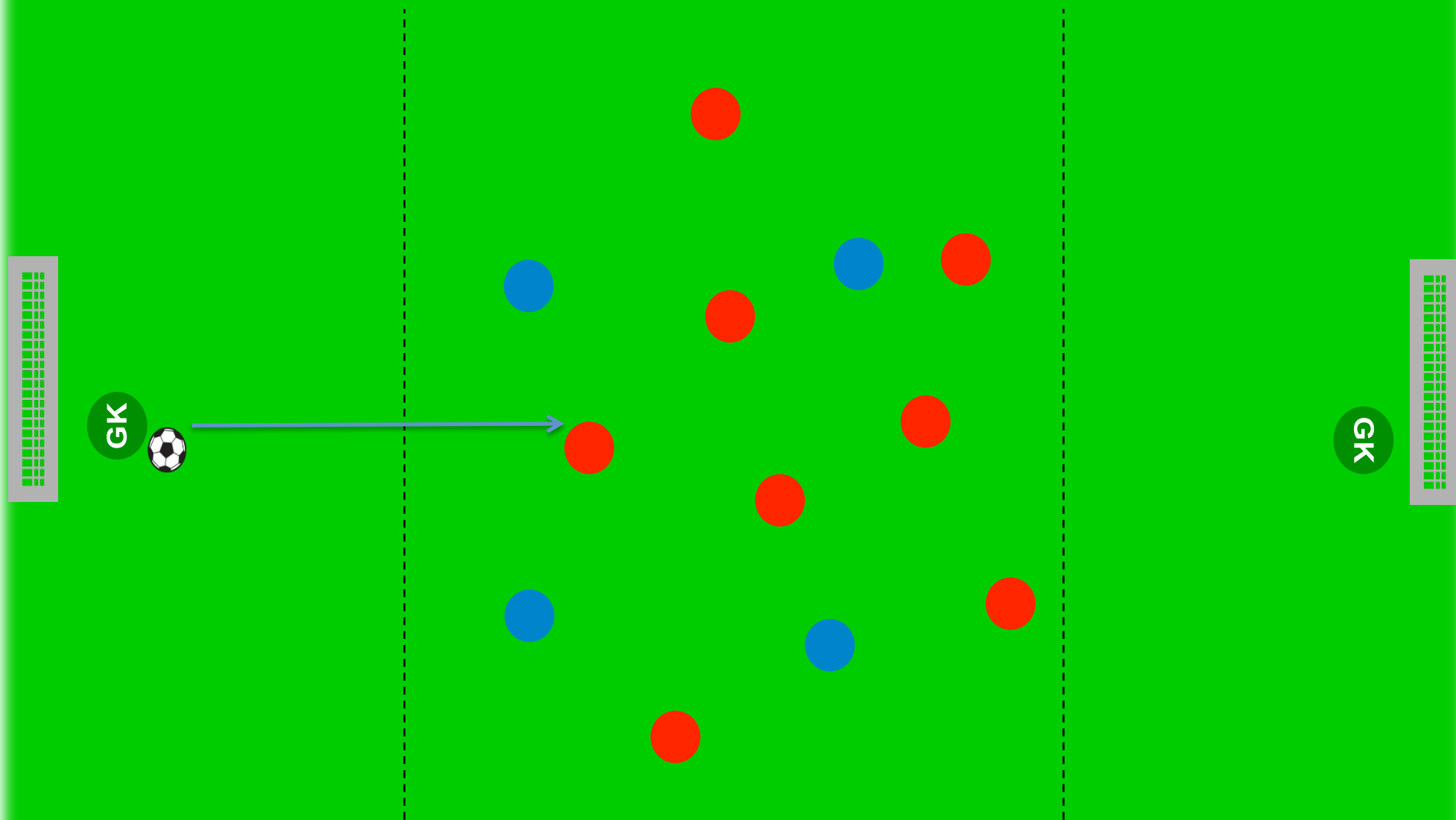
Scoring method – Scoring a goal (1 point) or combining successfully (2 points).

Things to consider...

- Pass and follow pass from an ‘Over’ to support in next area
- Pass and support pass – team mate combines with a ‘Back and Through’
- Pass and support pass – combine with a ‘Switch’

When possession is lost, defenders must stay in areas and team shape, attackers are free to move with a combination

Game-related Practice— 'Break-out'



Game-related Practice– ‘Break-out’

Organisation – Eight attacking players against four defenders inside a central area. A goalkeeper defends a goal at either end of the practice area.

Description – The attacking team tries to combine for a series of passes before breaking out of the area to attack either goal. The defenders try to win the ball early to break out and attack either goal. Change players within teams after each game.

Scoring method – Attacking team combines for a set number of passes (1 point) and scores in a goal (1 point). Defenders win possession (1 point) and score a goal (1 point).

Things to consider...

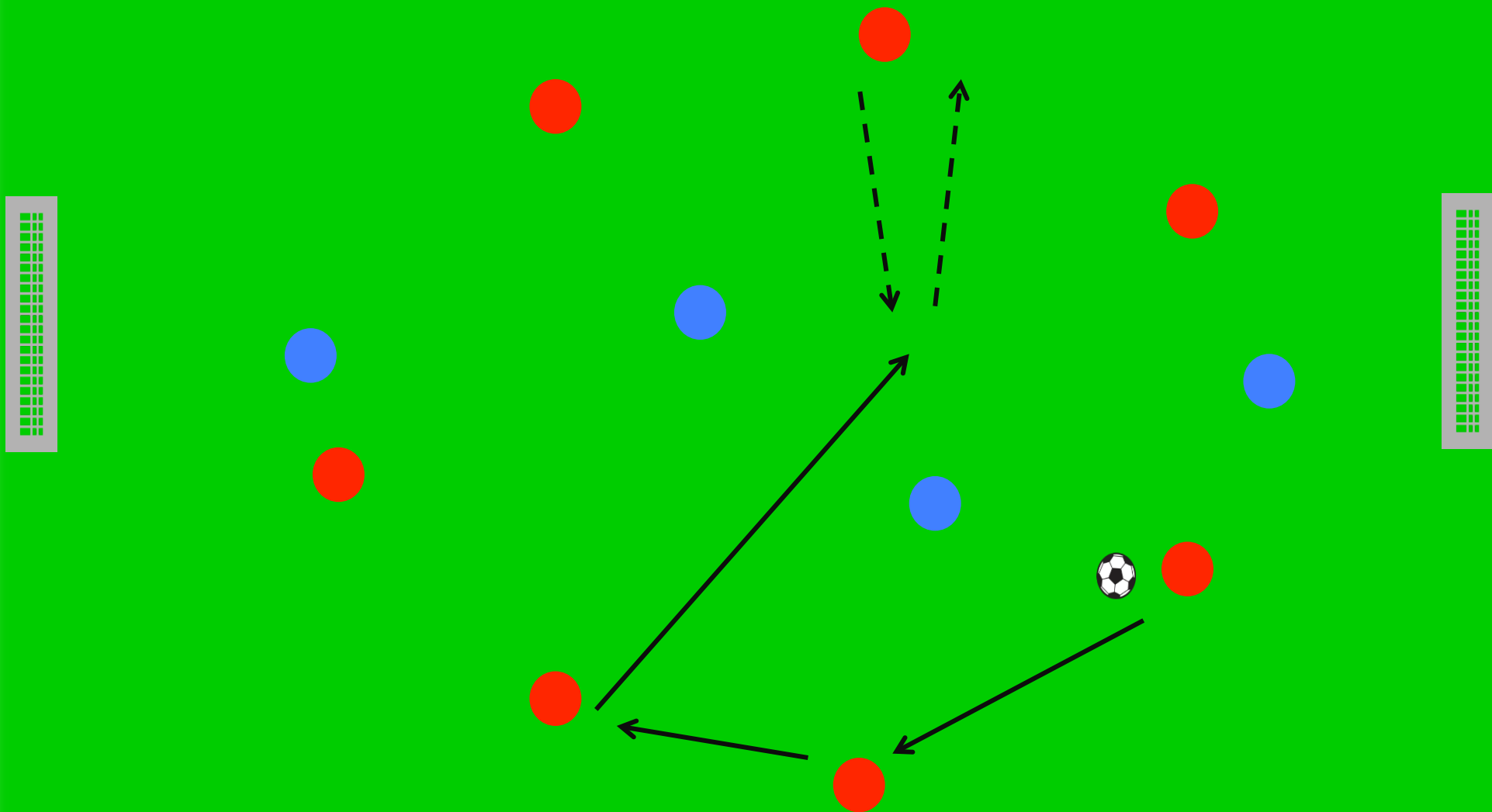
- GK plays into red team to attack the opposite end
- Red team combine to score at opposite end – set the attacking team a number of passes before breaking out to score

PROGRESSIONS

The attacking team can be opposed when they break out towards goal.

Change the numbers in the teams (6 v 4 or 5 v 5) and vary the passing totals required before breaking out of the area.

Game-related practice – 'Split-4'



Game-related practice – ‘Split-4’

Organisation – Eight attacking players against four defenders. A goal at each end of the area.

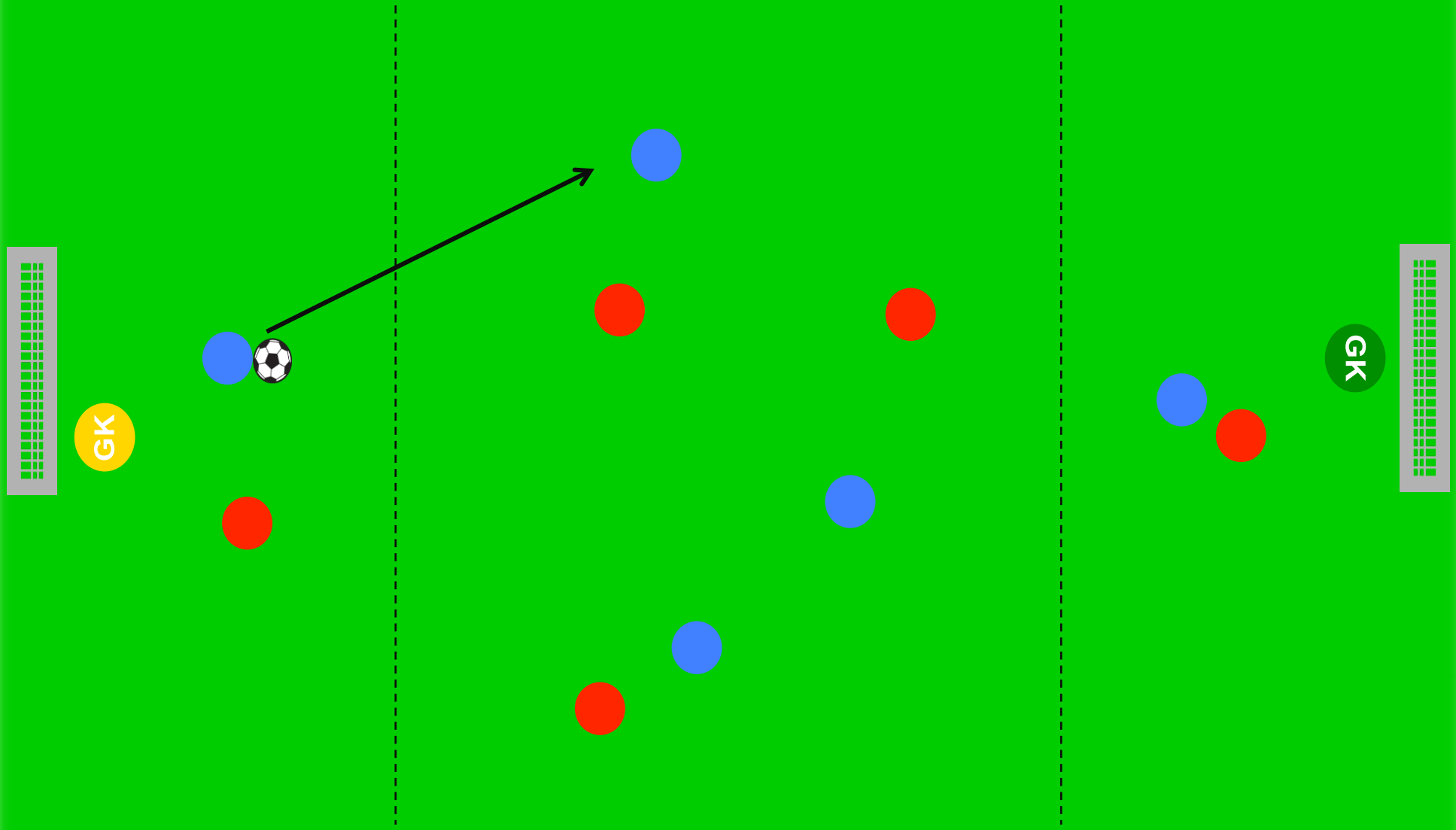
Description – The attacking team creates a shape with width and depth and tries to retain possession of the ball. Players can pass the ball around or across the shape. The defending players try to win the ball by intercepting a pass, then combine to score quickly in either goal. Change players within teams after each game.

Scoring method – Attacking players pass between two defenders (1 point). Defending players intercept a pass and score a goal (1 point).

Things to consider...

- If there is a gap between any of the Blue players – try and pass through to a player on the other side of the area
- 3 passes through by Red team or 3 intercepts by Blue team wins the game
- Change the defending players after each game.
- Add Goalkeepers to the practice at either end.

Game-related Practice – ‘Targets’



Game-related Practice – ‘Targets’

Organisation – Divide the area into three zones, with a defender and a target player in each end zone and the remaining players in the central area.

Description – The ball starts in the central area. Players combine to pass into their target player in the end zone, who plays 1 v 1 to score. The player who passes the ball into the target player can join in to combine 2 v 1 to score.

Scoring method – Points are scored from goals (1 point) and the first team to reach a set number of points wins.

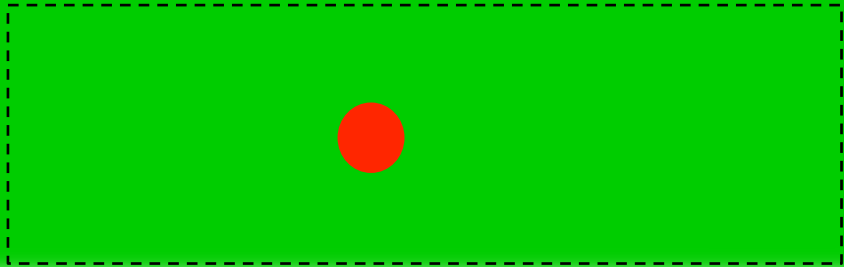
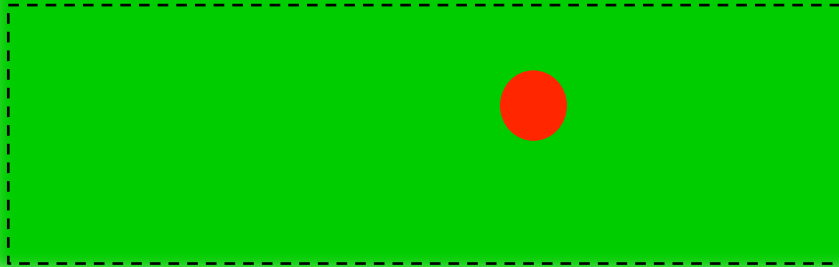
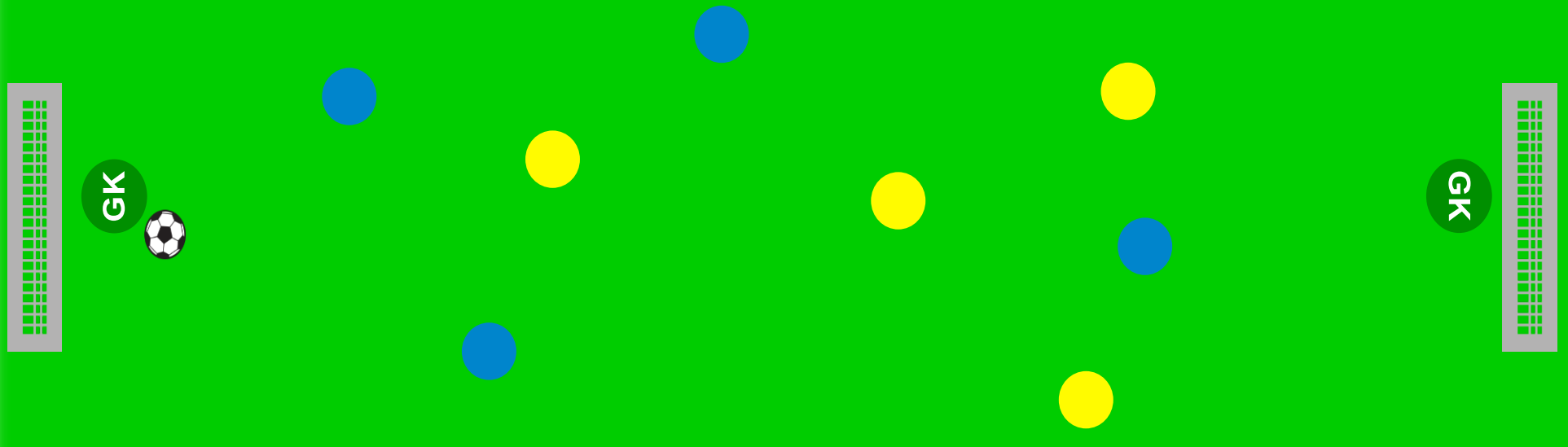
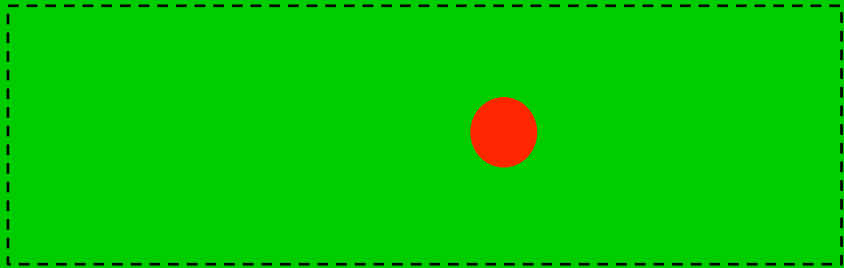
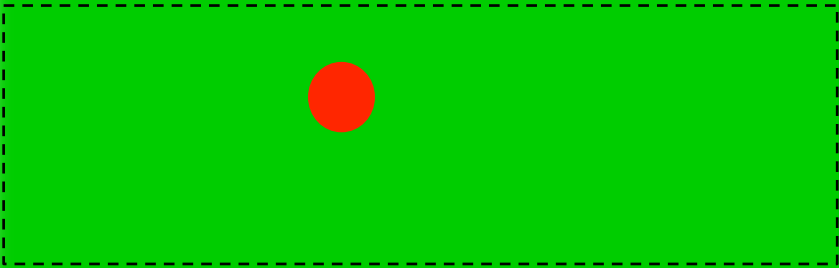
Things to consider...

- GK to play into middle area with feet or hands, players combine to pass into target player at opposite end

PROGRESSION

An additional defender in the target area creates a 2 v 1 situation. Attacking players from the central area can join in to create a 2 v 2 or a 2 v 3 scenario.

Game-related Practice – ‘Build or Break’



Game-related Practice – ‘Build or Break’

Organisation – Two teams with goalkeepers are set up in an area, with four supporting players in box areas on the outside.

Description – The goalkeeper passes to team mates who combine to score at the opposite end. One team can pass to box players to retain possession and the ball can be played from box to box. The other team tries to win the ball in the central area and attack quickly, without using the box players.

Scoring method – Points are scored from goals (1 point). First team to a set number of points wins.

Things to consider...

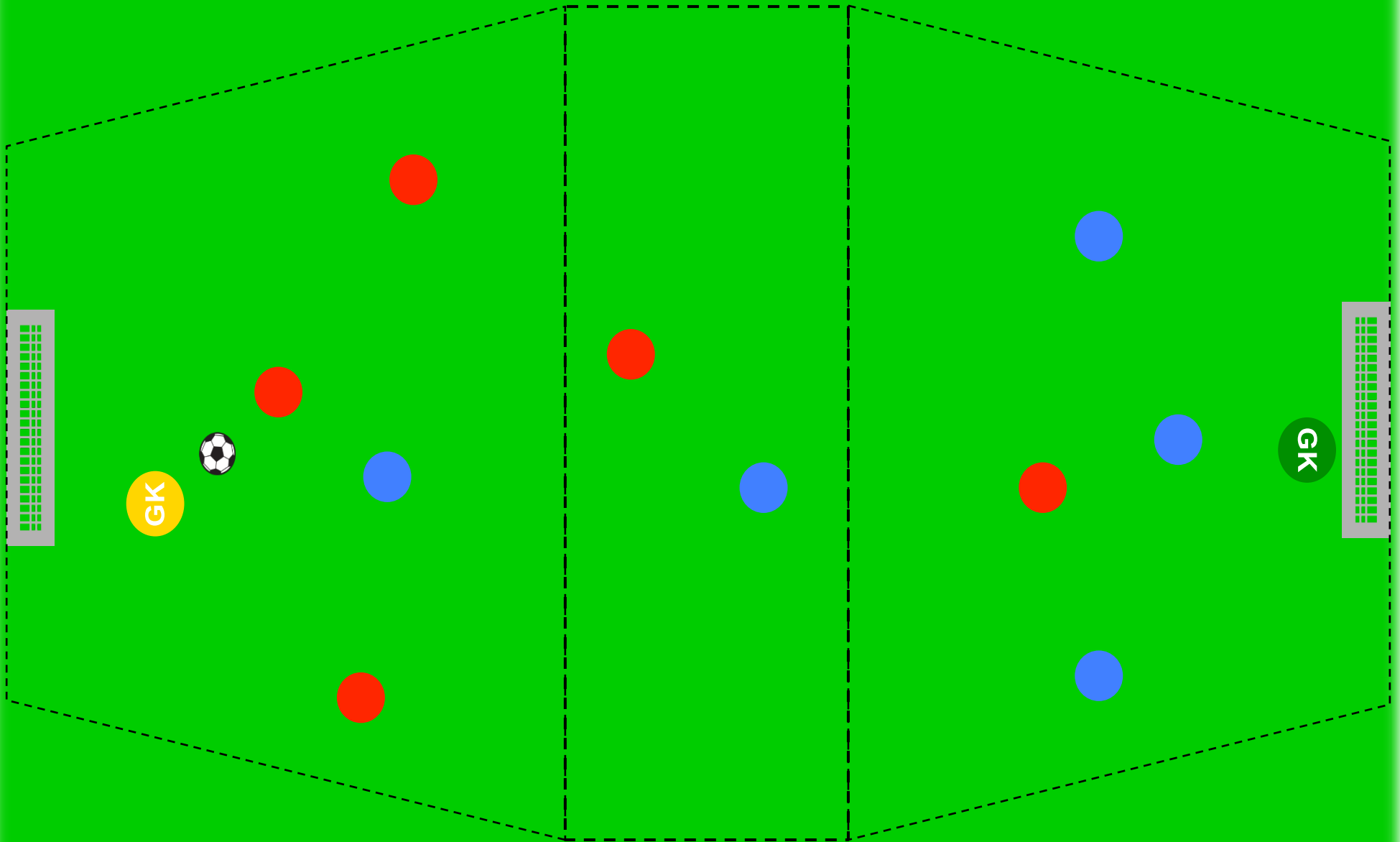
PROGRESSION

The team using the box players is encouraged to combine with two box players before trying to score.

The team using the box players is encouraged to combine with all four box players before trying to score.

The team using the box players can choose to combine with one or several box players. The defending players are free to win possession in any area of the pitch in order to start an attack.

Game-related Practice – ‘Diamonds’



Game-related Practice – ‘Diamonds’

Organisation – Divide the playing area into thirds. Players are locked within the thirds in matched-up or uneven numbers. The attacking third is funnel shaped.

Description – Players remain in areas and combine to score. Players can score from distance or close-range.

Scoring method – Scoring from defending area (3 points), from midfield area (2 points) or from attacking area (1 point).

Things to consider...

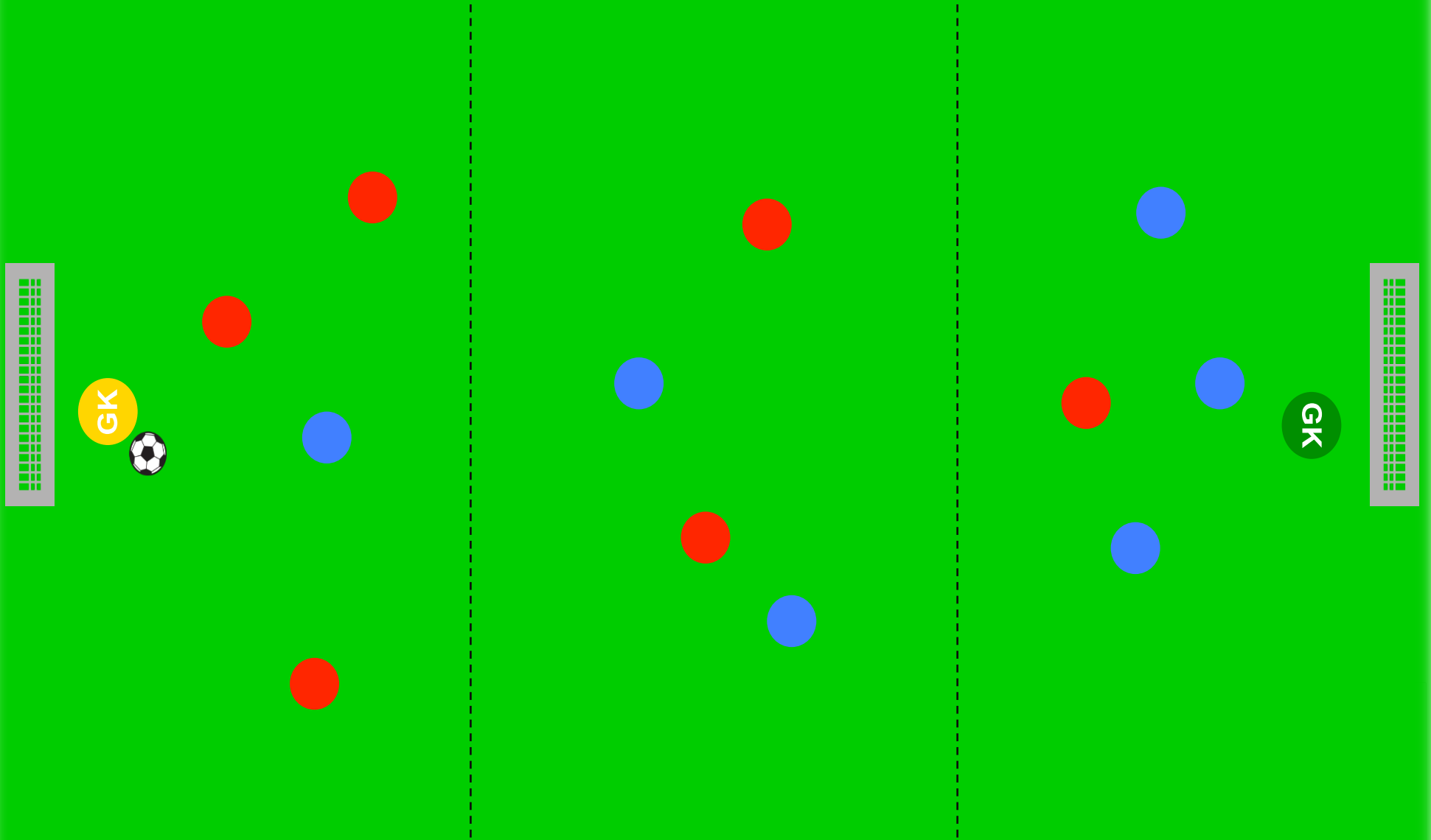
1. GK to play to defenders who can shoot early from distance or play into next area to create 2v1
2. Scoring system – rebounds count double
3. Reset the players into the areas and restart from opposite end

PROGRESSION

Players can follow their pass into a different third in order to combine to score.

The offside rule is introduced in the attacking thirds.

Game-related Practice – ‘Numbers Up’



Game-related Practice – ‘Numbers Up’

Organisation – Teams are arranged in 1(GK)-3-2-1 and 1(GK)-2-3-1 formations. The pitch area is divided into thirds.

Description – The goalkeeper passes to team mates who combine to play into the next area. Players remain in their respective areas.

Scoring method – Points are scored from goals (1 point).

Things to consider...

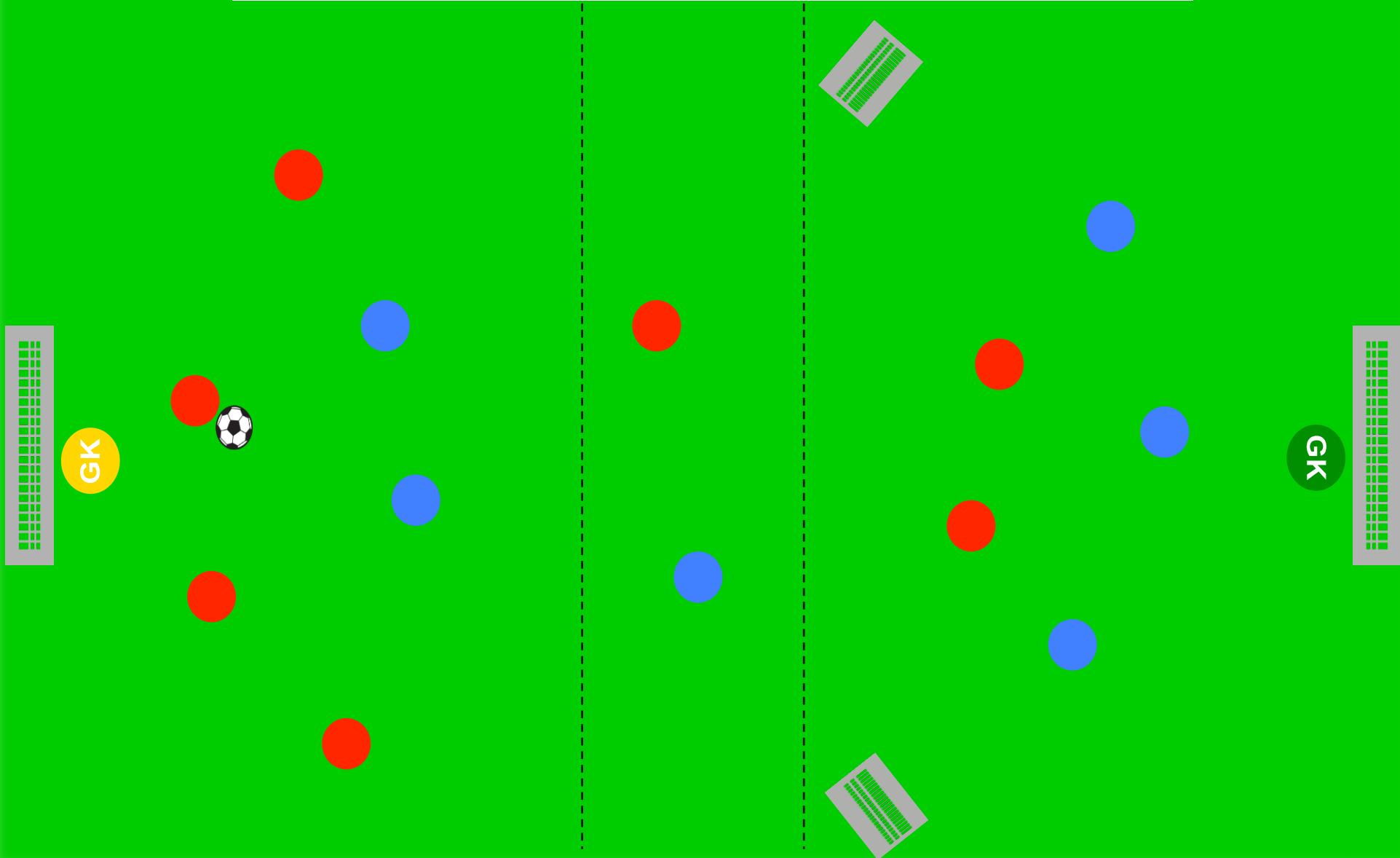
PROGRESSION

Players can dribble or run the ball into the next area of the pitch. Defenders to remain in their respective areas

Players can follow their pass to support team mates in the next area of the pitch. Defenders to remain in their respective areas

When a player passes the ball into the next area, another player can follow the pass into that area to support the attack. Defenders to remain in their respective areas

Game-related Practice – ‘Retain and Build’



Game-related Practice – ‘Retain and Build’

Organisation – The pitch area is divided into three parts, with the central area as a circle or rectangle. Two teams are organised, where possible, with overloads in the defending areas and matched up in the middle.

Description – The goalkeeper passes to team mates in the defending area, who combine to play into the middle or forward area.

A player in the middle can go into the defending area (unopposed) to help team mates get out, or into the attacking area to help them combine to score.

Once the ball moves into the attacking area, the goalkeeper starts another attack. Players try to keep possession until the previous attack has finished and can then play forward.

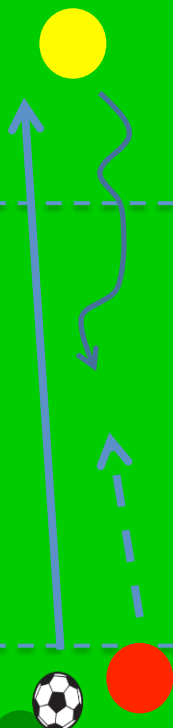
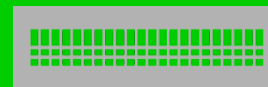
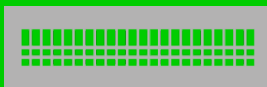
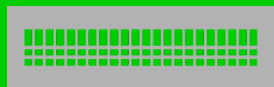
The defending team can win possession in any area and attack the relevant goal.

Scoring method – Score in goal or in target goals (1 point).

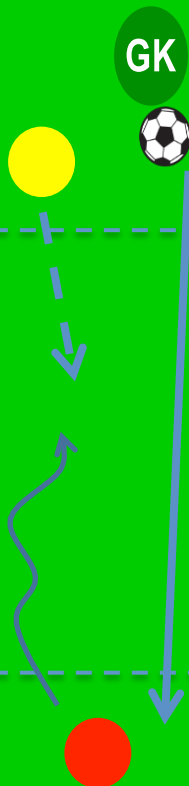
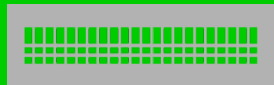
Things to consider...

- Change the start point – switch the direction of play and change the goals to allow players opportunities to play in the different elements of the game

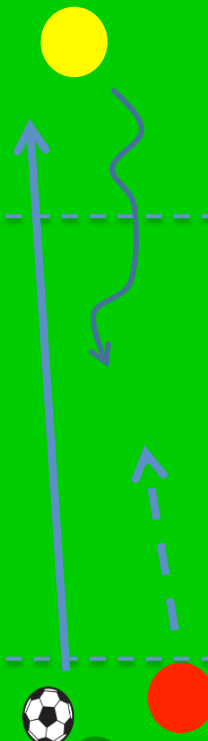
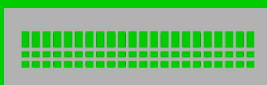
Game-related Practice – '1 v 1 to Score'



GK



GK



GK



Game-related Practice – ‘1 v 1 to Score’

Organisation – A rectangle area is divided into halves, with a goalkeeper and a defender in one half and an attacking player in the other half.

Description – The goalkeeper serves to the attacker, who tries to beat the defender and score a goal.

The defender tries to win the ball and get into the opponents half to score.

Play a set number of games before changing positions.

Scoring method – Points are scored from goals (1 point).

Things to consider...

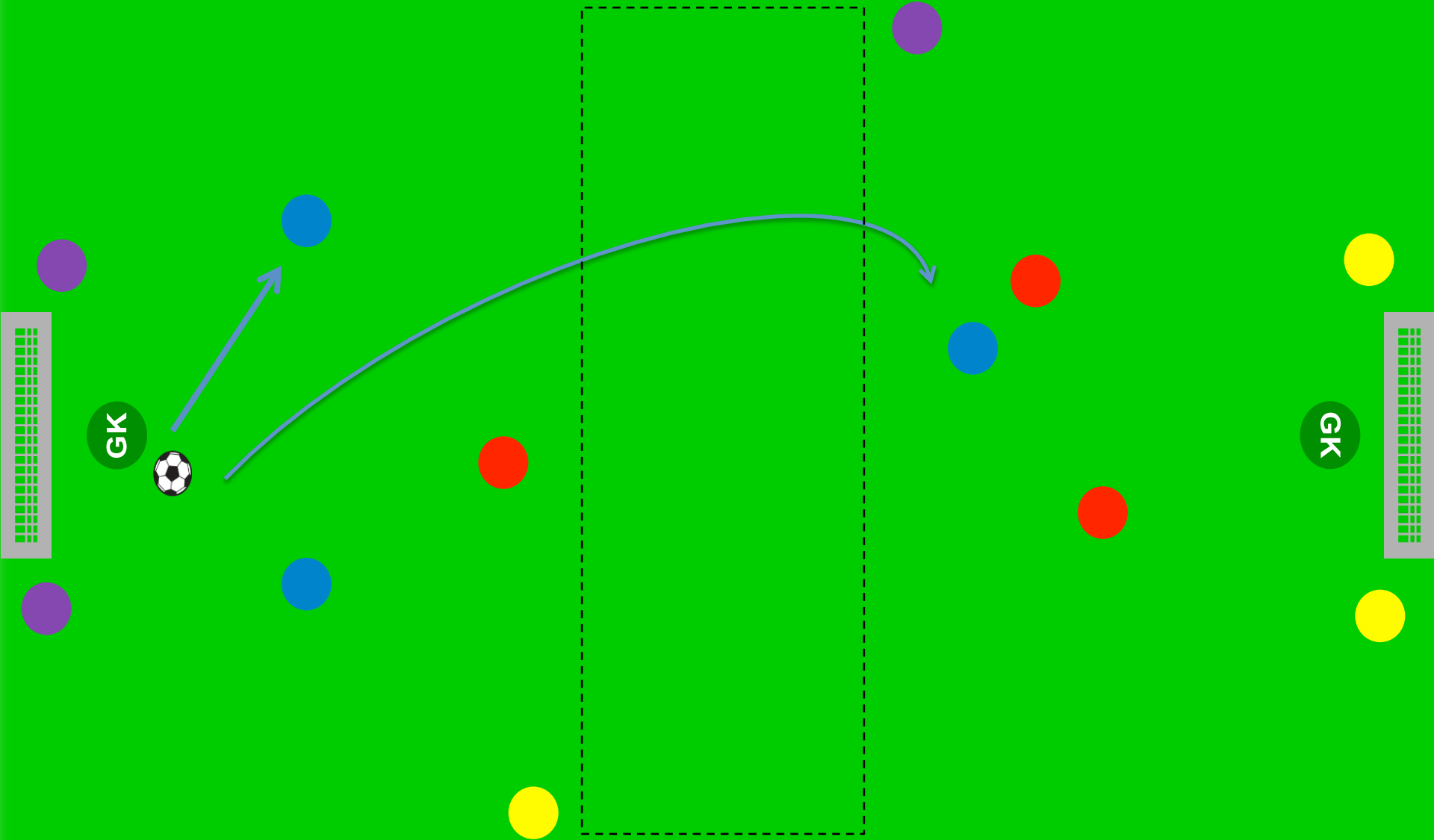
PROGRESSION

The attacker starts on the halfway line and receives side-on from team mate, before trying to beat the defender and score a goal.

The attacker starts on the halfway line and receives with their back to goal from team mate, before trying to beat the defender and score a goal. The attacker can use the team mate for support.

The attacker can choose to receive from various positions, and can their team mate for support.

Game-related Practice – '1 v 2 – 3 v 2'



Game-related Practice – ‘1 v 2 – 3 v 2’

Organisation – Split the area into two halves with a safe zone in-between. In each half there is a goalkeeper and two defenders against one attacker

Description – The goalkeeper passes to the attacking player who receives in the safe zone & tries to score 1 v 2.

If the defending team wins possession, they can combine and move into the attacking half of the field to attack 3 v 2 to score. If possession changes again, defenders can recover to try and stop the attack.

Scoring method – Points are scored from goals (1 point).

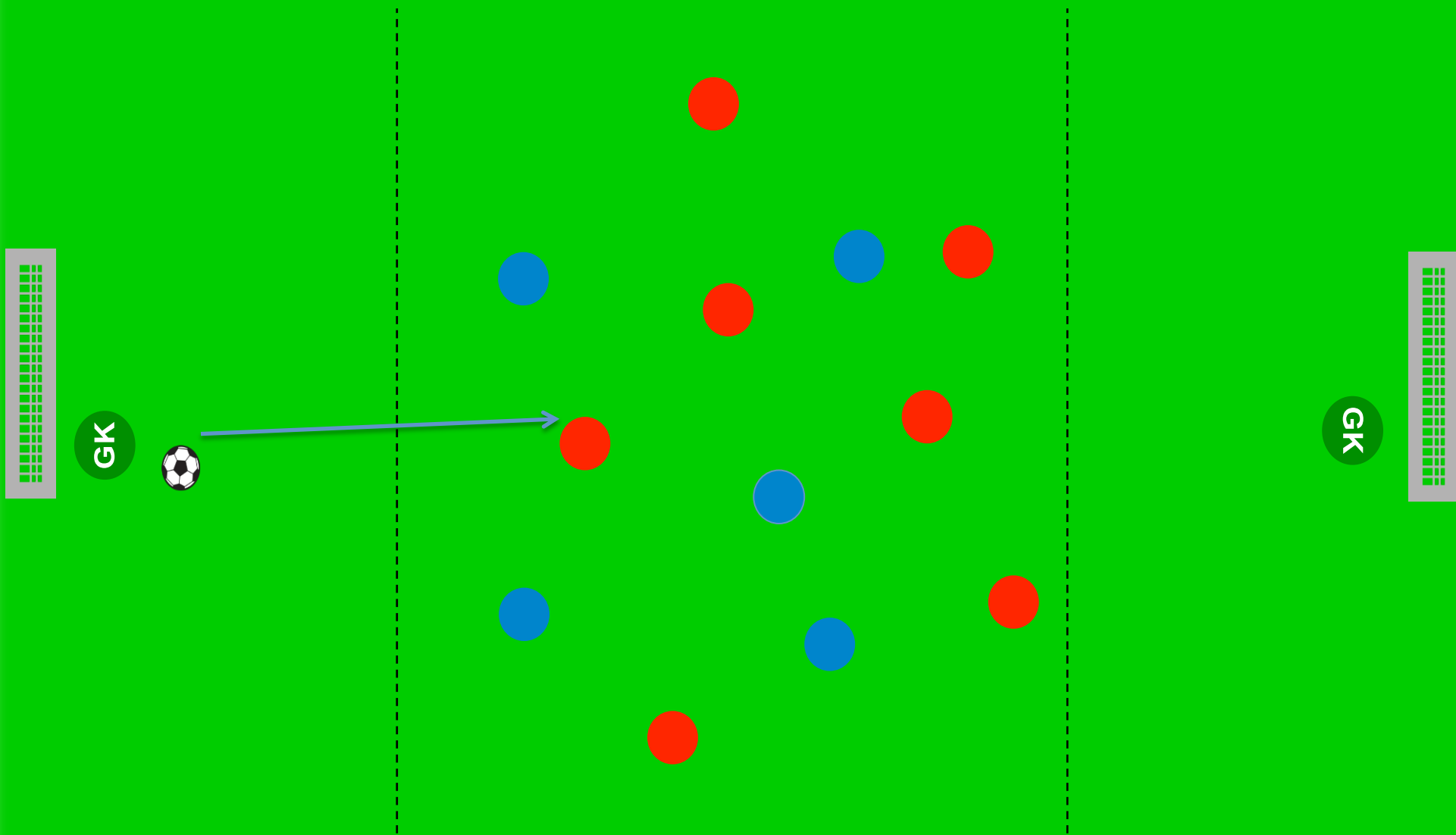
Things to consider...

1. Single attacker to recover into middle zone
2. Defender to win ball pass into team mate in middle zone who aims to score 1v1 with GK
3. Defending players can recover to stop the attack
4. Team who scores stays on and next team joins in the game

PROGRESSION

The goalkeeper passes the ball out to team mates in the defending half, who attempts to play forward to the single attacker in the safe zone.

Game-related Practice— 'Break-out'



Game-related Practice– ‘Break-out’

Organisation – Seven attacking players against five defenders inside a central area. A goalkeeper defends a goal at either end of the practice area.

Description – The attacking team tries to combine for a series of passes before breaking out of the area to attack either goal. The defenders try to win the ball early to break out and attack either goal. Change players within teams after each game.

Scoring method – Attacking team combines for a set number of passes (1 point) and scores in a goal (1 point). Defenders win possession (1 point) and score a goal (1 point).

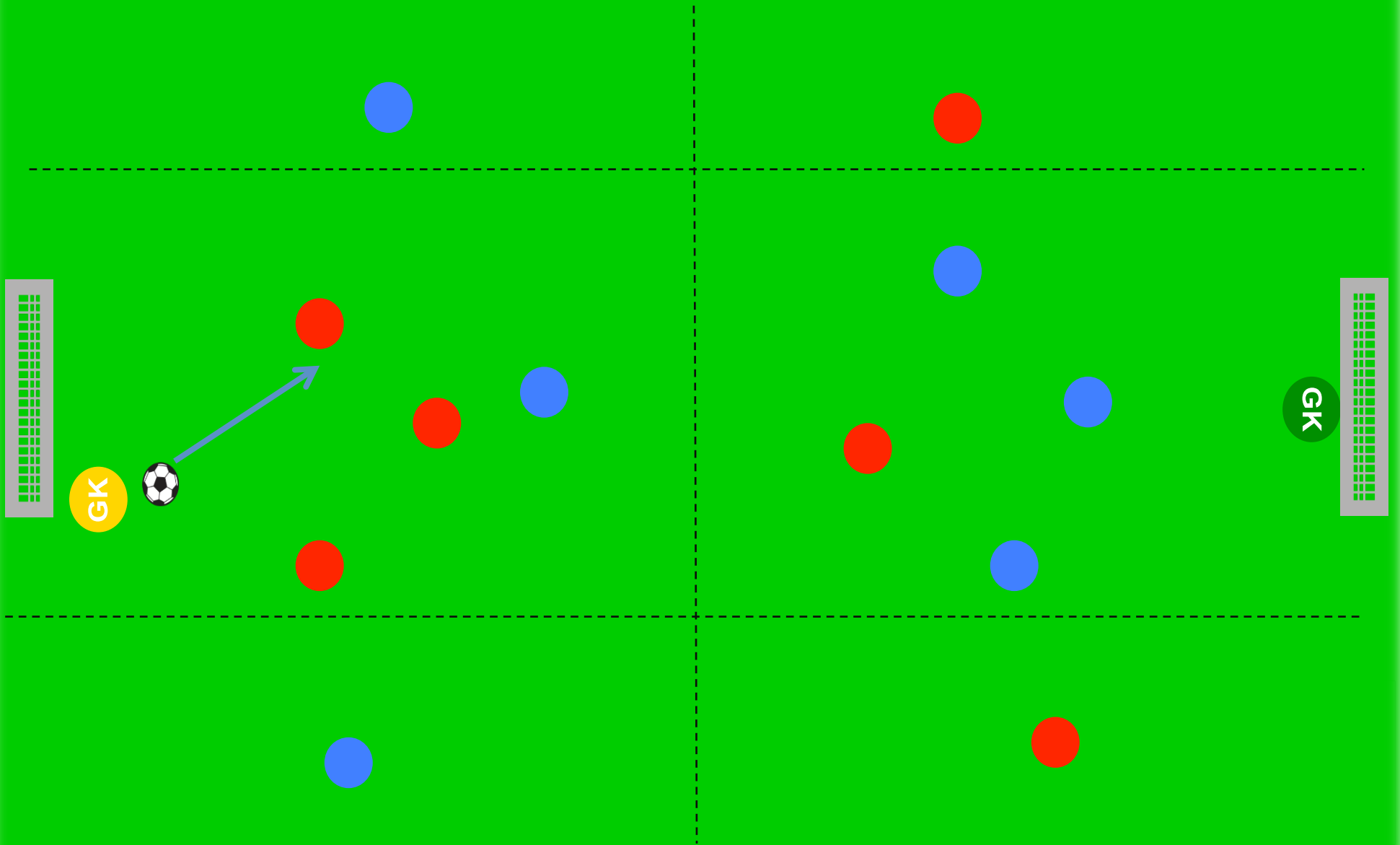
Things to consider...

PROGRESSIONS

The attacking team can be opposed when they break out towards goal.

Change the numbers in the teams (8 v 4 or 6 v 6) and vary the passing totals required before breaking out of the area.

Game-related Practice – ‘Wingers’



Game-related Practice – ‘Wingers’

Organisation – The pitch area is split into three channels, one central and two wide ones, divided by a halfway line. In each half is a goalkeeper and three defenders against two attackers. Both teams have a forward player located in each of the wide channels.

Description – The goalkeeper passes to a team mate who combines to pass into the wide or forward area for their team mates to score

Scoring method – Points are scored from goals (1 point).

Things to consider...

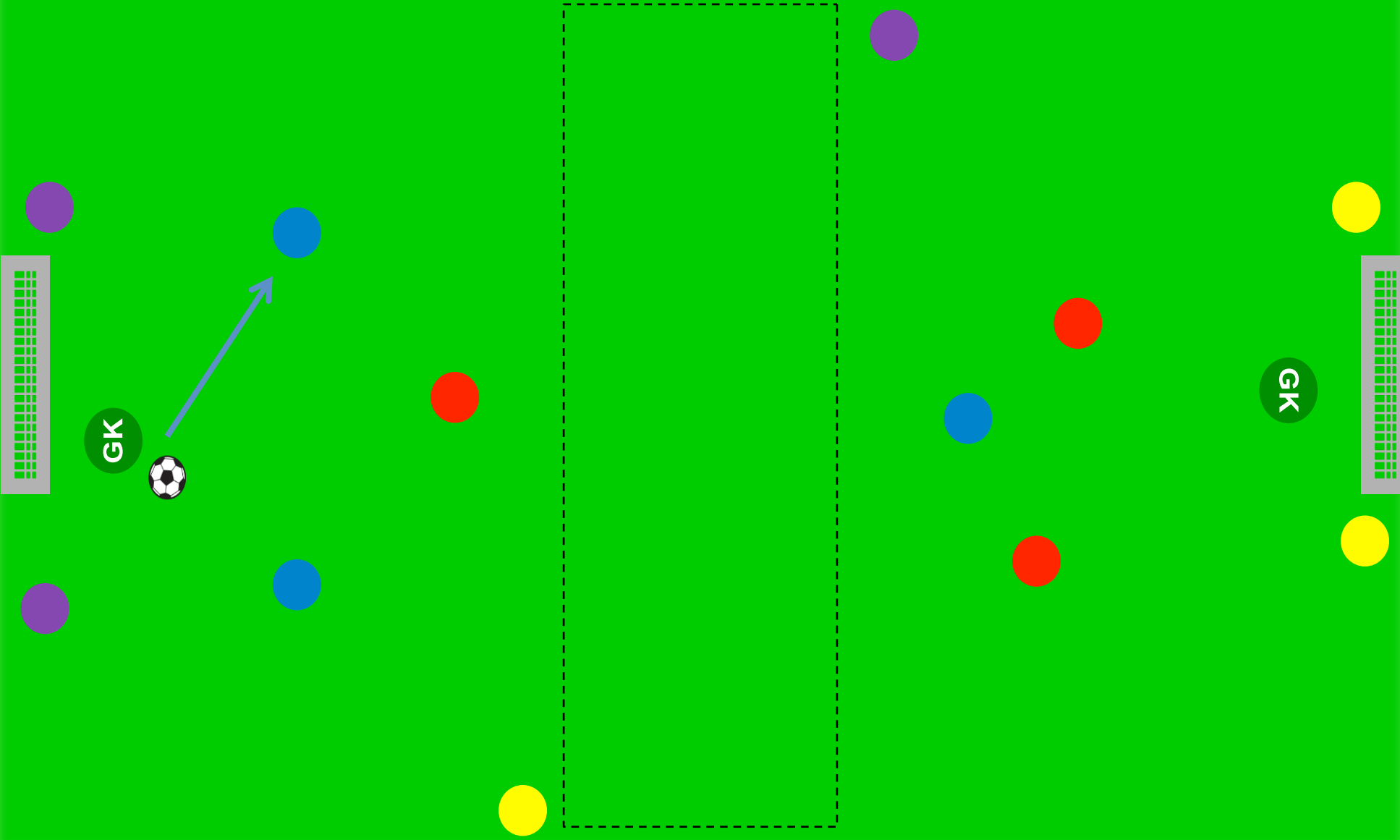
- Players to rotate into other areas of the field

PROGRESSION

Players can join in to create a 3 v 3 in the attacking areas to support the attacks.

Allow defending players in central areas to go into the wide channels and defend 1 v 1.

Game-related Practice – '1 v 2 – 3 v 2'



Game-related Practice – ‘1 v 2 – 3 v 2’

Organisation – Split the area into two halves with a safe zone in-between. In each half there is a goalkeeper and two defenders against one attacker

Description – The goalkeeper passes out to team mates in the defending half, who play forward to the single attacker. The attacker can receive in the attacking half or unopposed in the safe zone.

If the defending players win possession they can combine and move into the attacking half of the field to attack 3 v 2 to score.

Scoring method – Points are scored from goals (1 point).

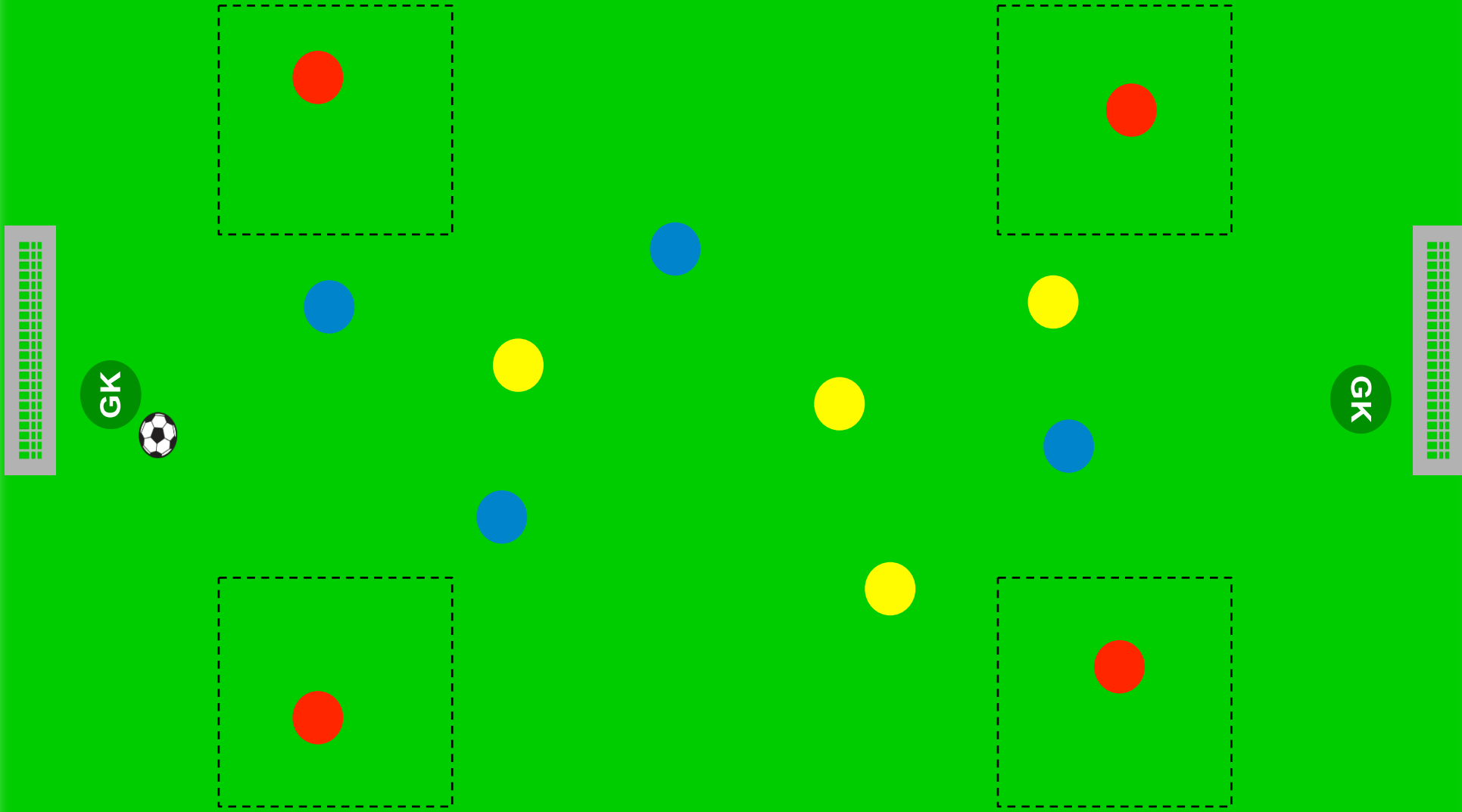
Things to consider...

- Single attacker to recover into middle zone
- Defender to win ball pass into team mate in middle zone who aims to score 1v1 with GK
- Defending players can recover to stop the attack
- Team who scores stays on and next team joins in the game

PROGRESSION

The goalkeeper passes the ball out to team mates in the attacking half, who attempts to play 1 v 2 to score

Game-related Practice – ‘Build or Break’



Game-related Practice – ‘Build or Break’

Organisation – Two teams with goalkeepers are set up in an area, with four supporting players in box areas on the outside.

Description – The goalkeeper passes to team mates who combine to score at the opposite end. The attacking team can pass to box players to retain possession and the ball can be played from box to box. The defenders try to win the ball in the central area and attack quickly.

Scoring method – Points are scored from goals (1 point). First team to a set number of points wins.

Things to consider...

- One team combine with box players to score
- Rotate teams and the box players

PROGRESSION

The team using the box players is encouraged to combine with two box players before trying to score.

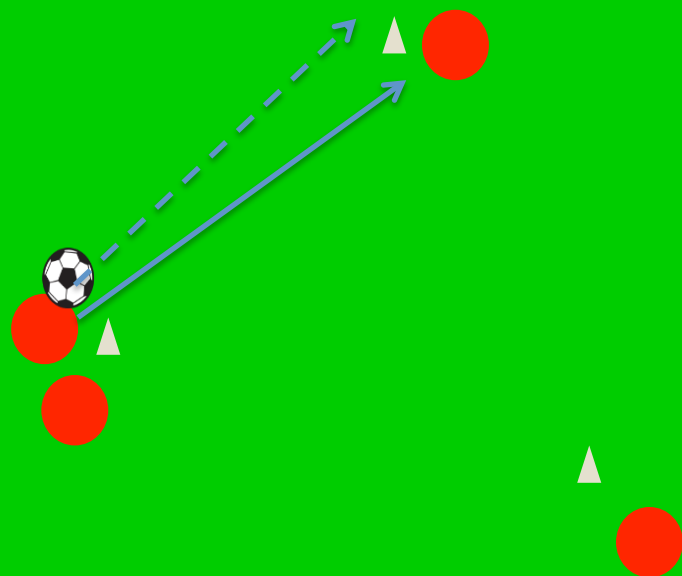
The team using the box players is encouraged to combine with all four box players before trying to score.

The team using the box players can choose to combine with one or several box players. The defending players are free to win possession in any area of the pitch in order to start an attack.

Additional Practices – No Video



Arrival Activity – ‘Pass & Follow’



Arrival Activity – ‘Pass & Follow’

Organisation – Players work in groups of 4

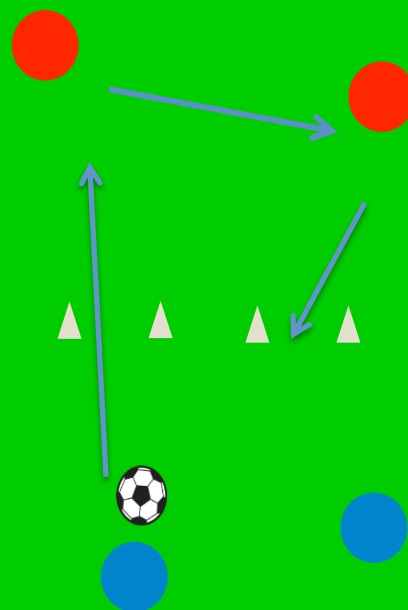
Description – Use 3 cones to create a triangle shape. One more player than cone – pass and follow pass. Additional player – add another cone

Scoring method – complete 10 passes

Things to consider...

- Work in teams (minimum of 3 players)
- Duration – 15 - 30 seconds
- Build a pattern/sequence or set target – achieve the target, improve it , beat the 1st score
- Change players and work with other team-mates

Arrival Activity – ‘Through the Gap’



Arrival Activity – ‘Through the Gap’

Organisation - Pass through the gaps between the cones

Try not to go through same gap twice in a row

Try and pass with both the left and right foot – receive with one foot & pass with the other

Things to consider...

Work in teams (minimum of 2 players)

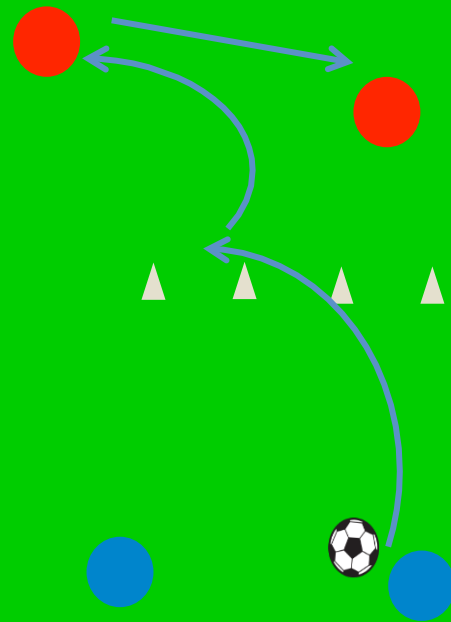
Duration – 15 - 30 seconds

Build a sequence or set a target – achieve the target, improve it, beat the 1st score

Change players and work with other team-mates



Arrival Activity – ‘Football Tennis’



Arrival Activity – ‘Football Tennis’

Organisation - Pass over the cones, one bounce on each side

Serve – bounce ball and pass over the net (line of cones)

Score on your service - Score on any service

Things to consider...

Play in singles (1v1) or teams (2v2)

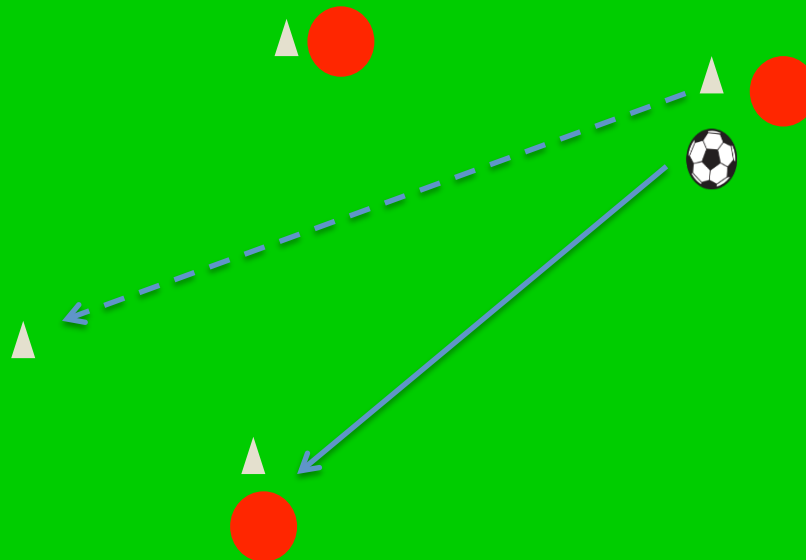
Duration – 30 seconds

Set a target – achieve the target, improve it, beat the 1st score

Change players and work with other team-mates



Arrival Activity – ‘Pass & Move’



Arrival Activity – ‘Pass & Move’

Organisation - One less player than cones – pass and move to spare cone

Additional player – add another cone

Build a pattern/sequence

Things to consider...

Work in teams (minimum of 3 players)

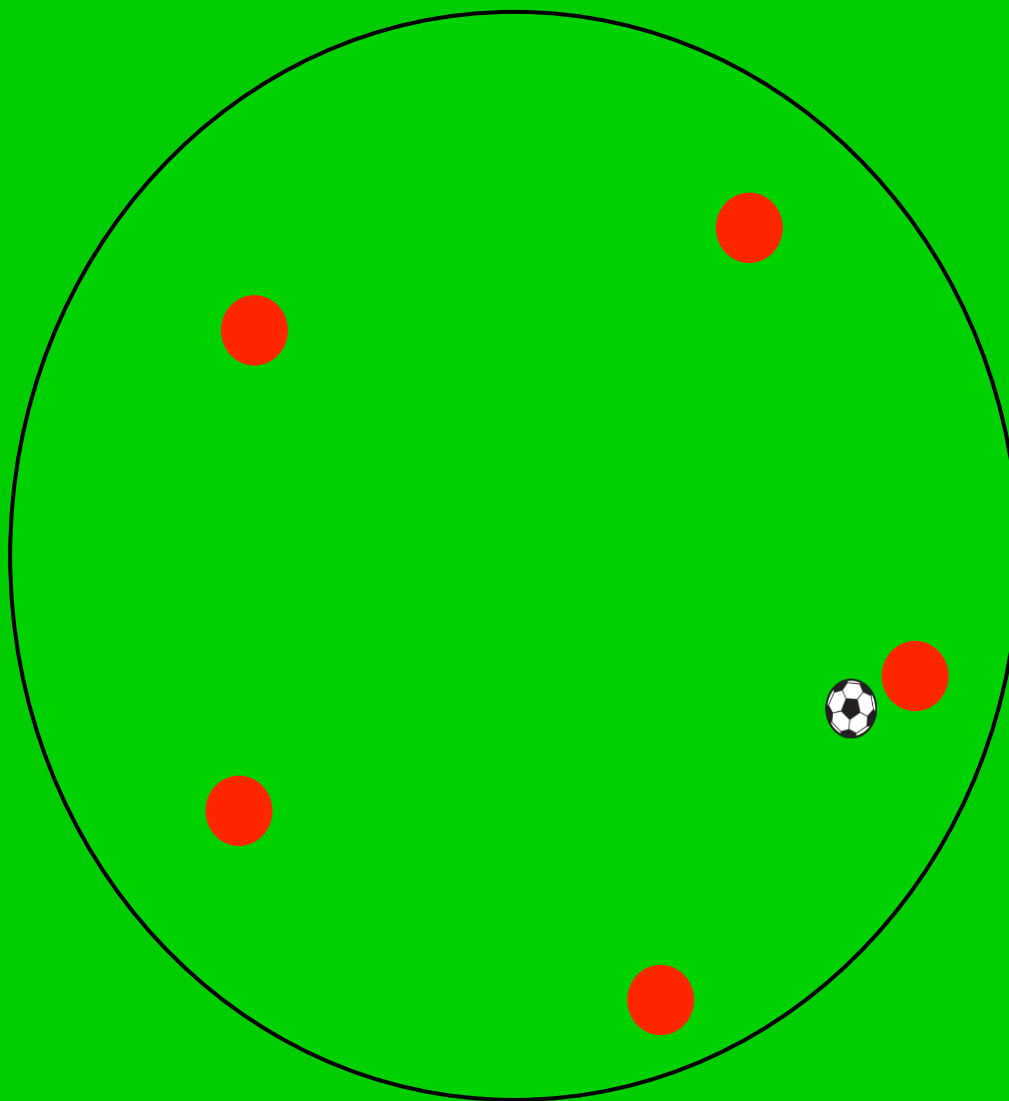
Duration – 15 - 30 seconds

Set a total – achieve the target, better the target, better the 1st score

Change players and work with other team-mates



Arrival Activity – ‘Keepy Uppy’



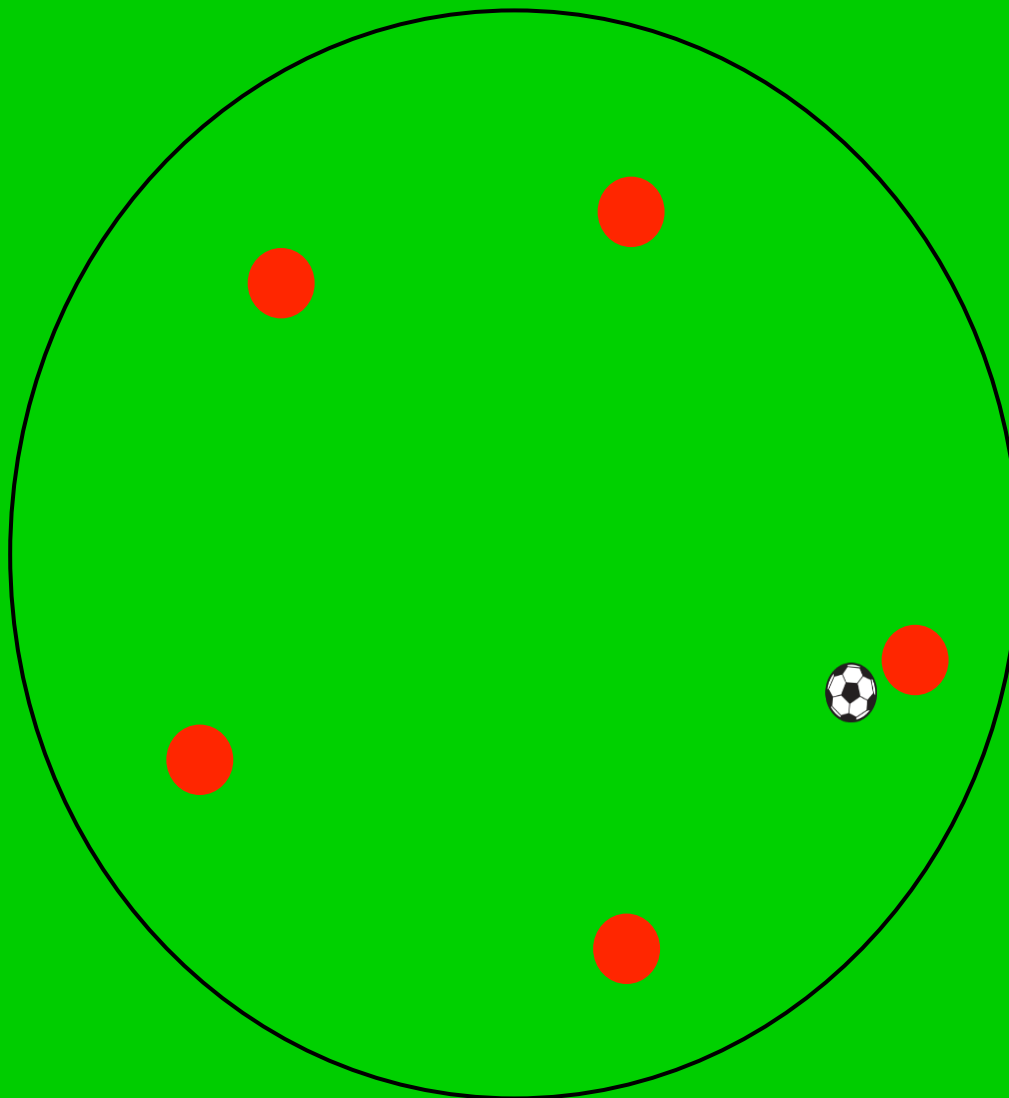
Arrival Activity – ‘Keepy Uppy’

Things to consider...

1. Play on your own or with team mates
2. Start practice with one bounce then one touch on the ball (head, foot, thigh) and keep building
3. Use both left & right foot/thigh
4. Play alternates...left-right-left-right, etc
5. Set a target, improve your own score, beat your team-mates scores
6. Challenge team mate – ‘call a number between 1-5 and they have to try and keep the ball up for that many touches before the bounce – they then challenge you’



Arrival Activity – ‘One Bounce’



Arrival Activity – ‘One Bounce’

Things to consider...

1. Play on your own or with team mates
2. Start practice with one bounce then one touch on the ball (head foot, thigh)
3. Keep the one bounce-one touch going to see how many you can score
4. Set a target, improve your own score, beat your team-mates scores
5. Add more touches but still one bounce in between – 2 touch 1 bounce, 3 touch 1 bounce, etc
6. Build to get 10 touches before each bounce, vary the surface and use both left and right foot/thigh when controlling the ball
7. Play alternates...left-right-left-etc



Arrival Activity – ‘Through The Gates’



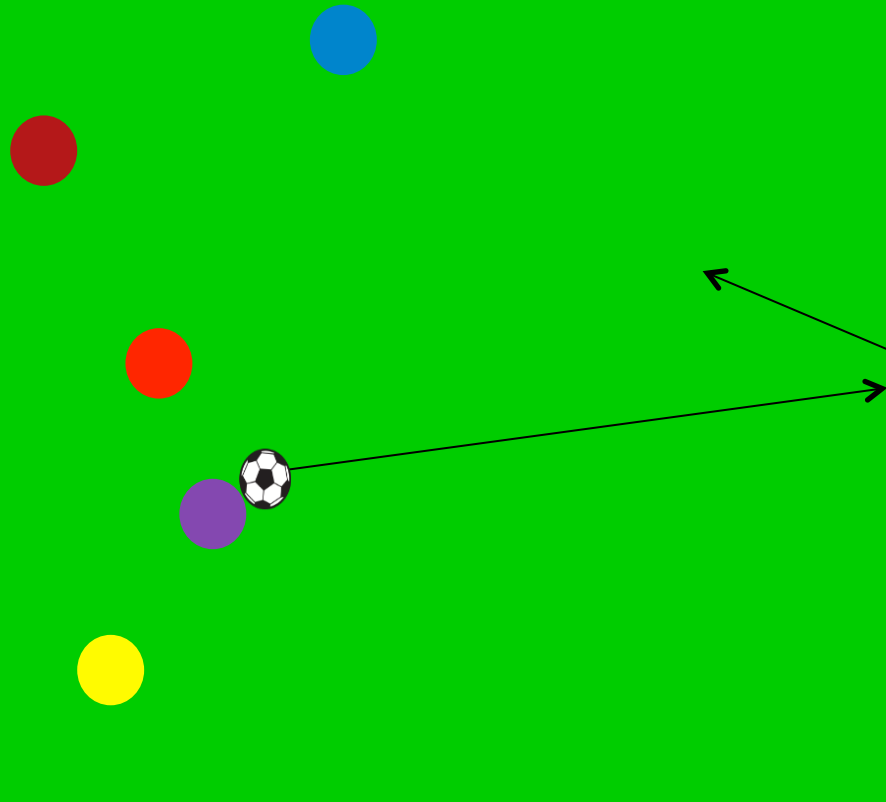
Arrival Activity – ‘Through The Gates’

Things to consider...

1. Teams of 3 players pass and move around the playing area.
2. Players try to recognise when to pass between two cones (gate) to a team mate
3. If the gate is blocked, retain the ball or pass to another team mate who is available
4. Pass through the gate, Dribble through the gate, Receive in between the gate and turn away
5. One team to attempt to block gates – ensure more gates than blocking players
6. Vary the size of the gates to increase and decrease the challenge for the players
7. Change the blocking players



Arrival Activity – ‘3 Lives/Knockout/Wallie/Spot’



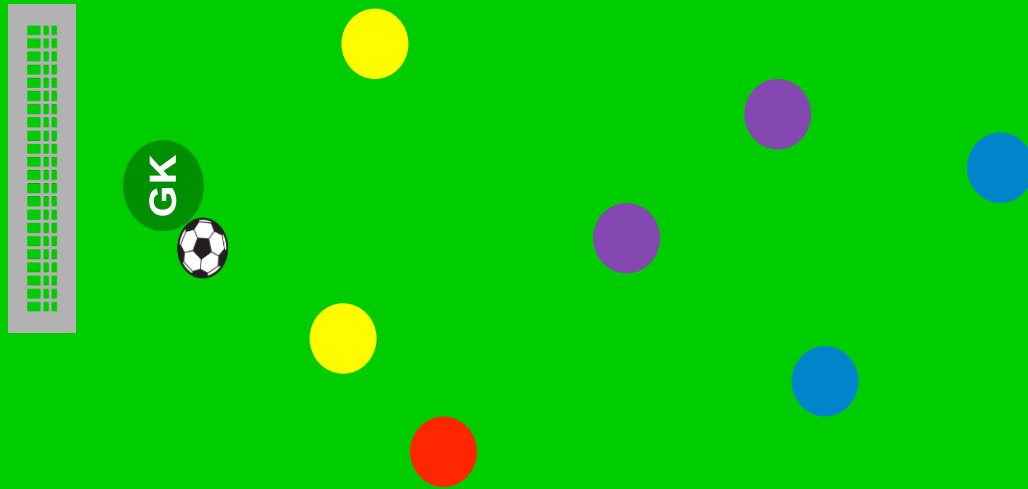
Arrival Activity – ‘3 Lives/Knockout/Wallie/Spot‘

Things to consider...

1. Decide size of area and width/height of target wall
2. Play as individuals or as pairs
3. Each player takes it in turn to pass the ball off the wall
4. One touch to control – one touch to pass it off the wall or one touch to control and set for team mate who passes of the wall
5. Ball must be played before it leaves the area
6. If the ball misses the wall or leaves the area you lose a point
7. Winner is last player or team in the game



Arrival Activity – ‘Wembley/World Cup Knockout’



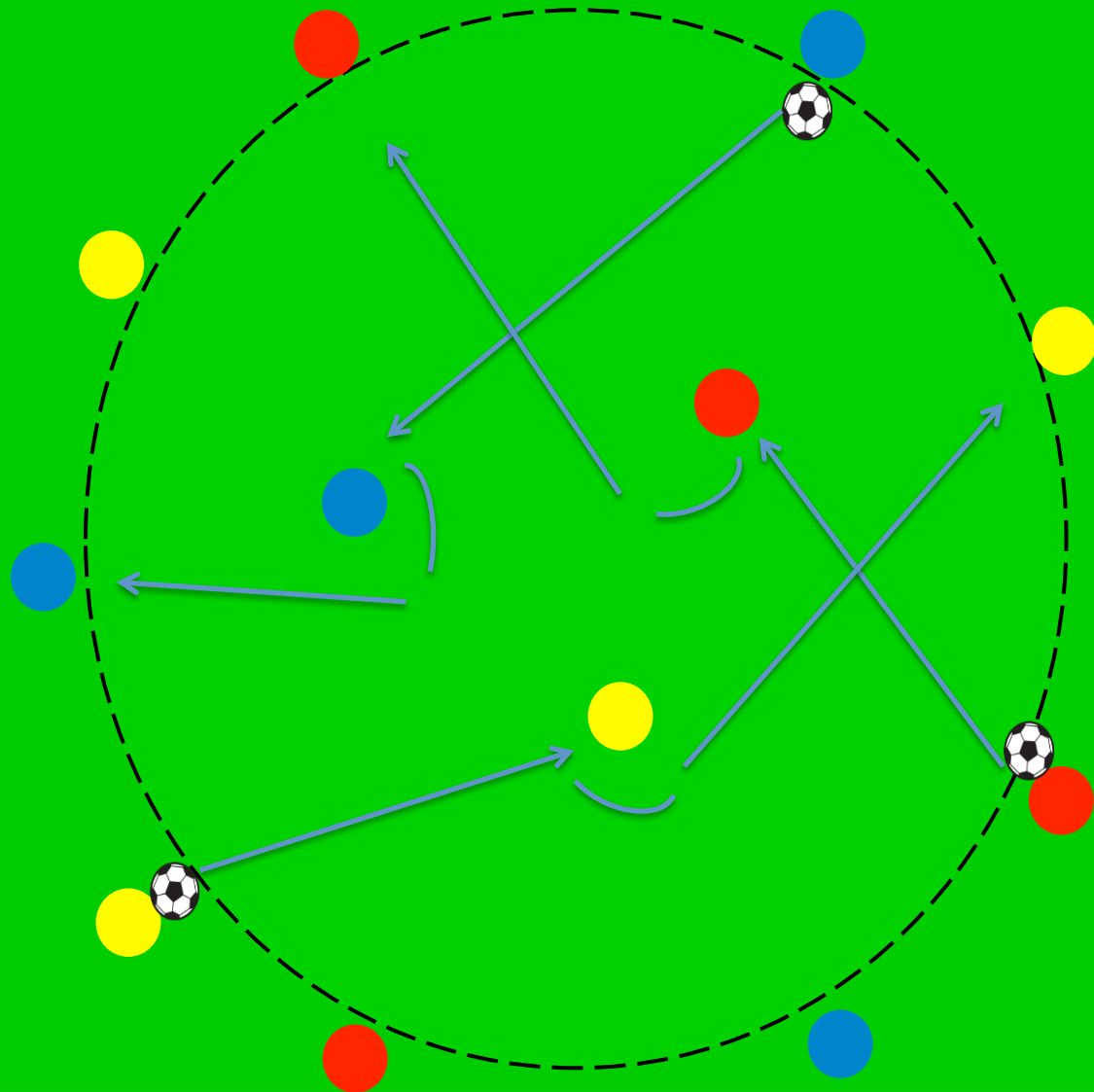
Arrival Activity – ‘Wembley/World Cup Knockout’

Things to consider...

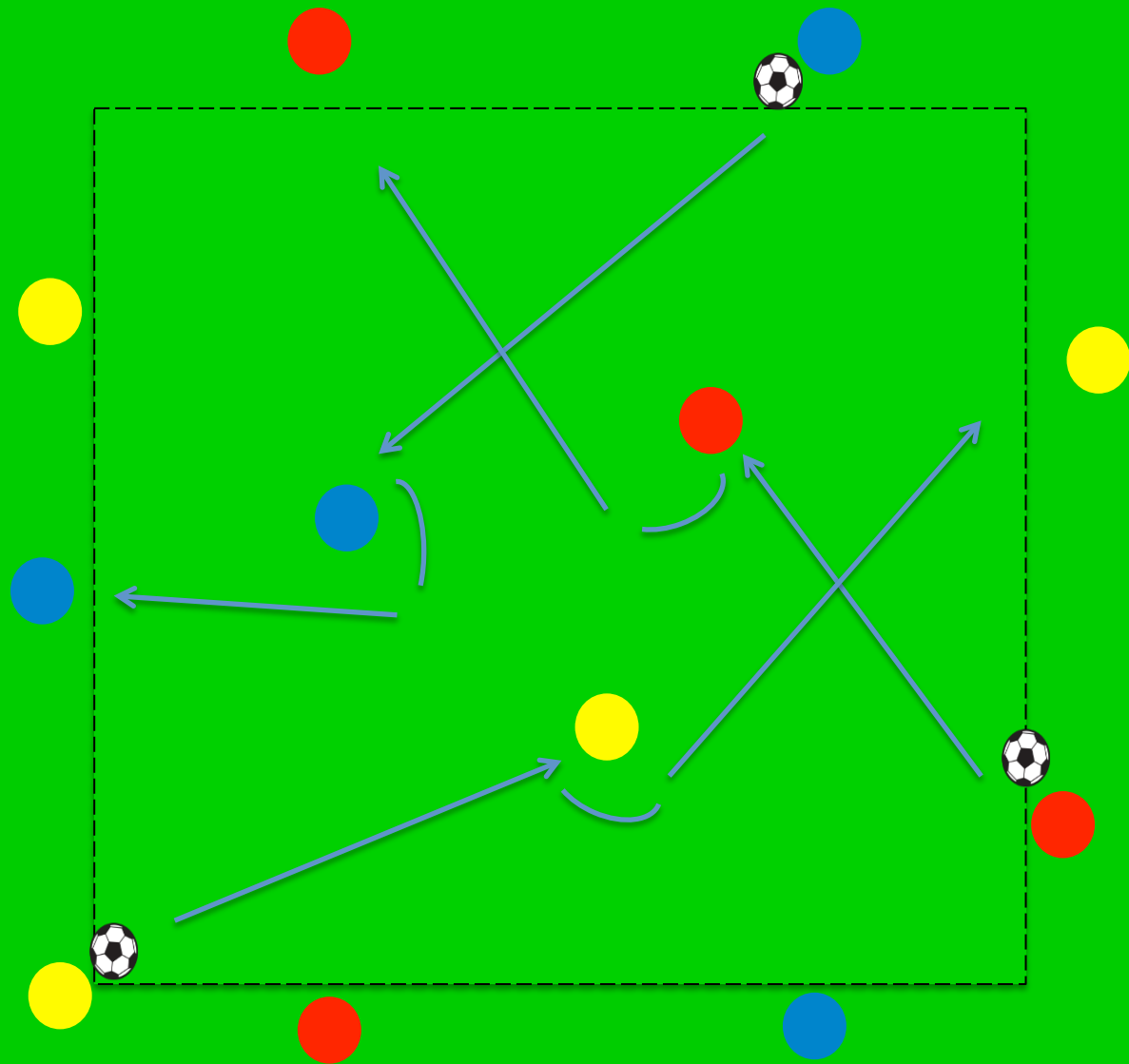
1. Decide size of area and width/length of pitch
2. One GK, other players play as individuals or pairs.
3. GK passes ball out, players compete to win the ball and score
4. First player or team to score go through to the next round
5. Play continues until last player or team is eliminated
6. If the ball goes out of play, start again from the GK (singles game) or with a throw in (team game)
7. Play in rounds until the last two players or two teams are in the final
8. Each round can have a time limit – 60 seconds/90 seconds



Arrival Activity – ‘Find a Friend’



Arrival Activity – ‘Find a Friend’



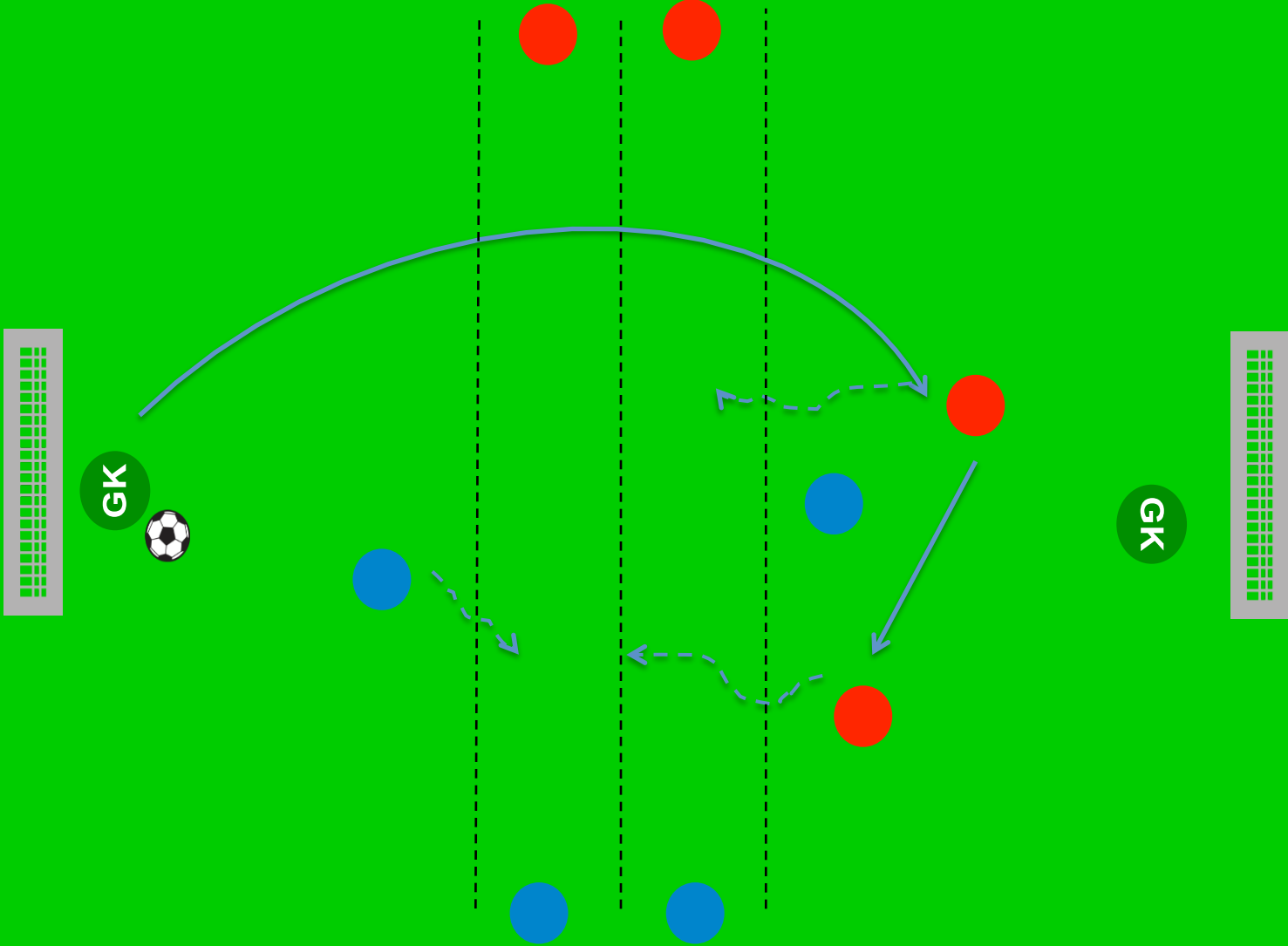
Arrival Activity – ‘Find a Friend’

Things to consider...

1. Players work in groups of 4, three on the outside of the area and one in the middle
2. Each group has one football, pass one into the team mate in the middle
3. Middle player receive, turn and pass out to a free player
4. Add an additional ball - Middle player passes out to free player and goes to receive the other ball
5. Middle player passes out and changes with receiving player
6. Middle player passes out and changes with another player



Game-related Practice – '1 v 2 – 2 v 1'



Game-related Practice – ‘1 v 2 – 2 v 1’

Things to consider...

1. GK passes into other half of the field to team mate who tries to score – 1v2
2. Defending team win possession and combine before moving into attacking half of the field.
3. Attack 2 v 1 to score
4. Single attacker to recover into middle zone
5. Defender to win ball pass into team mate in middle zone who aims to score 1v1 with GK
6. Defending players can recover to stop the attack
7. Play the game from each end

