

# Football training

## "Improve their passes"

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### Explanation of the exercise and circle game

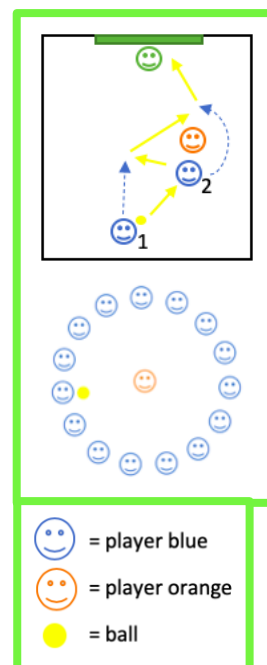
- There are two players of team blue are standing in the field. The distance between them is about 10 meters. The goalkeeper is in position.
- There is one player (orange player on the picture) standing in the field behind the second blue player. He needs to defend.
- The first blue player is standing 30 meters away from the goal.
- The first blue player passes the ball to the second blue player and runs forward.
- The second blue player passes the ball back.
- Then the second blue player will turn around and run fast around his defender.
- The first blue player passes the ball to the second blue player. The defender needs to give this player a little pressure.
- The second blue player kicks the ball in the goal.
- The keeper needs to stop the ball.

There will be a rotation system. When all the three players in the field has kicked the ball two times on goal, they switch with their other teammates who are playing the circle game. Every teammate has to do the exercise.

- The other football players will do a game.
- They will stand in a big circle. One other player will stand in the middle.
- The players in the circle play the ball to each other through the circle.
- The player in the middle needs to interrupt the ball. When he has interrupted the ball, the last player of the circle, who last touched the ball, needs to stand in the middle.
- The game continuous.

### Materials

- 2 balls



### Rules of the exercise and circle game

- The goalkeeper is standing the whole exercise in the goal to catch the ball.
- The defender needs to give a little pressure on the second blue player. He is not allowed to touch the ball.
- There will be a rotation system. All three players in the field has kicked the ball two times before they are going to play the circle game.
- It is not allowed to play to the player on your left or right. The ball needs to cross the circle.
- When the player in the middle has interrupt the ball, the last player of the circle who last touched the ball, needs to stand in the middle.

### How to make the exercise and circle game:

#### Easier

- Less distance between the players and the goalkeeper.
- No defender.

Easier for the child in the middle:

- Have more children in the middle to interrupt the ball.
- Play the game with less children in the circle.
- Make the circle smaller.

Easier for the circle:

- Make the circle bigger.
- Have more children in the circle.

#### More difficult

- More distance between the players and the goalkeeper.
- Add a defender by the first blue player.

More difficult for the child in the middle:

- Have more children in the circle.
- Make the circle bigger.

More difficult for the circle:

- Have more children in the middle to interrupt the ball.
- Play the game with less children in the circle.
- Make the circle smaller.

### Tips

- Learn from each other but mostly enjoy!

HAVE FUN!

# Football

## "Improve their passes"

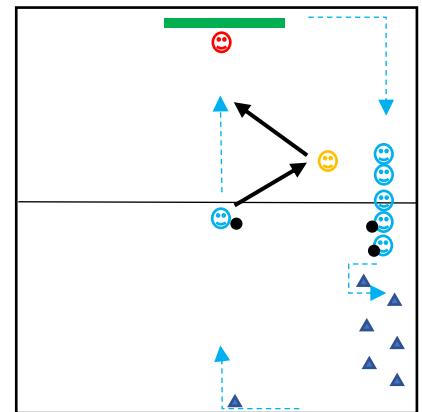
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### Explanation of the exercise

- The whole team stands in one row on the middle line (see the picture).
- The first two players have a ball.
- The exercise will start with a slalom. The players have to dribble with the ball through the slalom.
- The players dribble around the coin.
- The players dribble to the middle line.
- On the middle line, the players have to pass the ball to the trainer.
- The trainer passes the ball back and the player tries to score.
- The goalkeeper tries to stop the ball.
- The player picks up the ball and passes the ball to the next person.

### Materials

- Minimum 2 balls
- Coins



- Goal
- Goalkeeper
- Player
- Trainer
- Ball
- Coin
- Dribble
- Ball way

### Rules

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### How to make the exercise:

#### Easier

- Make the distance smaller between the goalkeeper and the player who is trying to score.

#### More difficult

- Add a defender. The defender gives pressure on the player who is trying to score.
- While you dribble, you have to dribble with the left and right foot.

### Tips

- While dribbling, keep the ball close to your foot!

HAVE FUN!

## Football

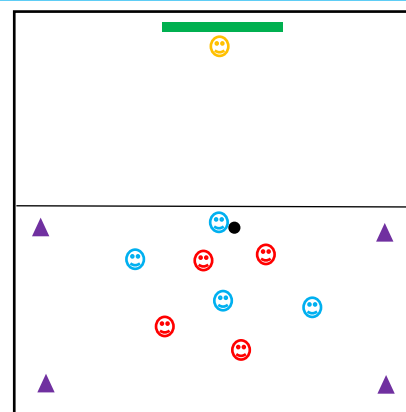
### “Improve their LOOK and PLAY skills”

#### Explanation of the game

- Two teams of four players play against each other.
- The two teams will begin in the playing area between the coins. This is the half of a football field.
- Both teams will try to make five passes.
- When a team has made five passes, the team goes to the other side of the football field and try to score.
- The other team tries to interrupt the ball. When they interrupt the ball, they may try to score.
- The goalkeeper tries to save the ball.
- When one team has tried to score, other players of the girls football team may play the game.

#### Materials

- 1 ball
- 4 coins



- Goal
- Goalkeeper
- Team 1
- Team 2
- Ball
- ▲ Coin

#### Rules

- The game will be played with the normal football rules. For example, when a teammate is touching the ball with their hands, the ball is for the other team.
- If the ball is completely out of the field, a kick-in will be awarded to the opponents of the team that last touched the ball.
- After each game, the other girls of the football team will play the game. It is a circulation system.

#### How to make the game:

##### Easier

- There are less players in the field.
- It can be an exercise:  
You can begin with two defenders and four attackers. When this games went well, you can play with three defenders and four attackers. And so on.

##### More difficult

- The distance between the coins is smaller
- There are more players in the field.

#### Tips

- First make eye contact with your teammate before you will pass the ball to her. Look, play and score!

HAVE FUN!