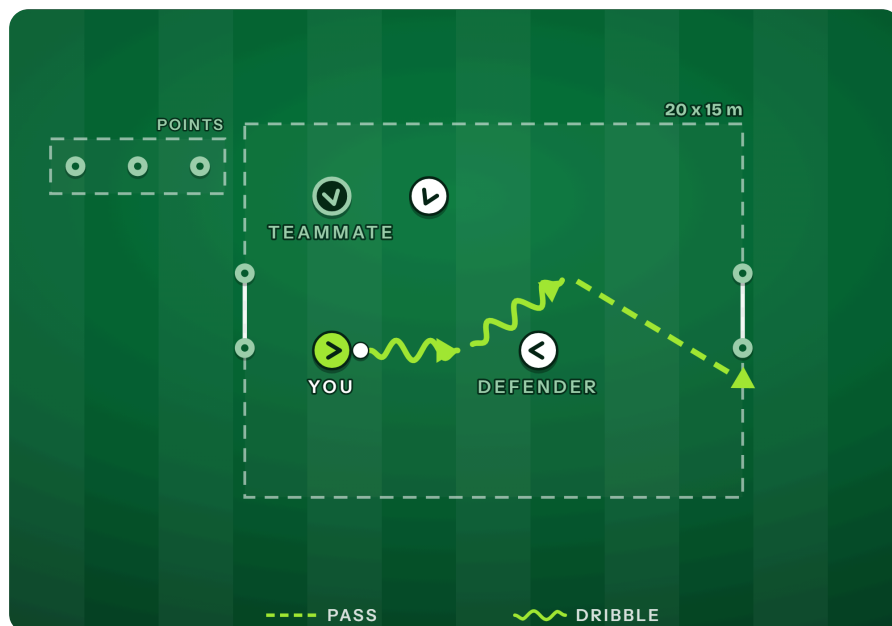




Set up

 2v2, no slide tackles

 2 small goals

 Cones to keep score

 20 x 15 m pitch

Dose

⇒ 4 games of 3 minutes

 1 minute rest between

4 games of 3 minutes with 1 minute of rest between (the Football Reach target, not an FA rule).

What it trains

A small game that scores brave tries, not just goals: 1 point for a dribble at a defender, a forward pass or a shot, 2 if it works. It builds courage on the ball, and shows that mistakes are part of learning.

How it works

- 1 Warm up first. Mark a pitch about 20 x 15 m with a small goal at each end (two cones make a goal) and play 2 v 2, or 3 v 3. Keep a few spare cones beside the pitch for each team's tally.
- 2 The scoring: a brave try (a dribble at a defender, a forward pass or a shot) scores 1 point. If it works (you get past, the pass arrives, the shot goes in) it scores 2. A safe pass sideways or back is fine, but scores nothing.
- 3 Whoever keeps score (a coach, a parent or the subs) calls out each point and what was brave, and adds a cone to that team's tally.
- 4 After each game, every player says one brave thing they will try in the next game.
- 5 Play 4 games of 3 minutes, with 1 minute of rest between.

Coaching points

- 1 Have a go**

Take the brave option when it is on: dribble at your defender, pass forward or shoot. Trying scores even when it fails, so losing the ball costs you nothing here. England Football's "dare to dribble" session asks players to be brave in possession.
- 2 Mistakes are allowed here**

A miss, a lost dribble or a pass that is cut out still scores 1 point. England Football calls mistakes crucial to development and asks coaches to praise the intention, not just the outcome. The scoring is our design, built on that advice.

- × **Not this:** Only cheering the goals, or groaning at a miss. England Football warns that a harsh, judgemental environment stops players trying new things. Name the brave try out loud instead: "Good, you took them on."

 HARDER

A move only scores once per game: to score again, try something new (a different feint, your weaker foot, a pass between two defenders). Or add a two-touch limit for passes, so dribbles and shots stay the brave choice.

↘ EASIER

Defenders may only walk, or only block (no tackles), until taking them on feels normal. Or play 1 v 1 with a parent or coach who defends at walking pace.

Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Defenders stay on their feet: no slide tackles, and keep the ball on the ground.
- Peg or weight both goals down so they cannot tip over (The FA goalpost safety guidance). Flat grass with space all round, never a road or driveway.
- Mistakes are part of learning, never a reason to shout at anyone. If mistakes leave you anxious or low for a while, talk to a parent, a coach or someone you trust.
- Warm up first. Stop if anything hurts and tell an adult.

 Track 12 weeks (tick each session)



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