



Demo "The Dutch way"

age group 6-8 years





Exercise 1

Passing.

Skills: passing with the inside of the foot, controlling the ball.

Exercise 2

Passing but trying to score through the cones.

Difference:

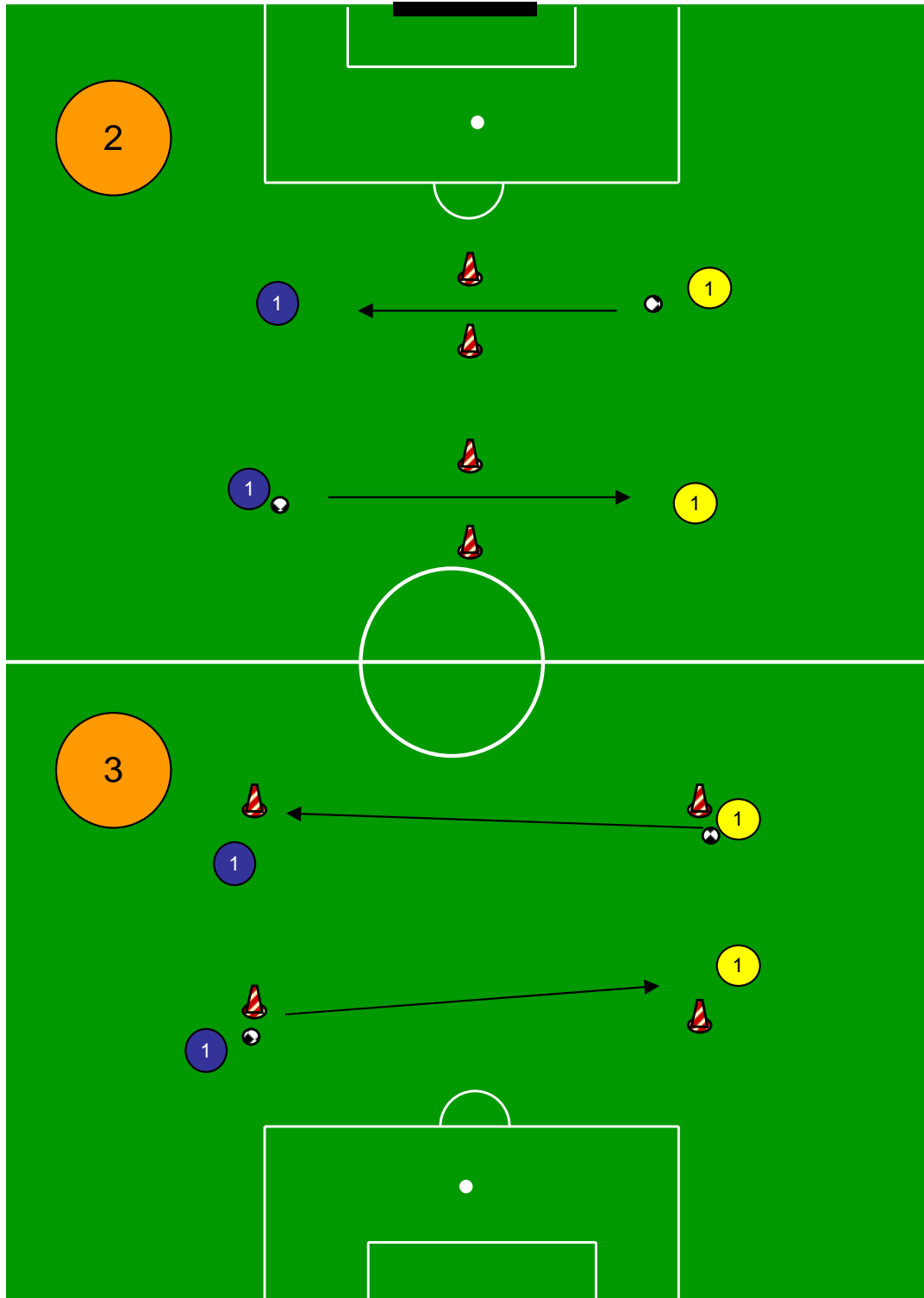
More challenging, needs more precision, who will be the winner?

Exercise 3

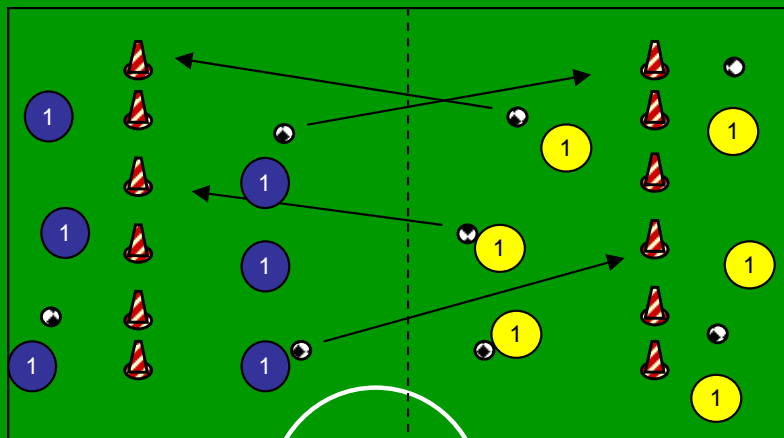
Passing but try to hit the cone with the ball.

Difference:

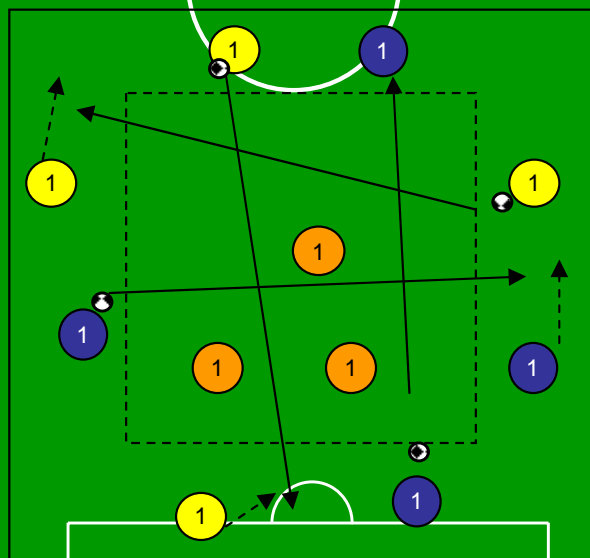
Even more challenging and needs more precision



4



5



Exercise 4

Passing game: "break the wall"



The 2 teams try to win the game by passing/shooting to the other side and hit the cones. The other team-mates will give the ball back as fast as possible.

Skills:

Passing/shooting, controlling the ball, dribbling and passing, trying to defend the ball, looking for space to pass or shoot...

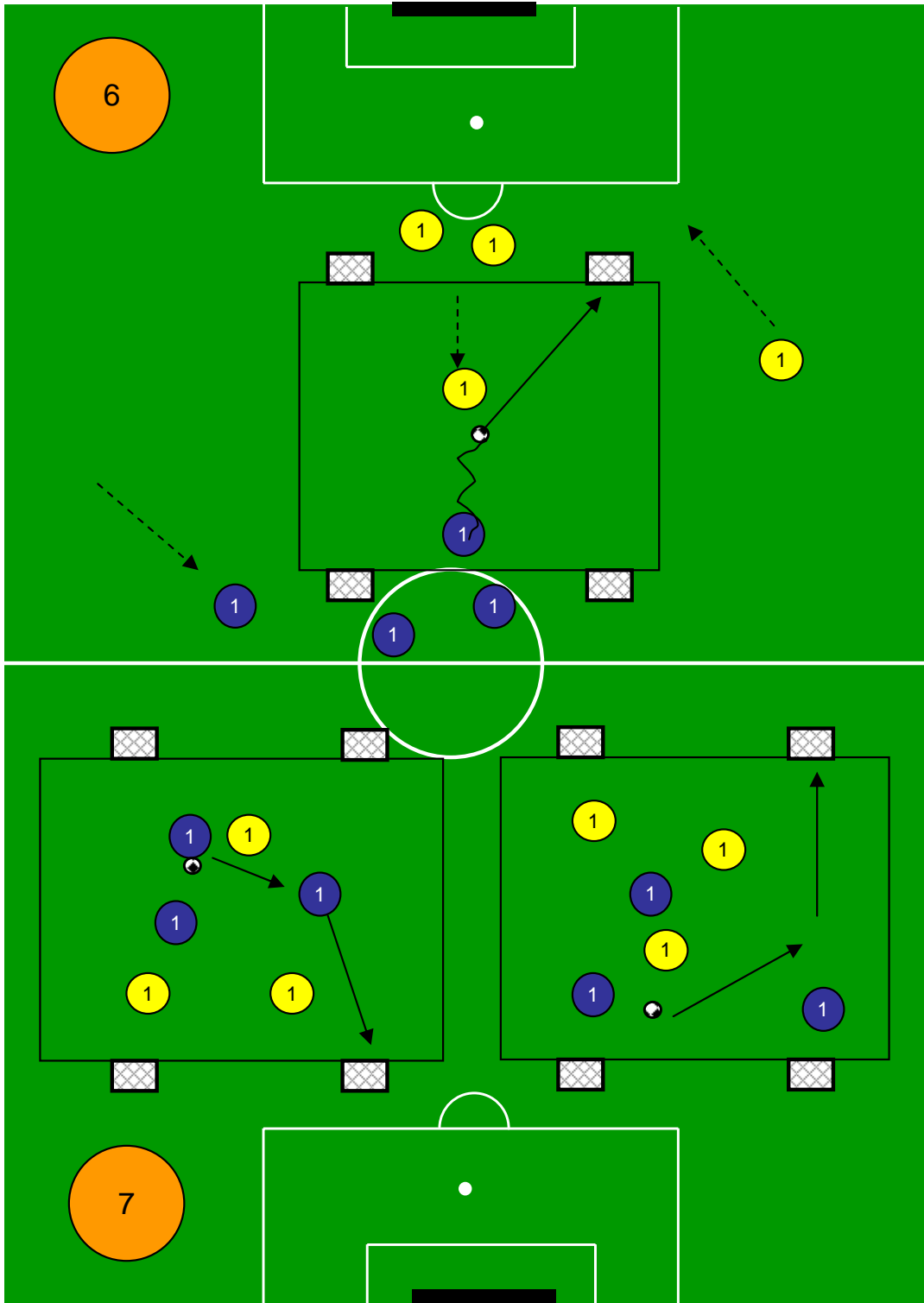
Exercise 5

Passing game: "Look out for the defender"

2 players have to try to pass the ball to each other without the defender intercepting it.

Skills:

Passing/shooting, controlling the ball, dribbling and passing, walking to the free space, working together.....



Passing game: "score the goal"

Skills:

Dribbling, passing/shooting, looking where the goal is, waiting for the right moment...

Small sized game: 3 v 3 on 4 small goals

1 team tries to score on the small goals of the other team by playing together and passing the ball.

Skills:

Dribbling, passing/shooting, looking where the goal is, working together, waiting for the right moment...

Demo Australia the Dutch way

Age Group: 6 - 8 years

Who are they?

- Easily distracted
- Cannot concentrate for a long time
- Egocentric, no feeling for teamwork
- They all want the ball
- Players abilities are limited

What are the main objectives?

- "The ball and me"
- Gaining control over the ball
- Developing basic skills to be able to play the game

How do these children learn?

- Each child must touch the ball as often as possible
- Making it easier by simplifying the game
- They must be able to score points (what do I have to do and how can I score goals?)
- Learning by experiencing and solving problems as much as possible
- The coach must help the players to discover...

What kind of exercises?

- All kinds off skill oriented games, with direction, speed and precision
- Small sized games where players are challenged and get as many repetitions as possible