

## Session 10

### Start Game – 15 Minutes

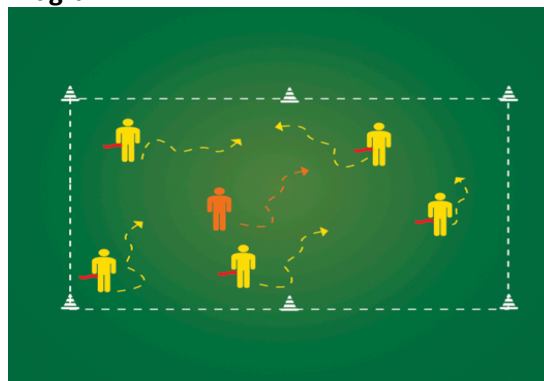
#### Organisation/ Explanation

- One 'hunter' chase players and try to remove the players tails from their shorts.
- If the players tails are taken, they then become the 'hunter'.

#### Progression

- The 'hunter' dribbles their ball whilst trying to remove the other players tails.
- Players with 'tails' dribble their balls while trying to avoid the 'hunter'

#### Diagram



### Middle Game – 20 Minutes

#### Organisation/ Explanation

- Players dribble around the playing area.
- Players perform an instruction given to them by the coach whose instruction starts with 'Simon Says'. If instruction doesn't start with "Simon Says" then players continue to dribble. Whose listening, whose not!!!

#### Tasks to include

- STOP – Stop the ball dead with foot on ball.
- TURN – Quickly go the other way.
- OUT – Run outside the square and put foot on ball.
- LEFT – Dribble with left foot only.
- RIGHT – Dribble with right foot only.

#### Diagram



### End Game – 20 Minutes

#### Organisation/ Explanation

- Player Area: Length: 20m, Width, 15m.
- Goal: End Zone as illustrated 2m x 2m.
- To score a goal, team must play the ball into their teammate located in the end zone who must control the ball within the end zone area.
- There are no goalkeepers.
- Rotate players in the end zone every 1-2 minutes.

#### Diagram

