

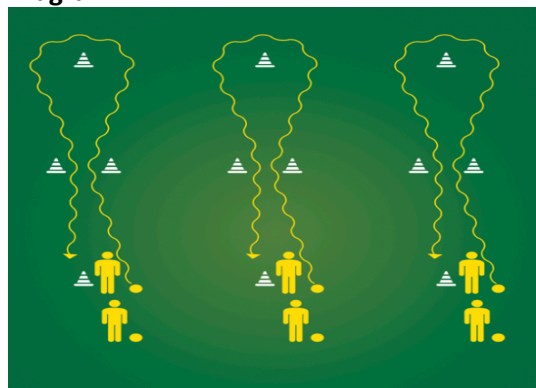
Session 11

Start Game – 15 Minutes

Organisation/ Explanation

- Each player starts with a ball.
- Player 1 dribbles the ball through the middle gate and then around the far cone and back through the gate as illustrated.
- Once the player has returned the next player goes.
- Increase the difficulty by varying the size of the gate in which the player has to dribble through.
- Encourage players to use both feet whilst dribbling.
- Add competition to see what team can complete relay the fastest without touching any cones.

Diagram

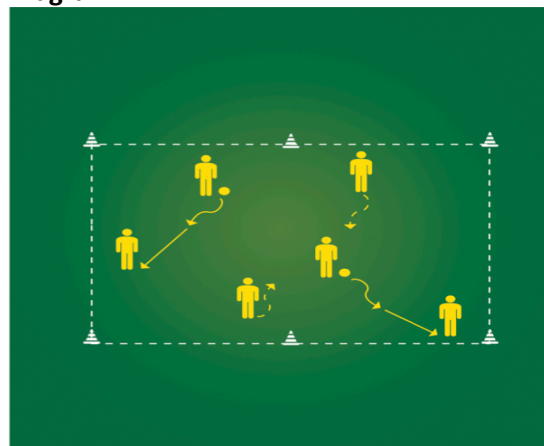


Middle Game – 20 Minutes

Organisation/ Explanation

- 2 players with a ball, 4 players without a ball.
- Players with the ball dribble around the playing area whilst the 4 without the ball move freely around.
- Players with the ball look to pass to any free player without a ball.
- Players are encouraged to move around throughout the playing area to either pass the ball or to receive the ball.
- Encourage players to communicate to each other and find space where they can receive the ball.

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: 20m, Width 20m.
- Gates: 4 gates 1m-2m wide inside the playing area.
- Players can score by passing the ball through one of the gates to a teammate.
- This game encourages passing and supporting.
- Encourage players to find space and to move constantly to receive the ball.

Diagram

