

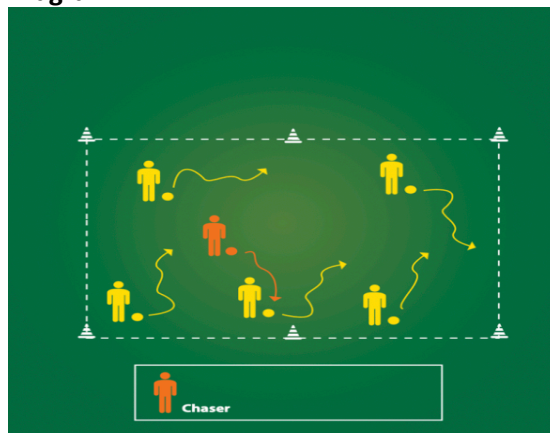
Session 12

Start Game – 15 Minutes

Organisation/ Explanation

- Playing area: 10m x 14m.
- Players dribble their balls around the playing area.
- A 'chaser' is nominated, and they try to tag other players whilst keeping their own ball under control.
- Rotate through so all players have a go at being the 'chaser'.
- Add a competition, how many players can the 'chaser' tag in 30s - 1 minute?

Diagram

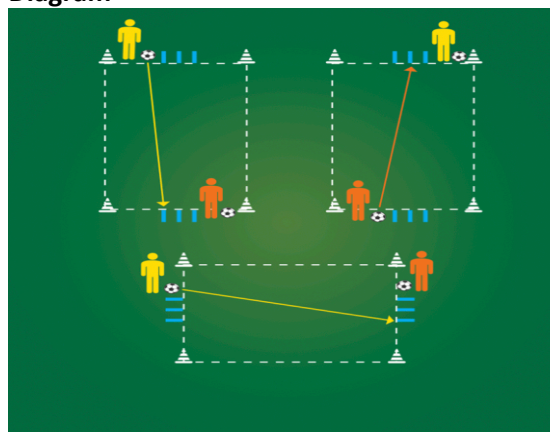


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing Areas: 10m x 7m.
- To score, players must hit the target to get points.
- Targets can include, cones, poles, water bottles, balls.
- Players receive 1 point for every target that is hit.
- Encourage players to strike though the ball with both laces and also with inside of the foot.
- Get players to strike the ball right foot only.
- Get players to strike the ball left foot only.

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 20m, Width 15m
- Goal: Triangular goal, 2m-3m per side and set up in playing area as illustrated.
- To score, players must shoot or pass through any of the 3 sides of the triangle.
- Initially players can score in any of the two triangles.
- Progress this so each team has a designated goal.
- Defending team can defend the goal from outside of the playing area.
- Encourage players to shoot and pass as often as they can from different angles to try and score.
- Encourage players to find space to receive the ball.

Diagram

