

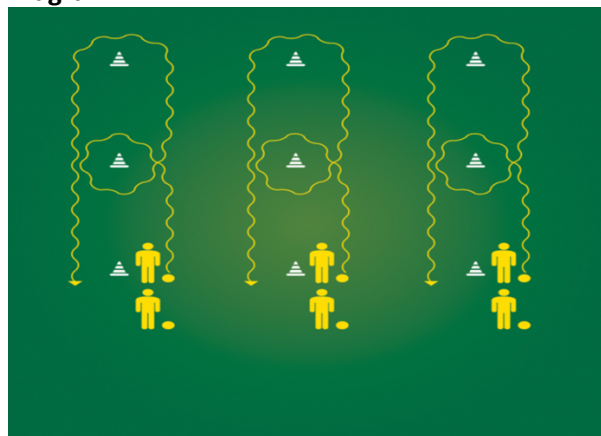
### Session 3

#### Start Game – 15 Minutes

##### Organisation/ Explanation

- Player starts with a ball and dribbles around first cone then to the second cone and returns.
- Team-mate waiting in the line starts only when first player has returned with their ball.
- Players to use both left and right foot to dribble the ball around the cone.
- Players to use inside and outside of the foot to move the ball around the cones.
- Encourage a competition element, ie, first team to complete relay 2 times gets 3 points

##### Diagram



#### Middle Game – 20 Minutes

##### Organisation/ Explanation

- Field size 15m x 15m
- Players in two teams dribble ball inside the square.
- On the call of 'empty it' by the coach, both teams compete against each other to 'kick' out opponents ball out of the square.
- Winning team is the team who has players remaining in the square with their ball.

##### Diagram



#### End Game – 20 Minutes

##### Organisation/ Explanation

- Length: 20m , Width: 15m
- Goals: 2 goals on each end line 2 metres wide.
- No Goalkeepers
- Goals can be scored in either of the two oppositions goals.
- Encourage players to shoot as often as possible
- Encourage players to spread out and find space to receive the ball.

##### Diagram

