

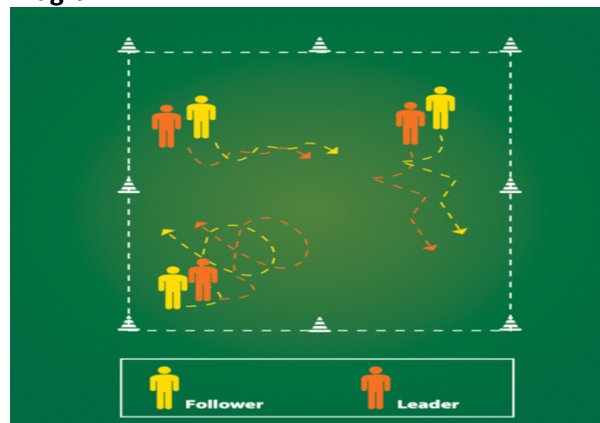
Session 4

Start Game – 15 Minutes

Organisation/ Explanation

- Players get into pairs, one designated as 'leader' and the other as 'follower'.
- 'Leader' moves around the playing area changing speed and direction.
- "Follower" copies everything the 'Leader' does.
- Change roles frequently and pairings.
- Encourage the players to be creative and perform as many ball mastery skills moves as possible.

Diagram

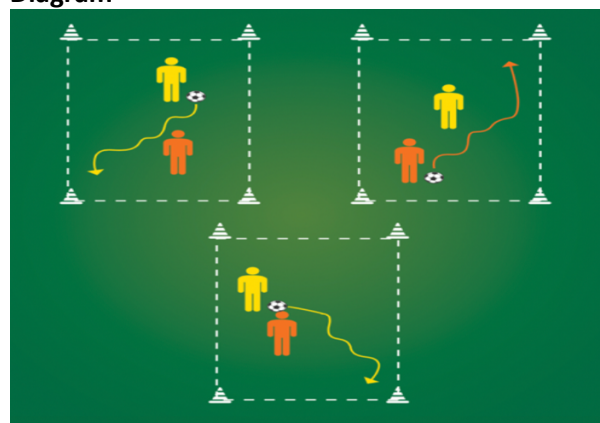


Middle Game – 20 Minutes

Organisation/ Explanation

- 10m x 7m playing areas.
- Players play 1v1 on each mini field as illustrated.
- Players score by dribbling ball over the end line.
- Set playing areas up so there is space in between to avoid any player collisions.
- Rotate players regularly.
- Play maximum of 1-2 minutes games only.

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing area: Length 20m x Width 15m.
- No goals.
- Usual game rules apply.
- To score a goal, players must dribble the ball over the opponents end line.
- Encourage players to dribble the ball as often as possible and to take players on in a 1v1 situation.

Diagram

