

Session 8

Start Game – 15 Minutes

Organisation/ Explanation

- 2 players 'collectors' link hands and move around the area trying to kick other players balls out of the area.
- When a player's ball is kicked out, they immediately join hands with the 'collectors'. This continues until only one player is left with their ball who will be declared the winner.
- Rotate the 'collectors'.
- Get players to dribble with right foot only and left foot only and both feet.

Diagram

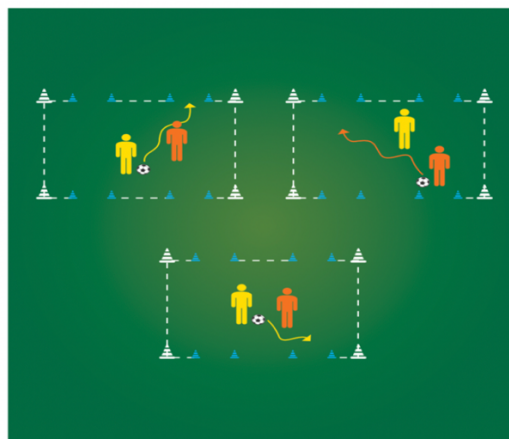


Middle Game – 20 Minutes

Organisation/ Explanation

- Playing area: 10m x 7m (field is short and wide as illustrated)
- Two gates set up on each of the end of the playing areas. (as illustrated)
- Players play 1v1 and to score must dribble the ball into either one of the end gates.
- Keep rotating opponents regularly.
- Encourage players to be creative and be brave.

Diagram



End Game – 20 Minutes

Organisation/ Explanation

- Playing Area: Length 15m, Width 20m.
- Goals: None
- Usual rules of a game apply.
- To score a goal, players must dribble the ball across the opponents end line.
- To score 2 points, players dribble the ball in the set-out scoring boxes as illustrated.
- Encourage players to dribble and to take players on a 1v1

Diagram

