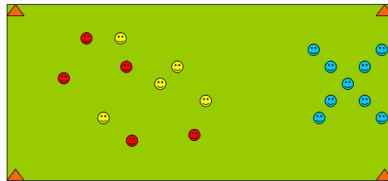
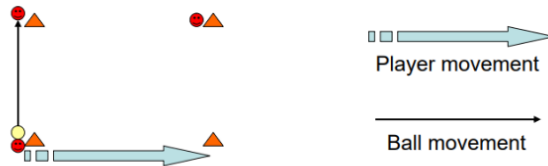


## Warm Up – Get into shape



- Warm up game
- Child must stay in coned area
- Coach gives instructions: run around, run backwards, skip, hop on one foot, fly like an aeroplane, bound like a kangaroo etc...
- When coach calls a letter or a number the children must as a team assume the shape of the letter/number.
- EG above X
- Other examples... 1,4,7,0, 10, C, D, E, F, H etc....

## Fill the corner



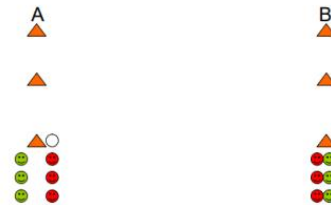
- Players work in groups of 3
- Square playing area marked with cones
- Aim to pass to partner and run to spare cone

### Tips

- Time the run
- Passer – decide who to pass to and know where the empty corner is!

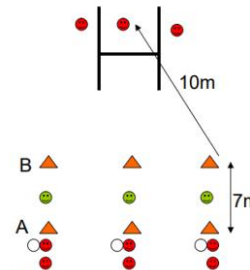
## Finish with matches

## Tackle



- As in group A – in pairs – one with ball one without.
- Player with ball begins to walk and bounce ball every 4 steps towards furthest cone away.
- Player without ball walks along and attempts to slap ball away with his/her closest hand.
- Player in possession must walk in a straight line.
- The tackling hand must be held open and not as a closed fist.
- The nearest hand is used to dispossess as referees will usually give a free when they see one arm coming across the body of the player in possession. The player in possession can also drag the defender to the ground and still get a free.
- Progress to a jog and further to a run. Swap roles after each run.

## 3- Scoring on run - unopposed



- Scoring on run unopposed.
- Player at Cone A handpasses ball to player in between cones A & B.
- Take return pass and run four steps.
- While on the run, player must steady themselves to kick on the run.
- Slow down just before shooting.
- Person who has just kicked becomes handpasser, handpasser goes behind goals, person behind goals is next kicker.
- Remember to step into/run into kick – do not stop to kick
- Ball dropped to foot not thrown up, head down, watch for what part of foot the ball is kicked with – middle of foot ("laces").