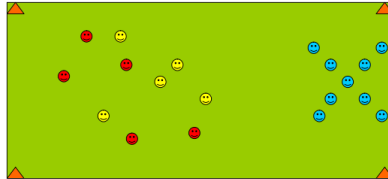


## Warm Up – Get into shape



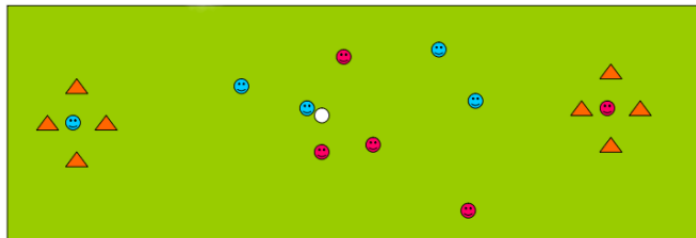
- Warm up game
- Child must stay in coned area
- Coach gives instructions: run around, run backwards, skip, hop on one foot, fly like an aeroplane, bound like a kangaroo etc...
- When coach calls a letter or a number the children must as a team assume the shape of the letter/number.
- EG above X
- Other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

## 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-Find the keeper



- Aim of the game is to work the ball back to your own keeper
- Each keeper must remain in their designated area
- Rotate keeper after every 2/3 scores
- When you score the keeper places ball on ground for opposition to restart the game and work the ball back up the other end
- Normal rules apply
- Can be restricted to handpass only

**Finish with matches**