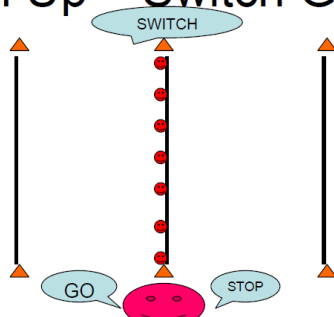
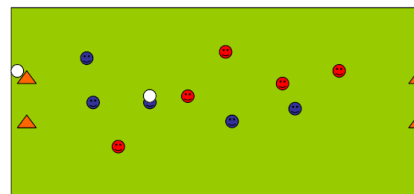


Warm Up – Switch Go Stop



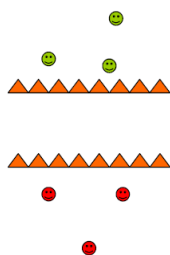
- Set up grid as shown on diagram.
- Players line up on centre line and face coach.
- Coach calls out instructions:
- GO = players run to their right, touch line with foot and retreat to centre line.
- STOP = players run to their left, touch line with foot and retreat to centre line.
- SWITCH = players on centre line face opposite direction.
- Change rules so that go = run left & stop = run right.

Handpassing Game



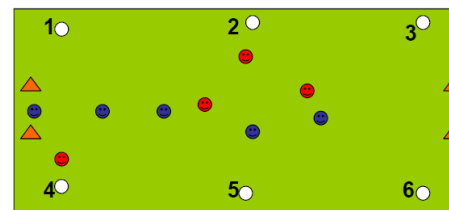
- Set out pitch as above with 2 teams.
- 5 v 5 handpassing game.
- Play begins with throw in from coach
- Ball must be handpassed to transfer – no kicking allowed
- One bounce only per possession – make sure to make maximum use of this = 4 steps bounce 4 steps deliver
- Aim of the game handpass the ball into the other teams goal
- No goalkeepers – no crowding of goal either
- Encourage movement of ball and support play
- "Once you pass move again to get ball off your buddy"

Over the river game



- Over the river game – punt kick over the river
- Points for kicking(1), ball hitting ground(2), chest catch(3) and overhead catch(5).
- Use this station as the one to practice catching particularly overhead and chest catching.
- Highlight to kids there are more points for the catches!

Continuous Play



- Set out pitch as above with 2 teams and six footballs.
- There are six designated positions for footballs.
- Play begins with the referee calling a position (1-6) and the nearest player to the ball gets the game going.
- When the ball goes out of play again the referee calls another number.
- This game allows for 6 consecutive plays.
- It encourages quick reactions and decision making for the player who gets the ball.
- When all balls are used up the players must reset the balls.

Finish with matches