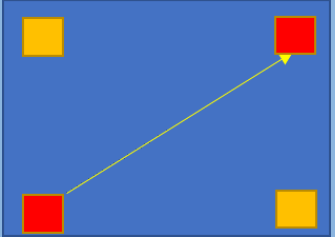
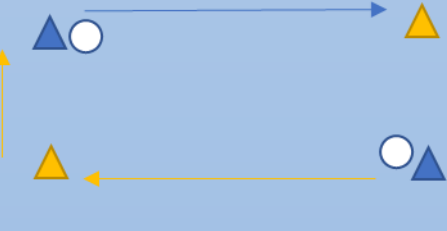
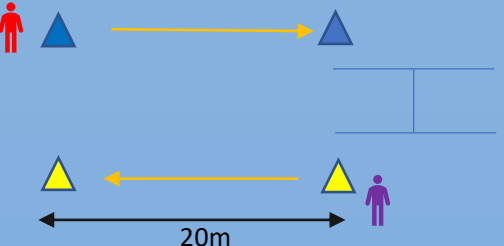


Activity	Description of activity	Diagram
Warm Up (10/15 mins) <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength <p>2/4 groups with 2/4 different colour bibs</p>	Warm up - Handpass & Bounce Mini Game (1 play max) <ul style="list-style-type: none"> The pitch is a square approx 20m x 20m Each team(6-8 players) has 2 scoring zones Each team has 1 player in each of their scoring zones i.e. red score in red zone and vice versa To score the team have to work the ball handpassing only into the scoring zone Swap the player in the scoring zone at each score 	Required Equipment: - 4 poles/16 cones Hungry hippo game also: https://vm.tiktok.com/ZGJXGrhp1/ 
Skill Development #1 (15 mins) <ul style="list-style-type: none"> Kick Pass Hand Pass 	Kick Passing & Hand Passing Drill <ul style="list-style-type: none"> Kick Pass 15-20 metres, Hand Pass 3-5 metres Aim is to ensure the players master both skills but also to understand when to handpass & when to kick pass	Approx 6 players per drill (2 on blue cone, 1 on yellow) kick pass long side , hand pass short side, follow your pass 
Skill Development #2 (10 mins) <ul style="list-style-type: none"> Shooting Tackling <p>Set up this drill X 2 on one pitch if numbers are > 20</p>	Practice shooting & defending <ul style="list-style-type: none"> Red players are defenders, Purple players are forwards. With the ball the forwards sprints 20m out to the yellow cone and turns and tries to score At the same time the defender sprints 20m to the blue cone and tries to stop the forward scoring Increase to 2v2 if needed 	
Game 3 (15mins) <ul style="list-style-type: none"> Go Games – 2 x small sided 6-8 a side Conditions: Only 2 plays Encourage support of team mate 	Key points after all our games to date: <ul style="list-style-type: none"> Tackle the ball not the man – need to ensure all our players are tackling RESET – mark up at restarts Very important our players are competing for every ball (no standing back) Take 4 steps once they gain possession(no standing still) 	Pitch Size for 6-8 a side should be approx. 60m x 30m To ensure participation for all identify 1 or 2 players on each team that the must receive the ball before a team scores To promote passing, every pass a team gets prior to a score is counted as 1 point if they get 5 passes before they score the point or goal is worth 5 – I'll explain further 😊
Cool Down/Group Discussion on Session (5 mins)	Ask the players how session went and what to practice at home for the week	Sprint Race to finish

25 Footballs, 40 Cones, 16 Poles, 30 Bibs, 2 sets of goalposts

Equipment Required