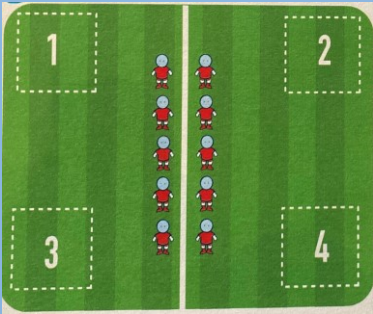
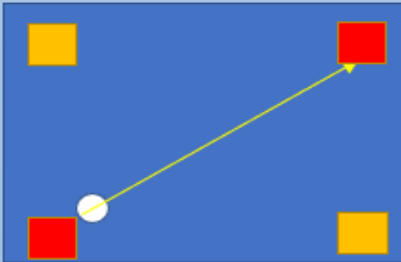
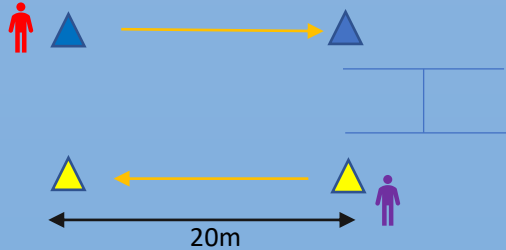


Activity	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength <p>2/4 groups with 2/4 different colour bibs</p>	<p>Warm Up 3: in 2's players line up opposite each other. Ball between every 2 players</p> <p>Activities:</p> <ul style="list-style-type: none"> Hand pass to each other 3-5m apart – see can the group not let a ball touch the ground for 10-20 sec Heads shoulder knees toes ball calls – Add zones or coloured poles if needed Kick pass 10-15m apart – no pass over hit or across another group for 20 sec 	<p>Required Equipment: - 4 poles/cones</p> <p>Hungry hippo game also: https://vm.tiktok.com/ZGJXGrhp1/</p> 
<p>Skill Development #1 (15 mins)</p> <ul style="list-style-type: none"> Support Play & Team work Handpass Bounce <p>Set up this drill X 2 (2 teams per drill)</p>	<p>Handpass & Bounce Mini Game (1 play max)</p> <ul style="list-style-type: none"> The pitch is a square <u>approx</u> 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 every minute 	 <p>This game is to encourage teamwork & support play Once a team score in one zone they continue in possession and try to score in the opposite zone</p>
<p>Skill Development #2 (10 mins)</p> <ul style="list-style-type: none"> Shooting Tackling <p>Set up this drill X 2 on one pitch if numbers are > 20</p>	<p>Practice shooting & defending</p> <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 	
<p>Game 3 (15mins)</p> <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 	<p>Key points after all our games to date:</p> <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) 	<p>Pitch Size for 6-8 a side should be approx. 60m x 30m</p> <p>To ensure participation for all identify 1 or 2 players on each team that the must receive the ball before a team scores</p> <p>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 😊</p>
<p>Cool Down/Group Discussion on Session (5 mins)</p>	<p>Ask the players how session went and what to practice at home for the week</p>	