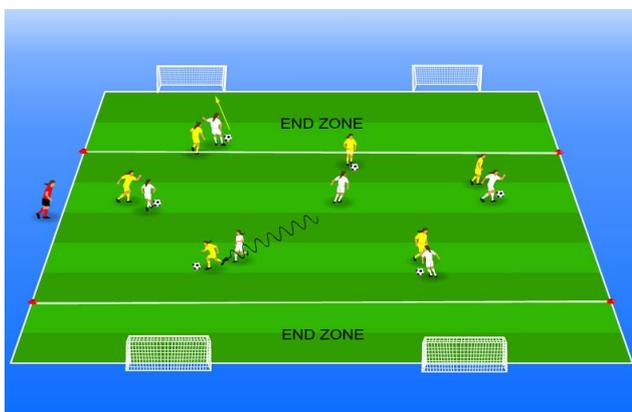


DISCOVERY PHASE: SESSION TWO

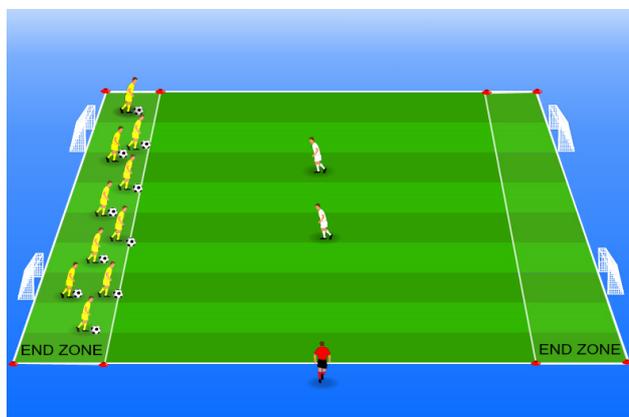
Suggested equipment list:

8 cones, 10 balls, 4 mini goals, 2 portable goals (age-specific) and 2 sets of bibs



Activity: Beat and Score

- Split group into two teams and partner off
- Player with the ball must beat partner in a 1v1 duel and score in one of two goals once they enter the end zone
- Rotate role of attacker and defender after each attempt
- Rotate opponent every two minutes



Activity: Football Rush

- Attackers have a ball each and attempt to run with the ball from one end-zone to reach the opposite end-zone
- Defenders try to win the ball off attackers and score in goals at the end attackers have run from
- If defenders score a goal, they switch with the attacker they won the ball off to become an attacker
- Once all attackers have reached the opposite end zone, defenders reset, and attackers run with the ball the other way



Activity: Keep the Ball

- Split players into two teams and partner off
- Attacker attempts to keep the ball off the defender for a 30-second period. If successful, they receive 2 points
- The defender tries to win the ball off attacker and take possession of the ball. If successful, they receive 1 point
- Rotate role of players every 30 seconds
- Rotate opponents every minute



Activity: Free Game

- Normal game, 1 point for a goal
- Create one or two games
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions without stopping the game