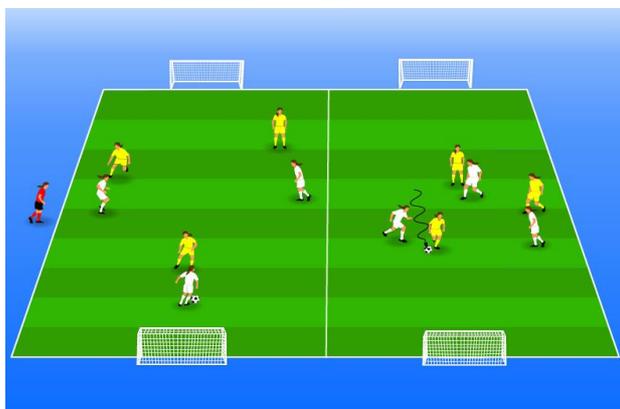


# DISCOVERY PHASE: SESSION FIVE

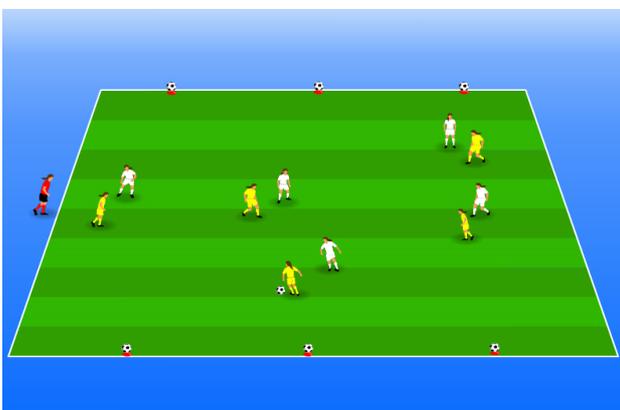
## Suggested equipment list:

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



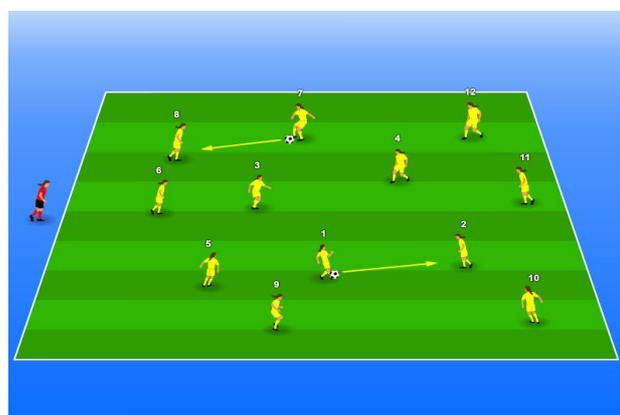
### Activity: Take It On

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if someone beats an opponent in a 1v1 duel in the build-up to scoring a goal
- No goalkeepers to encourage more 1v1 duels



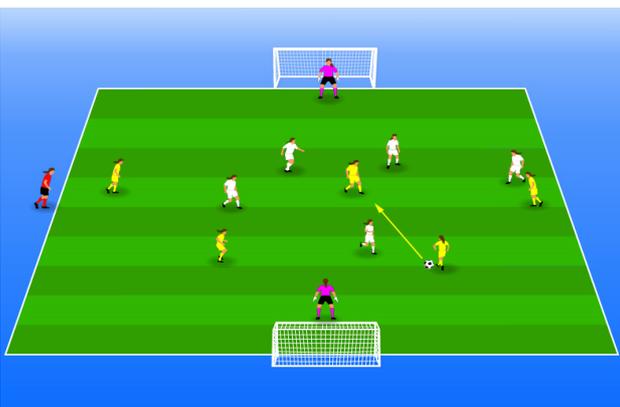
### Activity: Knock It Off

- Split players into two teams
- Three balls placed on cones at each end of area (approx. 25x25m)
- Teams attempt to knock balls off cones on opponents' line with a pass to receive 1 point
- Once all three balls are knocked off cones, repeat sequence
- Consider creating two or more games based on number of players



### Activity: Pass It Around

- Create an area (approx. 25x25m) and number off players
- Players will move and pass the ball around within the area in a designated sequence (i.e. in sequence 1-12)
- Consider number of balls used at the same time based on ability
- Group receives 1 point each time a successful pass is made and will attempt to beat score in the next attempt/sequence
- Change numbers of players frequently



### 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