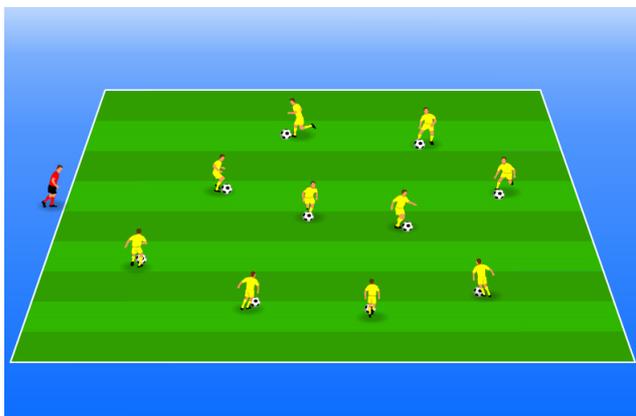


DISCOVERY PHASE: SESSION FOUR

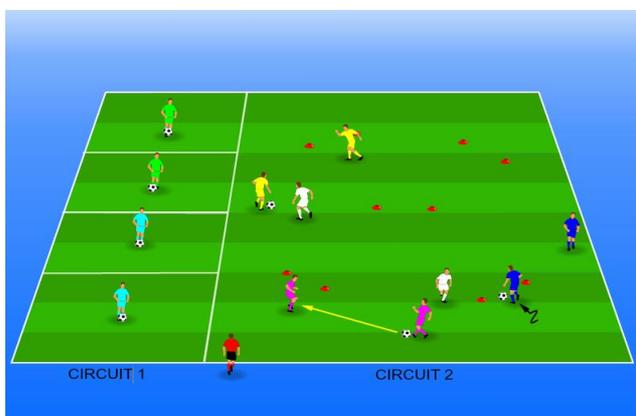
Suggested equipment list:

10 cones, 12 balls, 6 mini goals, 2 portable goals (age-specific) and 6 sets of bibs (alternatively separate based on shirt colour)



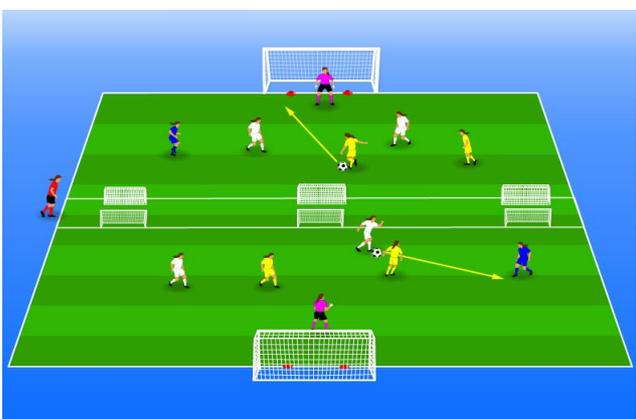
Activity: Ball Mastery

- 🏆 Create an area approximately 20x20m (guide only)
- 🏆 Each player has a ball and will dribble around within the area attempting to keep the ball close to their feet
- 🏆 Consider implementing different rules (i.e. right or left foot only, inside or outside of foot only, toe-taps etc.)
- 🏆 Players receive 1 point for every successful skill move
- 🏆 CHALLENGE: Decrease area size



Activity: First-Touch Circuit

- 🏆 Split players into pairs
- 🏆 CIRCUIT 1 – Players attempt to juggle the ball within their own area
- 🏆 Consider rules applied (e.g. one bounce allowed per touch)
- 🏆 CIRCUIT 2 – In pairs, attackers will keep possession of the ball and attempt to take their first touch through a gate to receive 1 point
- 🏆 One pair will be defending and attempt to win the ball off attackers and run the ball through any gate to become an attacking pair
- 🏆 The two pairs that have the most points after a 2-minute period, switch with the two pairs in CIRCUIT 1 and sequence repeats
- 🏆 Ensure different pairs are being rotated through circuits



Activity: Half court Football

- 🏆 Split players into two teams with two 'jokers' who play on the attacking team only (becomes 3v2 in each area)
- 🏆 Attacking team attempts to score a goal past the goalkeeper with a goal scored in either corner worth 2 points
- 🏆 Defending team tries to win the ball and score in one of the three mini goals (can be replaced by cones) at 'half-court'
- 🏆 If defending team scores a goal, they become the attacking team and 'joker' becomes part of their team
- 🏆 Ensure 'jokers' and goalkeepers rotate 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