

SESSION ONE

Suggested equipment list:

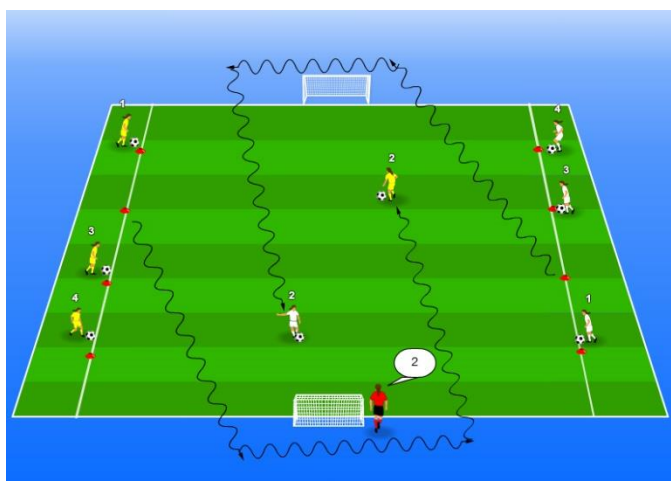
10 cones, 8 balls, 2 mini goals (can be replaced by cones) and 4 sets of bibs (alternatively separate based on shirt colour)

Small-Sided Game	FUN Football Game: Raceway to Score!	Small-Sided Game (with variation)	Physical Literacy Game: Tagging Game	Small-Sided Game
10 Mins	15 Mins	10 Mins	15 Mins	10 Mins



Small-Sided Game

- Set up an area 20m x 15m and place one mini-goal on each end line as shown
- Normal game, 1 point for a goal
- All players involved but no goalkeepers to encourage more touches on the ball
- CHANGE IT:** Create one or two games depending on size of group
- Your Role:** Let them play!








Fun Football Game: Raceway to Score!

- Create two teams and split them on opposite sides with each player given a number
- Coach calls out a number (e.g. 2) and players run with the ball around goal on their right-hand side as shown
- Once around the goal, players run with the ball into their scoring zone & shoot the ball into mini-goal
- CHANGE IT:** Make scoring zone closer or further away
- Your Role:** Praise and encourage desired actions (e.g. running with the ball at speed) without stopping the game. Encourage players to use both feet

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Small-Sided Game (with variation)

-  Set up an area 20m x 15m and place one mini-goal on each end line as shown
-  Normal game, 1 point for a goal
-  **VARIATION:** A goal is worth 3 points if a player beats an opponent before they score
-  **CHANGE IT:** Create one or two games depending on size of group
-  **Your Role:** Encourage children to look for width and create space. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game








Physical Literacy Game: Tagging Game

-  Split players into pairs with each player having a ball and running with the ball in the area
-  The facilitator will call out a colour and those children 'are it' and attempt to tag any player from the other colours to gain 1 point
-  If a player manages to keep the ball during this period without getting tagged, they receive 2 points
-  Repeat sequence with facilitator calling out a different colour or even calling themselves as 'it'
-  **CHANGE IT:** Call out 2 colours to 'be it'
-  **Your Role:** Get involved! Praise and encourage desired actions (e.g. keeping the ball under control)



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-  All players involved but no goalkeepers to encourage more touches on the ball
-  **CHANGE IT:** Create one or two games depending on size of group
-  **Your Role:** Let them play!