

# SESSION TWO

## Suggested equipment list:

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

Small-Sided Game	FUN Football Game: Run Through	Small-Sided Game (with variation)	Physical Literacy Game: Rob the Nest	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 two mini-goals 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: Run Through

- Set up 'gates' using cones as shown
- Players will run with the ball and attempt to run through as many gates as possible in a 30-second period
- Each time a player runs through a gate, they receive 1 point; players must run through different gates each time
- After each period, players must attempt to beat their own personal score in the next 30-second period
- CHANGE IT:** Make the gates smaller or larger in size
- Your Role:** Praise and encourage desired actions (e.g. running with the ball at speed) without stopping game. Encourage players to use both feet

# SESSION TWO



## Small-Sided Game (with variation)

- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- VARIATION: A goal is worth 3 points if a team scores in other goal (e.g first scores in right goal then in left goal)
- 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: Rob the Nest

- Form 4 equal groups; positioning 1 group on each corner of the field and a pile of footballs in the centre
- One player at a time from each group will run out, collect a ball and score in their corners goal
- Once scored, the next player will run out to collect another ball and score. Play till there are no more balls
- The group with the most goals at the end wins
- CHANGE IT:** Players can steal balls from other teams' goals once all the balls in the middle are gone
- Your Role:** Get involved! Praise and encourage desired actions (e.g. keeping the ball under control)



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- 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!