

SESSION THREE

Suggested equipment list:

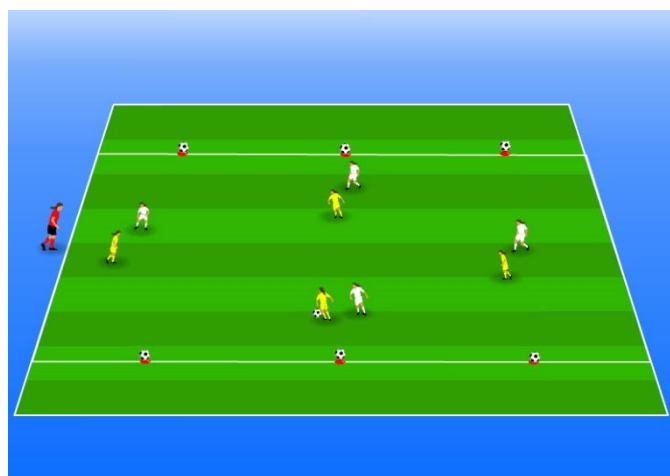
10 cones, 8 balls, 2 mini goals (can be replaced by cones) and 2 sets of bibs (alternatively separate based on shirt colour)

Small-Sided Game	FUN Football Game: Knock It Off	Small-Sided Game (with variation)	Physical Literacy Game: Hit It	Small-Sided Game
10 Mins	15 Mins	10 Mins	15 Mins	10 Mins



Small-Sided Game

- Set up an area 15m x 25m 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: Knock It Off

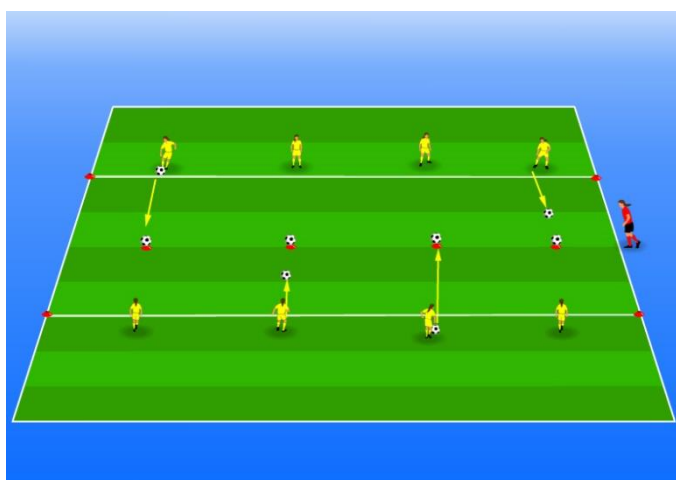
- Split players into two teams and have three balls placed on cones at each end as shown
- Teams attempt to knock balls off cones on the opponents' line with a pass
- Team who knocks all three balls off cones first wins the game and then repeat sequence
- CHANGE IT:** Increase or decrease the size of the field
- 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

SESSION THREE



Small-Sided Game (with variation)

- Set up an area 15m x 25m 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 different player scores the next goal for their team
- 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: Hit It

- Create a small area with players on outside who attempt to pass the ball and knock over balls placed on top of cones in as little attempts as possible
- Record the number of attempts it takes group to knock over all the balls that are on top of cones and attempt to lower score on next attempt.
- CHANGE IT:** Increase or decrease distance from cones that players are passing the ball
- Your Role:** Get involved! Praise and encourage desired actions (e.g. keeping the ball under control)



Small-Sided Game

- Set up an area 15m x 25m 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!