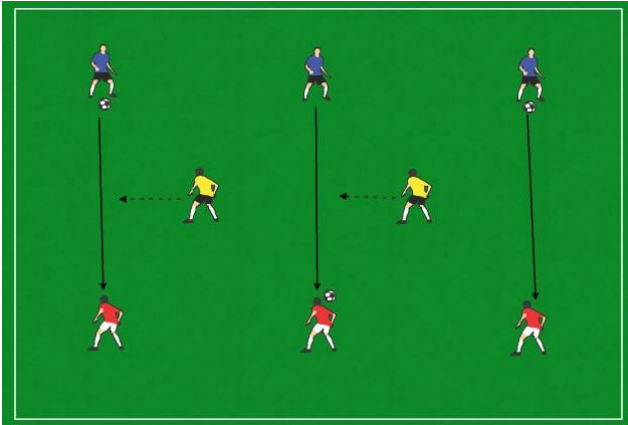




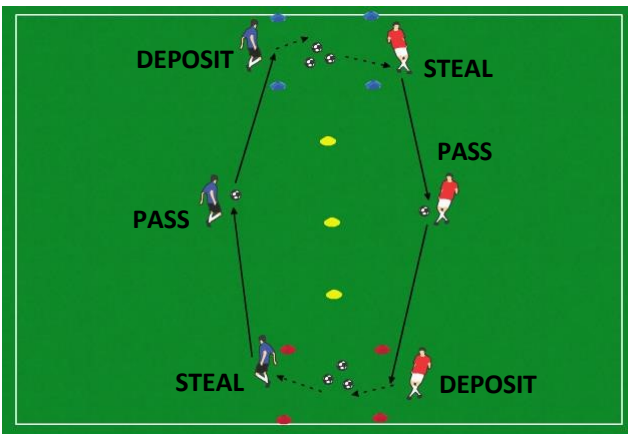
SESSION PLAN – STRIKING THE BALL



BEGINNING – Space Invaders (10 x 15m)

Players (ASTRONAUTS) form pairs with one ball between them, and stand opposite each other on either side of the grid (GALAXY). One pair starts in the middle as defenders (SPACE INVADERS) without a ball and are allocated one half of the area to defend. The 'astronauts' count how many passes they can complete without it being intercepted by the 'space invaders.' The 'space invaders' try to intercept the passes. Change roles every 30 - 60 seconds.

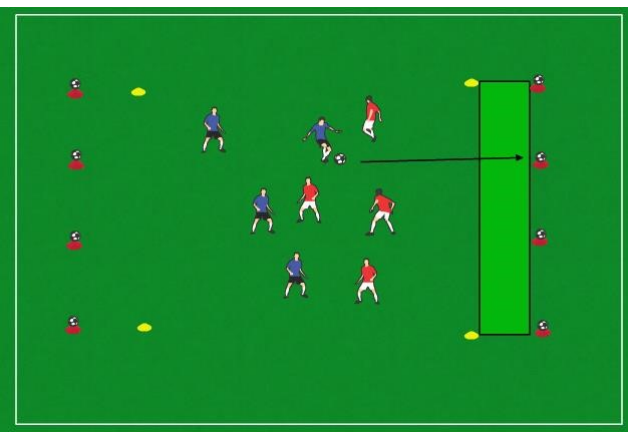
Can you encourage players to use both feet? Can you encourage players to identify when to control the ball or pass first time?



MIDDLE – Robin Hood (10 x 8m)

Players are divided into two teams as shown. Players "steal" the balls from the other team's zone and pass them along to their team to "deposit" them into their team's zone or 'bank'. At the end of the game count how many balls each team has in their bank, can they beat their score next time?

Can you encourage players to use both feet? Can you encourage players to identify when to control the ball or pass first time?



END – Knock the ball off (30 x 20m)

Players are divided into two equal teams with one ball for the game. For a team to score, they must kick the game ball and hit one of the targets and knock the ball off the marker. To encourage more striking the ball opportunities you can include a shooting zone where players must shoot from before entering the zone. Which team can knock all their balls off first?

Can you encourage players to implement the skills they have been practicing throughout the session?

COACHING BEHAVIOUR – Providing a safe learning environment

- Children will develop if they know it's a SAFE place to learn
- Children will learn by practice and making mistakes
- Provide lots of encouragement and ensure you encourage mistakes
- Provide lots of opportunities for high fives

JUST LET THEM PLAY