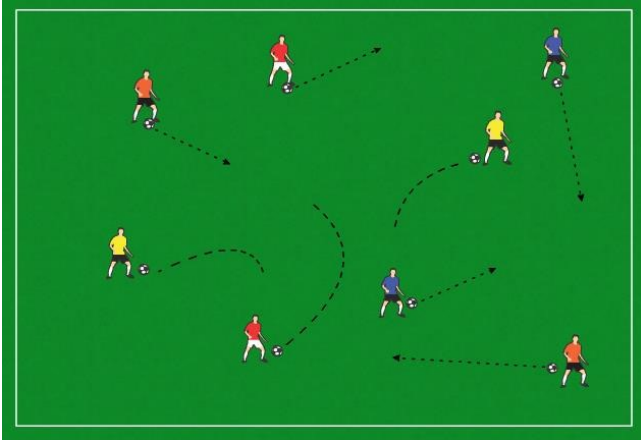




SESSION PLAN – RUNNING WITH THE BALL



BEGINNING – Cheetahs & Snails (30 x 20m)

Players all have a ball each and dribble their ball around the field. The coach gives an instruction and the players must perform the required action.

Cheetah – players dribble as fast as they can

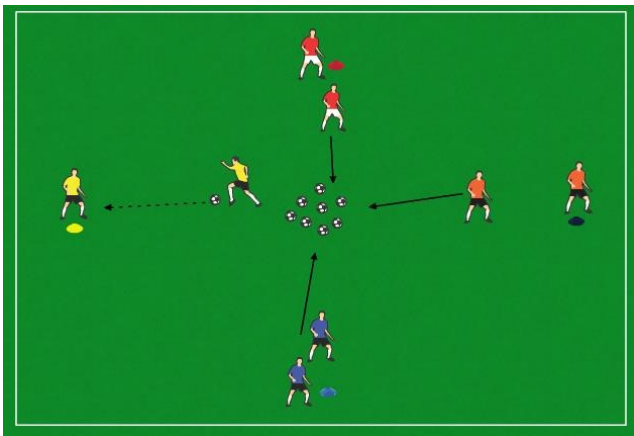
Snail – players dribble as slow as they can

Elephant – players stop and put their foot on the ball

Kangaroo – players squeeze the ball between their feet and bounce

Monkey – players perform a skill

Can you encourage players to use both feet? Can players keep their heads up to avoid collisions?

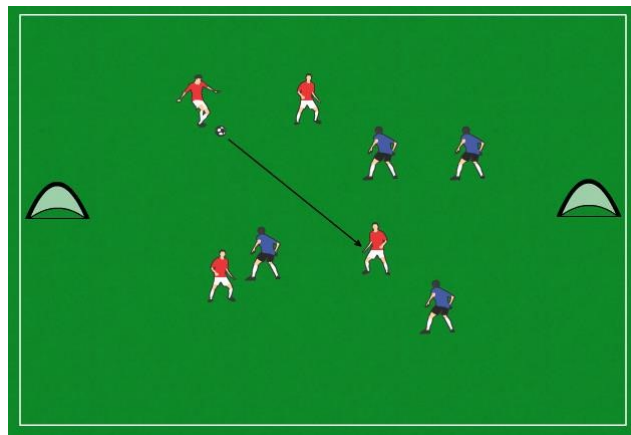


MIDDLE – Rob the nest (7m)

Players form groups of two and stand in their allocated zone or “nest.” One at a time, a player from each group will run and take a ball from the middle pile using their feet and then dribble the ball back to their team’s nest, on arrival their partner will run and do the same.

Once all the balls are gone from the middle, players can then steal balls from other team’s piles. They cannot defend their own eggs.

Can you encourage players to use both feet? Can you introduce a turn when players collect a ball?



END – Game (30 x 20m)

Split the players into 2 teams and let them play football.

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

COACHING BEHAVIOUR – Make football FUN

- Football is fun, just give the players a ball and let them play
- Children have a great imagination, animate your games to turn basic practices into fun games. Eg children are superheros and the ball is their superpower

If the children are smiling and having fun then you’ve done a great job.

JUST LET THEM PLAY