

SESSION TWO.

Suggested equipment list:

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

PSYCHOLOGICAL DOMAIN

DEVELOPING PHYSICAL LITERACY	FACILITATOR TIPS
Engagement and enjoyment	Foster an environment full of positive emotions and experiences
Confidence	Praise effort, not ability
Motivation	Create a FUN and stimulating environment
Self-Perception	Encourage each individual to reach their potential
Self-Regulation	Entice players to support one another

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 to encourage more touches on the ball
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!