

SESSION TWO.

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 corner 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' goal once all the balls in the middle are gone
- **YOUR ROLE:** Get involved! Praise and encourage desired actions

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!