

SESSION TWO.

FUN FOOTBALL GAME: RUN THROUGH



- Set up 'gates' using cones as shown
- Players will run with the ball and attempt to run through as many gates as possible in 30 second period
- Each time a player runs through a gate, they receive 1 point; players must run through different gates each time
- After each period, players must attempt to beat their own personal score in the next 30-second period
- **CHANGE IT:** Make the gates smaller or larger in size
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with ball at speed) without stopping the game

SMALL-SIDED GAME (WITH VARIATION)



- 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
- **VARIATION:** A goal is worth 3 points if team scores in other goal (e.g. first scores in right goal then left)
- **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