

SESSION SEVEN.

PHYSICAL LITERACY GAME: DINGOES AND RABBITS



- Six players have a ball and are classified as 'rabbits'
- Two players don't have a ball and are called 'dingoes'
- 'Dingoes' try capture the rabbits by tagging them
- When captured, a 'rabbit' must stop still, pick their ball up with their hands and open their legs wide
- Another 'rabbit' must kick the ball through their legs to give the captured 'rabbit' freedom
- **CHANGE IT:** Every 2 minutes the 'dingoes' change
- **YOUR ROLE:** Excite and energise the players!

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!