

SESSION NINE.

PHYSICAL LITERACY GAME: TRAFFIC LIGHTS



- All players have a ball and run with ball from starting line and attempt to score a goal at opposite end
- The facilitator will call out either “green light” which signals that the players can run or “red light” which signals that the players must stop.
- If the facilitator calls out “red light” and spots any of the players still running with the ball, they must return to the starting line and repeat their attempt to score
- If a player scores a goal, they receive 1 point and return to the starting line for another attempt to score
- **CHANGE IT:** Vary time between calling out “red light”

SMALL-SIDED GAME



- Set up an area 15m x 25m 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!