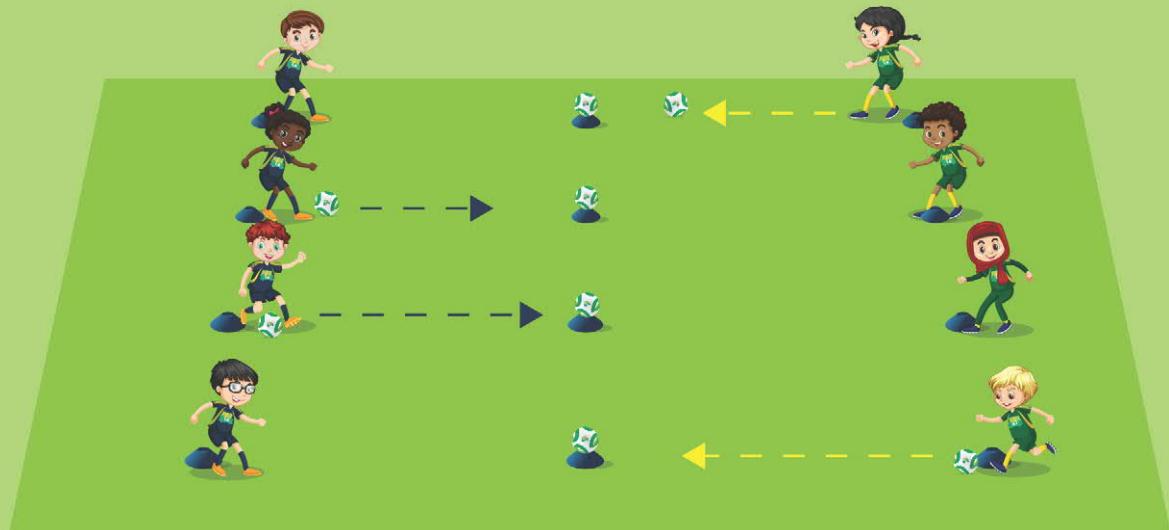


SESSION THREE.

PHYSICAL LITERACY GAME: HIT IT



- Create a small area with players on the outside who attempt to strike the ball and knock over balls placed on top of cones in as little attempts as possible
- Record the number of attempts it takes group to knock over all the balls that are on top of cones and attempt to lower score on next attempt.
- **CHANGE IT:** Increase or decrease distance from cones that players are striking the ball
- **YOUR ROLE:** Get involved! Praise and encourage desired actions (e.g. striking the ball with accuracy)

SMALL-SIDED GAME



- Set up an area 15m x 25m and place one mini-goal 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!