

SESSION SIX.

PHYSICAL LITERACY GAME: SIMON SAYS



- Each player to dribble with the ball inside the area
- Facilitator will call out a command after "Simon says"
- For example, "Simon says spell your name"
- All players will have to dribble the ball following the command of the facilitator
- Players perform toe-taps or another 'ball feeling' activity if facilitator does not say "Simon says"
- **CHANGE IT:** Have a player call out the command
- **YOUR ROLE:** Encourage children to use different surface areas of the feet and experiment with the ball

SMALL-SIDED GAME



- Set up an area 20m x 15m 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!