

SESSION FOUR.

FUN FOOTBALL GAME: FOOTBALL RUSH



- Attackers have a ball each and attempt to run from one end-zone to reach the opposite end-zone
- Defenders try to win the ball off attackers and score in the goal at the end attackers have run from. If successful, they switch with the player they won the ball off to become an attacker
- Once all attackers have reached the opposite end-zone, players run with the ball the other way
- **CHANGE IT:** Make it multi-directional (e.g. players run with the ball in both directions)

SMALL-SIDED GAME (WITH VARIATION)



- 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
- **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