

SESSION ONE.

PHYSICAL LITERACY GAME: TAGGING GAME



- Split players into pairs with each player having a ball and running with the ball in the area
- The facilitator will call out a colour and those children 'are it' and attempt to tag any player from the other colours to gain 1 point
- If a player manages to keep the ball during this period without getting tagged, they receive 2 points
- Repeat sequence with facilitator calling out a different colour or even calling themselves as 'it'
- **CHANGE IT:** Call out 2 colours to 'be it'
- **YOUR ROLE:** Get involved! Praise and encourage desired actions

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!