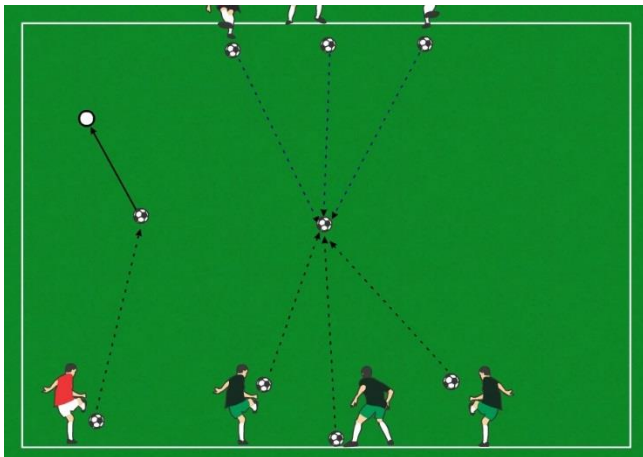




## SESSION PLAN – Striking the ball

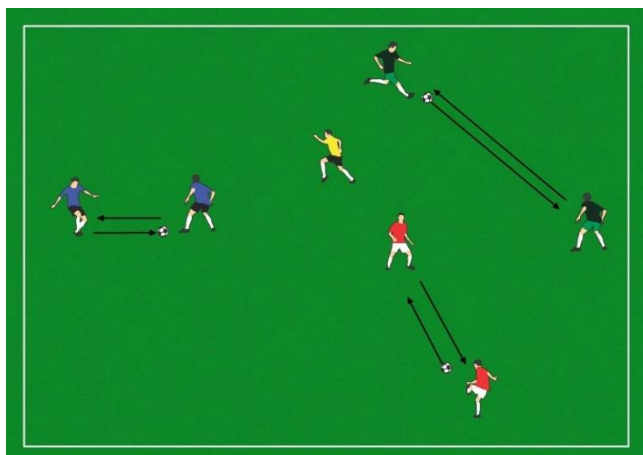


### BEGINNING – Bombard (15m by 20m)

Players are divided into two equal teams and stand on opposite sides of the playing area with a ball each.

There is a target ball placed in the middle of the area (this ball is a different size or colour)

Players pass their ball from their end line aiming to hit the target ball in the middle and move it across the opposition's by-line.



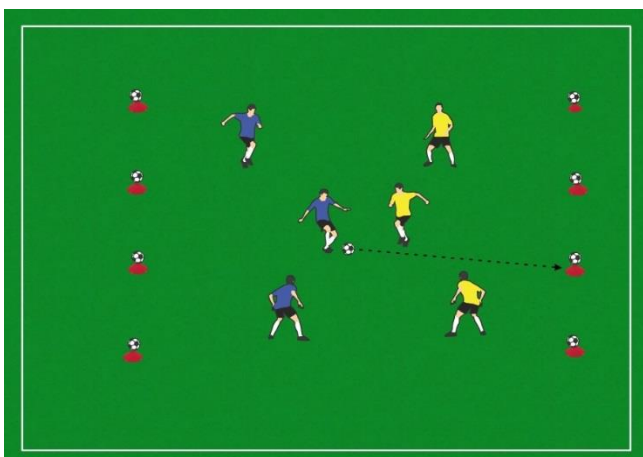
### MIDDLE – Pass World Record (15m by 20m)

Depending on your numbers, players form pairs or groups of three and count how many passes they can make in 30 seconds.

Make it more challenging by introducing a 'chaser' who attempts to intercept their passes. If a team has their pass intercepted, they must reset and start counting again.

The chaser cannot intercept a pass from the same team twice in a row. Who can beat the passing record?

(With 7 players you can have 3 groups of two and one chaser, with 6 players you can have a game of 4v2, or one group of 3, one group of 2, and 1 chaser – There are lots of variations)



### END – Knock the ball off (30m by 20m)

Four balls are placed on top of markers on each goal-line.

Players score by passing the match ball and knocking off the opposition's ball. The first team to knock all the balls off wins.

#### Session Tips:

- Arrive early and set up the area.
- Get it started quickly.
- Be enthusiastic.
- Provide lots of encouragement.
- Make it fun – change it up.
- Keep everyone active.

*Football that's safe, organised, and fun!*