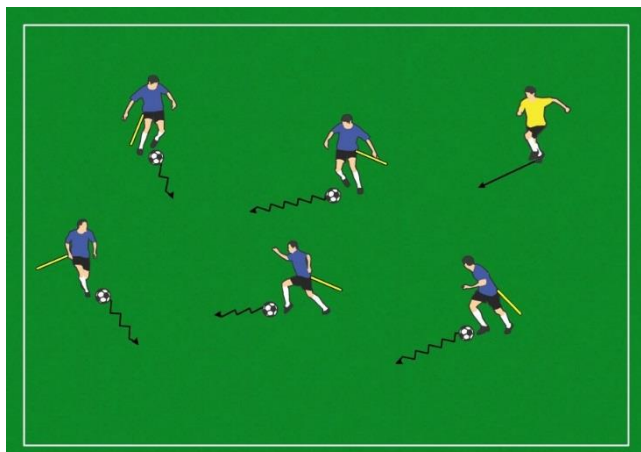




## SESSION PLAN – Running with the ball



### BEGINNING – Catch the tails (15m by 15m)

Players have a bib tucked into their shorts for a 'tail.' There is one chaser who attempts to get the bibs.

Once a player has their 'tail' removed, they become a chaser and the last player left with their tail is the winner.

Depending on the ability of your players you may need to play this game without a ball.

You can introduce a ball where they play the game while dribbling a ball.



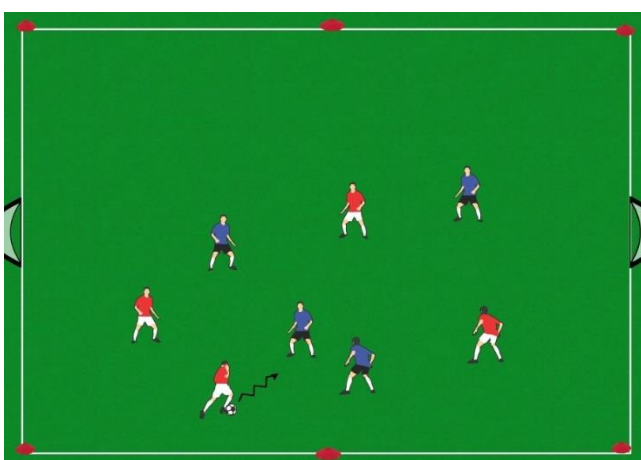
### MIDDLE – Empty it, Fill it (15m by 15m)

Players are divided into two teams and dribble their ball freely inside the square.

Each team has their own zone, one on the side and one at the top of grid.

When the coach calls "EMPTY IT" the players run with their ball and leave it in their team's area on the sideline, before running back to stand at the top of the grid.

When the coach calls "FILL IT" players will run to collect their ball and re-enter the grid and to start dribbling again.



### END – Game (30m by 20m)

Players are divided into two teams and play a game.

#### 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!*