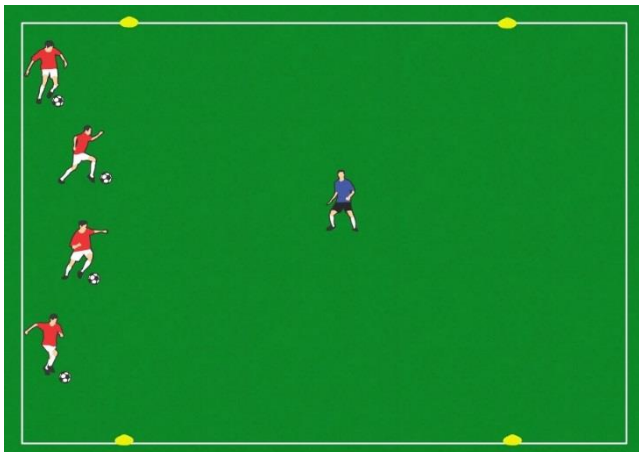




SESSION PLAN – 1v1



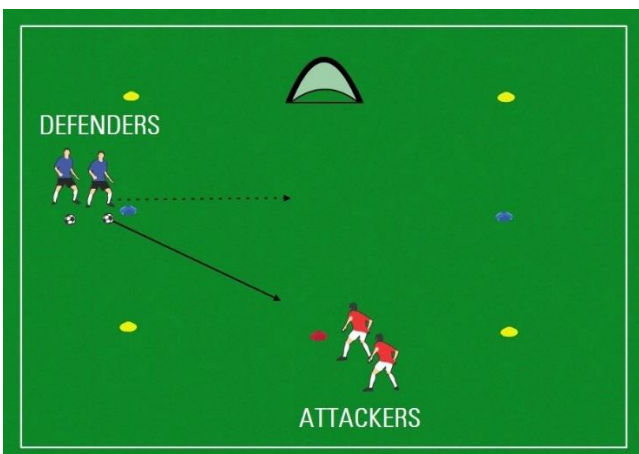
BEGINNING – Red Rover (20m by 30m)

Just like the traditional school yard game but with a football!

Player's line up on one end with a ball at their feet & the defender is in the middle of the grid. The defender in the middle or the coach yells "red rover cross over" at which point the players try to run with their ball from one end to the other without getting tackled.

Once a player has their ball kicked away they are a defender in the middle.

The last player remaining with their ball is the winner!



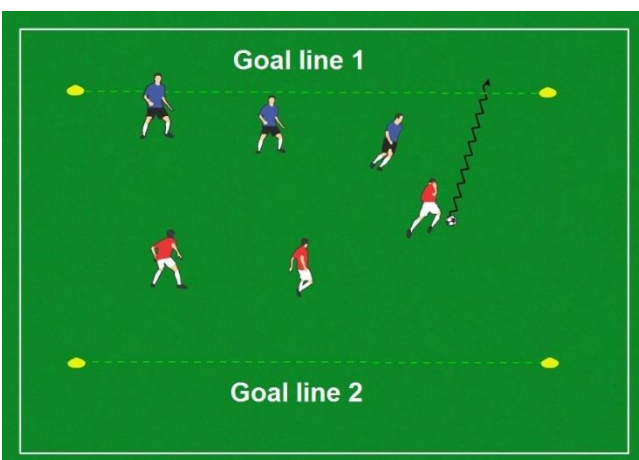
MIDDLE – Defenders & Attackers (10m by 10m)

Defenders line up at the side the grid with a ball each. Attackers line up at the top of the grid without a ball.

The defenders pass the ball to the attacker and then run into the middle to defend at the half-way line.

The attacker controls the ball and then tries to dribble around the defender and score in the goal. Players then run to the end of the opposite line.

Players get a point for every goal they score!



END – Line football (30m by 20m)

Each team scores a goal by running with the ball and controlling it over the opposition's end line or 'end zone.'

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!