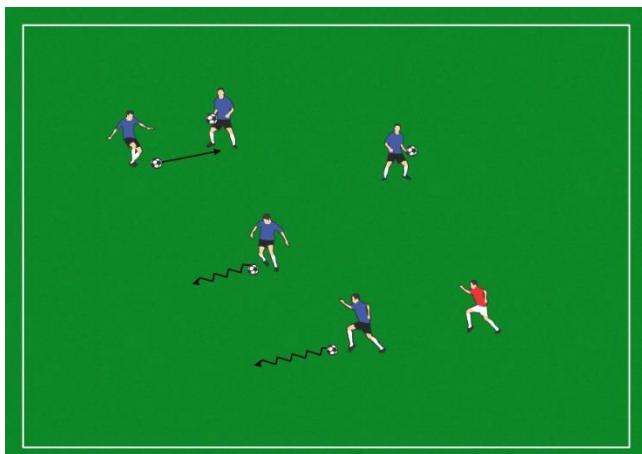




SESSION PLAN – Running with the ball

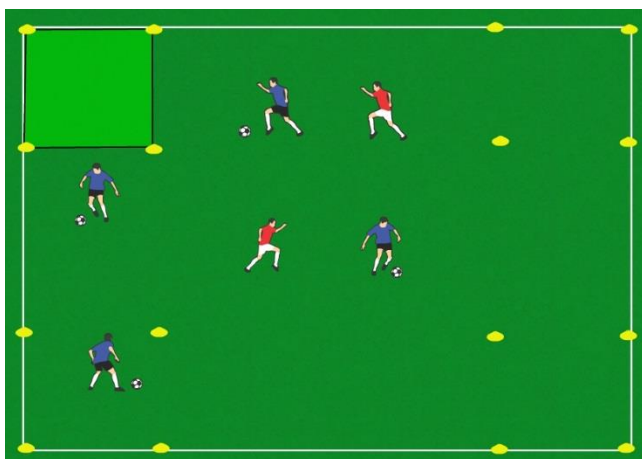


BEGINNING – Stuck in the mud (15m by 15m)

Kids love this game, and you can start without a ball. Players can then run with the ball inside the grid while there is one defender without a ball who is the tagger.

If players get tagged by the defender they become 'stuck in the mud' and stand still with their legs in an open stance and hold their ball in their hands. One of their team mates must pass a ball through their legs for them to become 'unstuck' again.

Note: To step up the "tagger" dribbles a ball around and keeps control of their own ball while tagging other players.



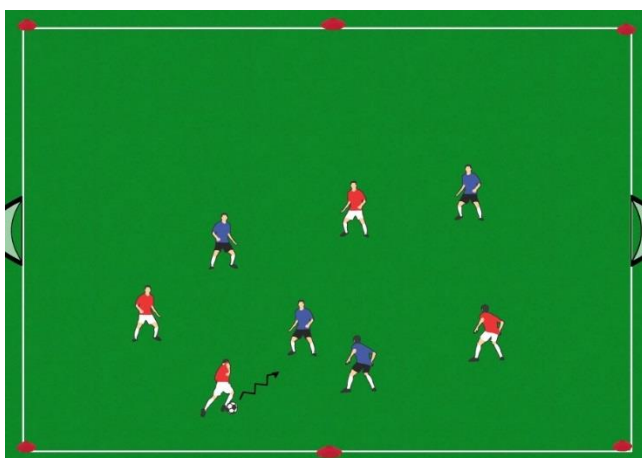
MIDDLE – Dribble Tag (30m by 20m)

Players run with a ball inside the grid and avoid the tagger/s.

Players can enter the safe zones in each corner where the defender cannot enter. Players can only stay inside the safe zone for 10 seconds and only one player is allowed in the safe zone at a time.

You can animate the game by calling the player bunny rabbits and the safe zones are rabbit holes, or use your own creative ideas.

You can step up the challenge by having several defenders or by making the grid smaller. You can also play dribble tag where everyone has a ball and the defender tries to tag other players.



END – Game (30m by 20m)

Divide the players into two teams and finish with 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!