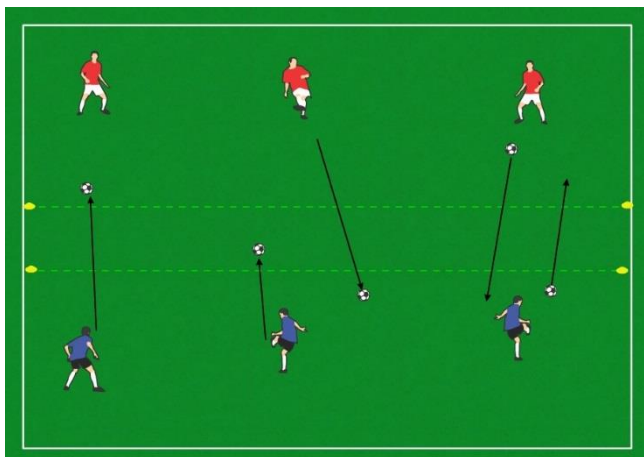




## SESSION PLAN – Striking the ball

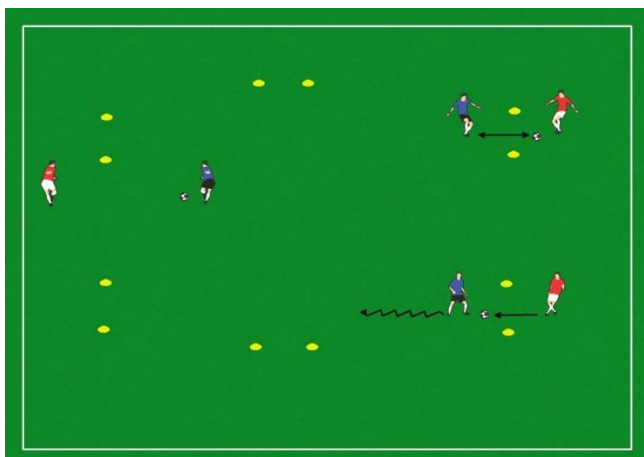


### BEGINNING – Clean your room (15m by 15m)

Players are divided into equal numbers and stand on opposite ends of field with all of the balls placed in the middle.

Players pass the balls into the other team's half. If any balls enter a team's zone they attempt to pass it back to the other teams area.

The winning team is the team with the least amount of balls in their half when the coach calls time, having "the cleanest room." The messiest room is the half with the most footballs in their team's area.

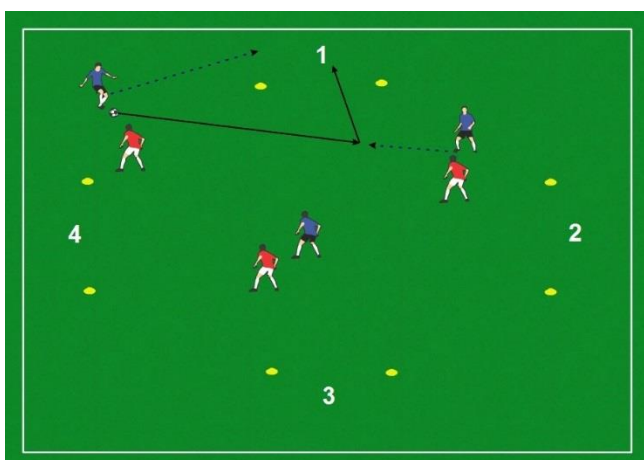


### MIDDLE – Pairs through the gates (30m by 20m)

Players form pairs and stand on opposite ends of the gateway with one ball between them.

On the coach's signal, players count how many passes they can complete to each other through the gate in 30 seconds. Then try and beat their record.

Progression. Now pairs see how many different gateways that can pass through in a time period, or if they can be the first team to pass through all the gates first.



### END – Four sided football (30m by 20m)

Divide the players into two teams. Teams score by passing through any of the four goals.

#### 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!*