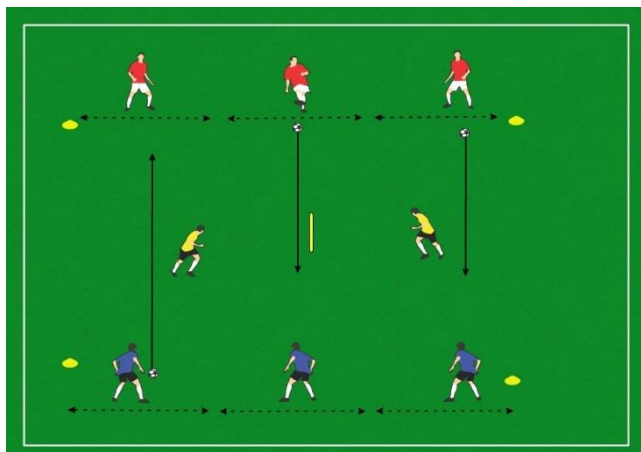




SESSION PLAN – Striking the ball

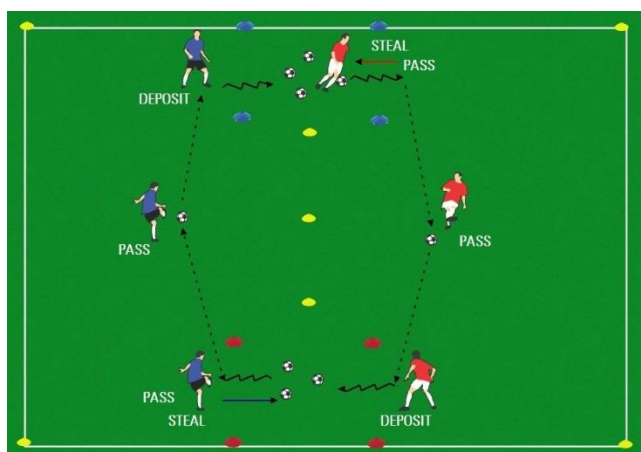


BEGINNING – Space Invaders (15m by 10m)

Players form pairs with one ball between them, and stand opposite each other on either side of the grid.

If you don't have enough players, you can also use parents or the coach to stand in the middle as the space invaders.

The 'astronauts' count how many passes they can complete without it being intercepted by the 'space invaders.' The 'space invaders' try to intercept the passes. Change roles every 30 - 60 seconds.

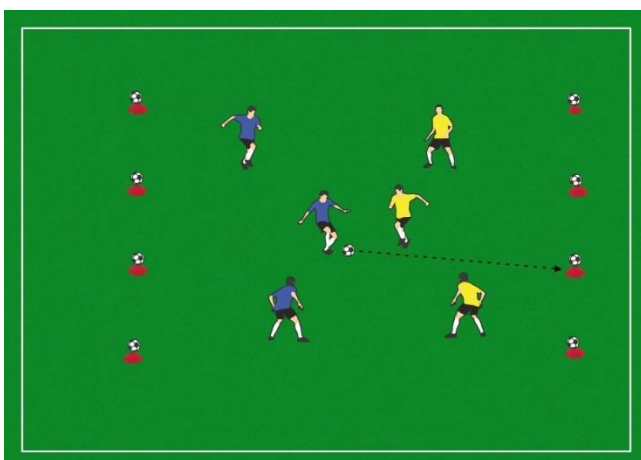


MIDDLE – Robin Hood (15m by 10m)

Players are divided into two teams as shown and have one zone each.

Players "collect" footballs from the other team's zone before passing them along to their teammates to deposit them into their team's zone.

The team with the most footballs in their team's zone when the coach calls time is the winner.



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!