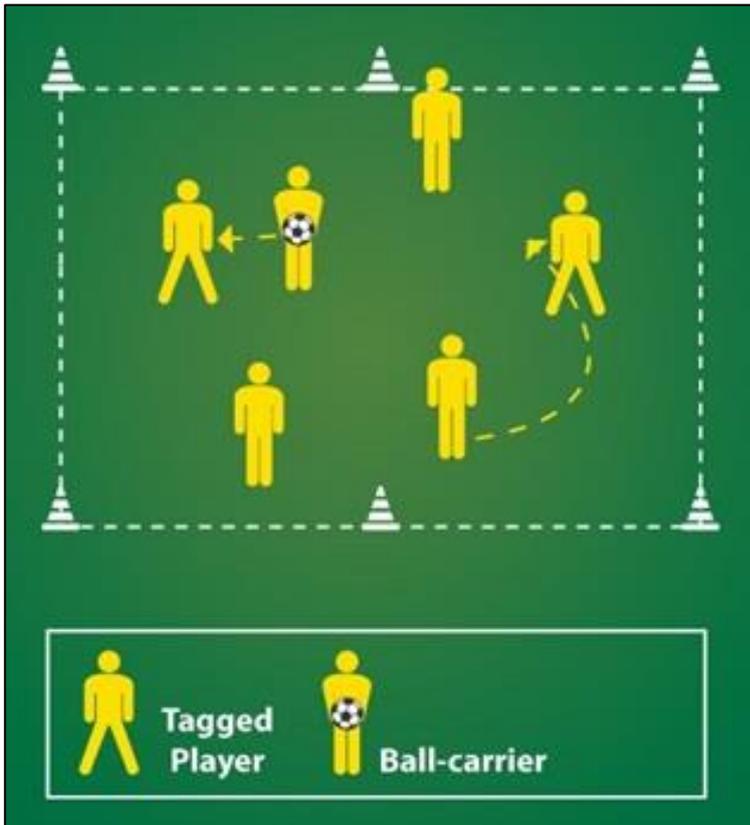


# Discovery Phase – Striking the Ball – Session 1

## Beginning (10 – 15 minutes): Stuck in the Mud



Mark out a 10m × 14m area. Up to 5 players (runners) try to avoid one player who carries a ball in their hands [if training more than 6 players try having 2 ball carriers in a larger area].

The ball-carrier(s) attempts to tag the runners by touching them with the ball (make sure the ball is not thrown and that players aim for the trunk). If a player is tagged, they are 'stuck in the mud', and stand with their legs wide apart [and stick an arm up] until a free team-mate can then "free them" by crawling through their legs.

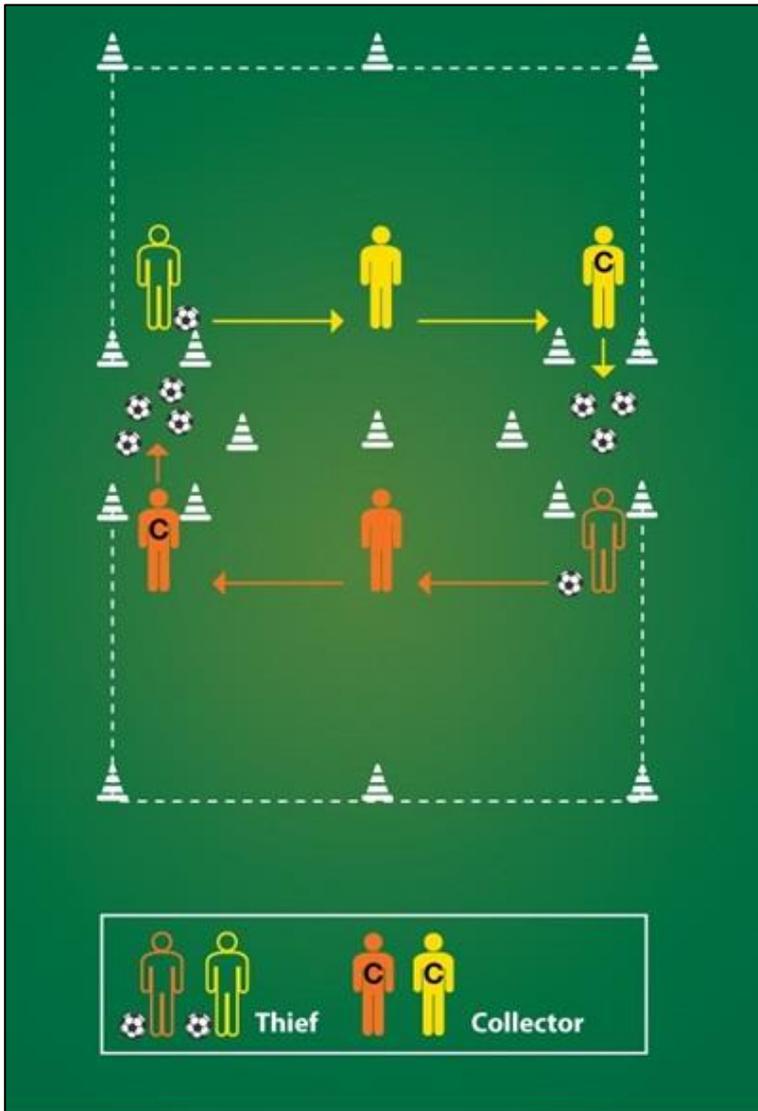
Each ball-carrier has 30 / 60 / 90 / 120 seconds to tag as many players as possible. Can they tag all players ? who can tag the most ? After xx seconds change the ball-carrier(s). Set the ball carrier's time to ensure that all players get to be ball carriers within the time you allocate for this warm up.

### Progression:

Ball-carrier dribbles the ball around the field and tags the players with their hand, while keeping the ball close to them (if this progression proves difficult for them, make the field smaller).

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## Middle (10 – 15 minutes): Robin Hood



Two teams of three split up as shown in the diagram. Each team starts with an equal number of balls in their 'safe' [4 cone square]. When the game begins, each team can start stealing balls from their opponent's 'safe' – there is one 'thief' who takes a ball out the square before passing it across the first 'moat' to their team-mate; who then pass it across the second 'moat', to their team's 'collector', who receives the ball [stands to the side of the safe] and then puts it into the team's 'safe'.

Meanwhile, their opponents are doing the same with their balls! After a set time period (e.g. two minutes), see which team has the most balls in their 'safe'. The team that passes and controls the balls best will have the most balls in their 'safe' and will therefore be the winners. Rotate the player's positions / roles after two minutes. Expand the game size [distance between safes] if more than 6 players to have as many players / passes between thief and collector as required.

**Guidelines for Robin Hood:** You can't use your hands – feet only.

# Discovery Phase – Striking the Ball – Session 1

## End (20 minutes): Pass to Score



Length: 15m–20m x Width: 15m

Use bibs to form 2 teams. Make 2 to 5 gates of 1m–2m width inside the playing area – depending on player numbers and field size e.g. I'd suggest 1 more gate for every pair of players i.e. 3 pairs = 4 gates to encourage scanning i.e. looking for a free gate.

### Notes on this exercise:

To score a goal, pass the ball through any of the gates to a team-mate (if your team mates receives the ball without the pass being touched by an opponent = a goal).

This game encourages passing by the ball carrier and moving into a position to receive the ball by other team mates. Keep the games short i.e. 3 -5 minutes only. This allows for teams to refocus on winning the new game and provides an opportunity to swap players between teams to allow for variety and balance to the teams.