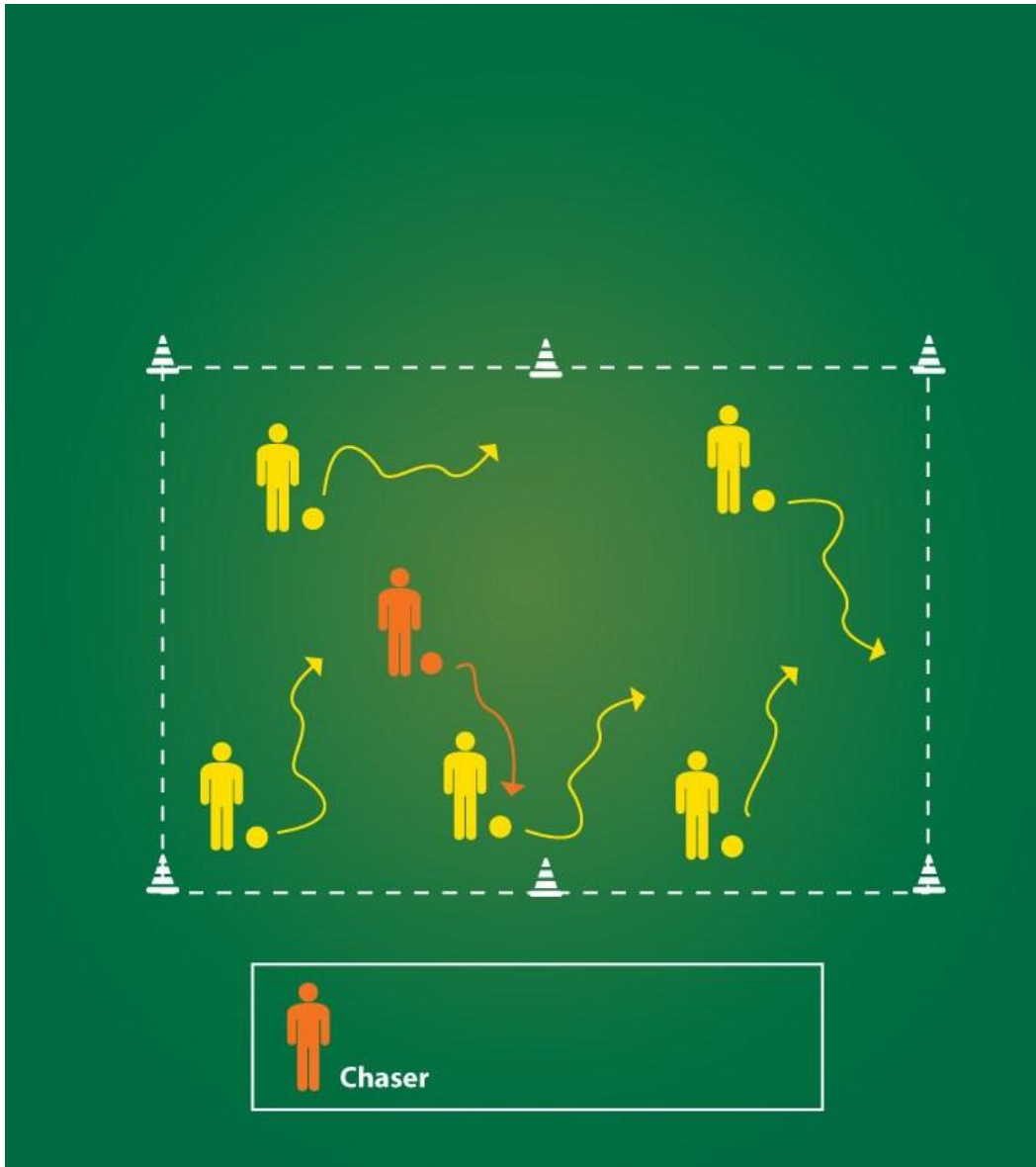


Discovery Phase – Striking the Ball – Session 6

Beginning (10 – 15 minutes): Dribble Tag



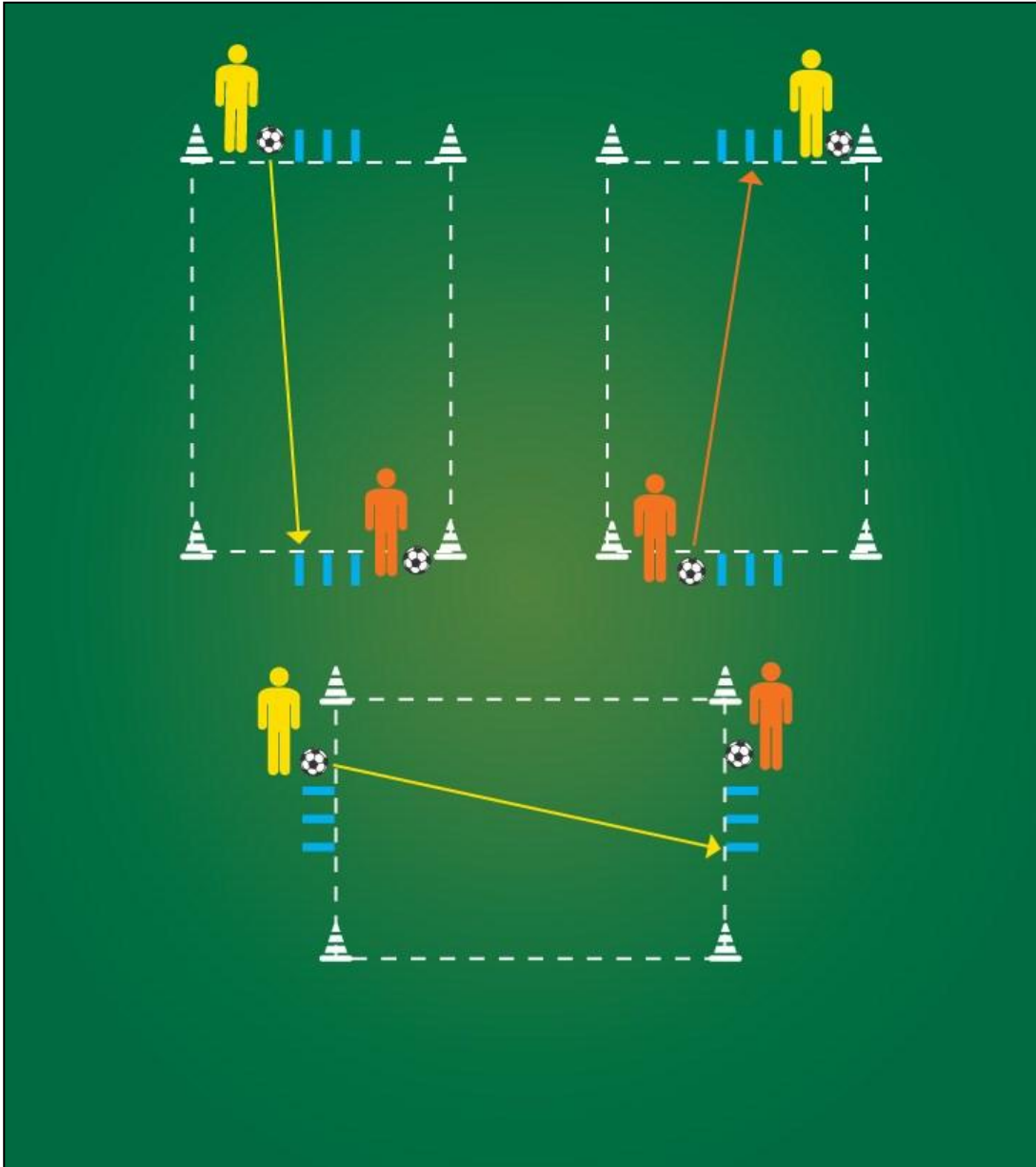
In an area about 10m × 14m, players dribble their balls around.

A 'chaser' is nominated and they try to tag the other players while keeping control of their own ball. If you are the tagger (chaser) you must carry a bib so everyone knows who the chaser is.

The other players avoid him or her while keeping control of their balls. When the chaser tags another player they pass the bib to the tagged player, who now becomes the new chaser.

Discovery Phase – Striking the Ball – Session 6

Middle (10 – 15 minutes): Hit the target



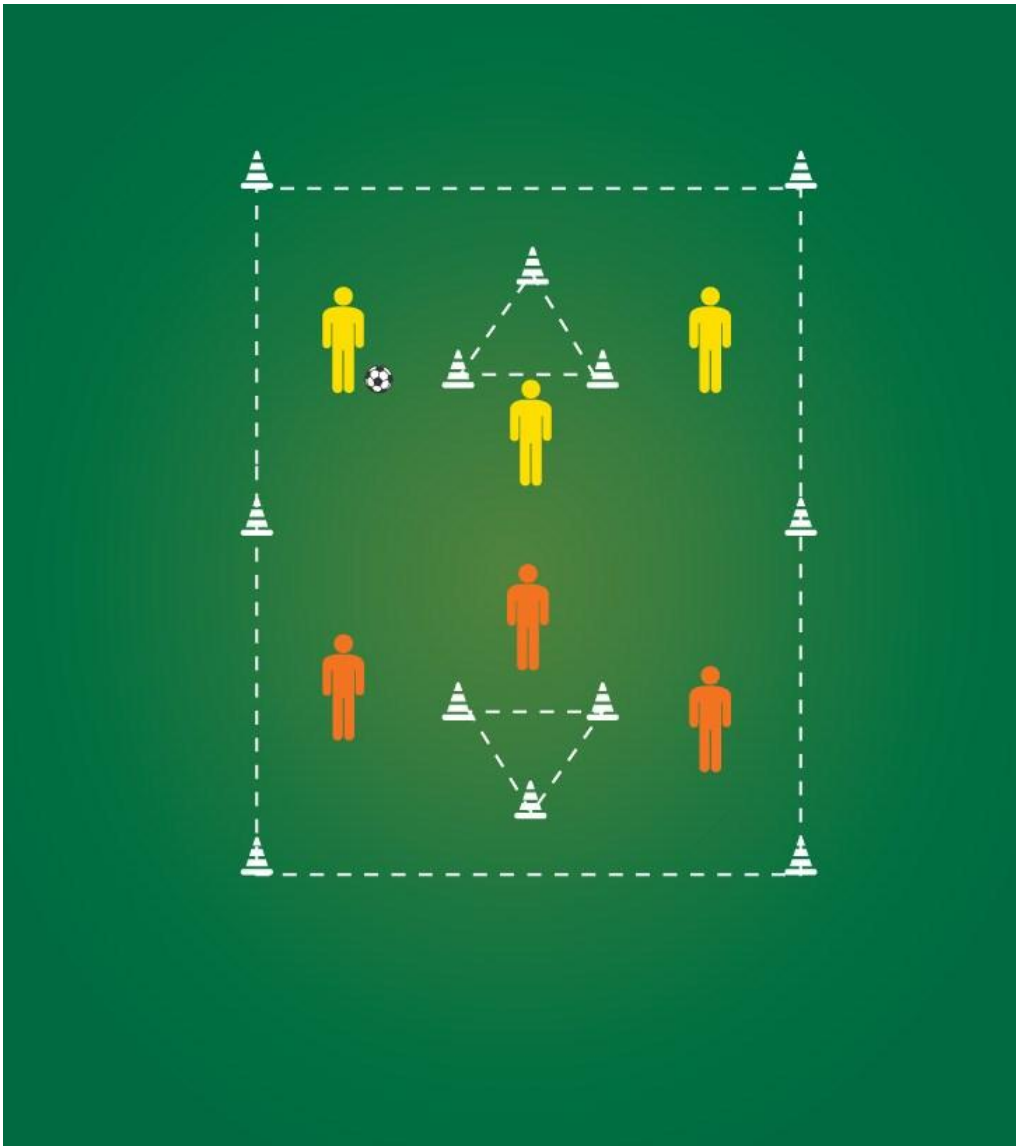
Make three small areas about 10m × 7m.

To score, players must hit the target to get points. Players will receive 1 point for every target which is knocked over or hit (like ten pin bowling).

Targets may include 3 tall cones, water bottles, balls, empty plastic bottles etc (I often use a ball on a cone as the target). C.H.A.N.G.E.I.T as necessary i.e. shorten or lengthen the distance between players and targets to achieve success / challenge the players. As always, spend as much time training with the non-dominant foot as the dominant foot. Demonstrate the technique of successful players to the group.

Discovery Phase – Striking the Ball – Session 6

End (20 minutes): Triangular goal football (3v3/4v4/5v5)



Length: 20m

Width: 15m

Goal: triangular goal, 2m-3m per side, 2m-3m inside the field

2 teams. To score players must shoot or pass through any one of the 3 sides of the triangle of their designated goal. No goalie, everyone to stay outside of the scoring triangles.

Notes on this exercise

This game encourages passing and shooting from different angles