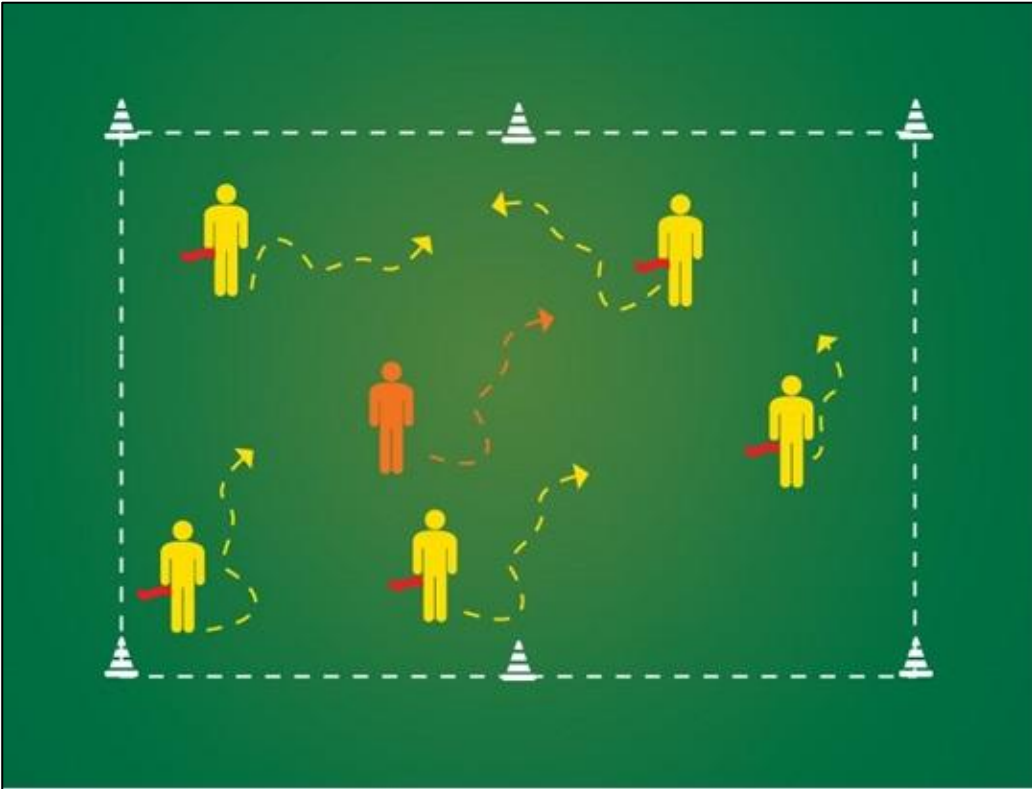


Discovery Phase – Running with the Ball – Session 4

Beginning (10 – 15 minutes): Catch the tails



One or more players are 'hunters'. They chase the other players and try to remove their 'tails'. If a player's 'tail' is taken, they become a 'hunter' (Bibs tucked into shorts can function as 'tails').

Progression

The 'hunter' dribbles their ball while trying to remove the 'tails'.

Players with 'tails' dribble their balls while trying to avoid the 'hunter'.

Discovery Phase – Running with the Ball – Session 4

Middle (10 – 15 minutes): Simon Says



Players dribble freely around the area with a ball each. Give the kids various tasks and challenges, which they must do **ONLY** if you say ‘Simon says’ at the start of the sentence. Therefore, sometimes you use ‘Simon says’ and sometimes you don’t – see who’s listening!

The players must avoid touching anyone else’s ball, and must not let anyone else touch their own ball.

Possible tasks

STOP! (Means stop dead with your foot on your ball)

TURN! (Quickly go the other way with your ball i.e. pull back, inside turn, outside turn etc)

OUT! (Run outside the square and put your foot on your ball)

CHANGE! (Leave your ball and find another one to dribble; who is the last one dribbling a new ball?)

LEFT FOOT! (Dribble around the area touching the ball only with your left foot)

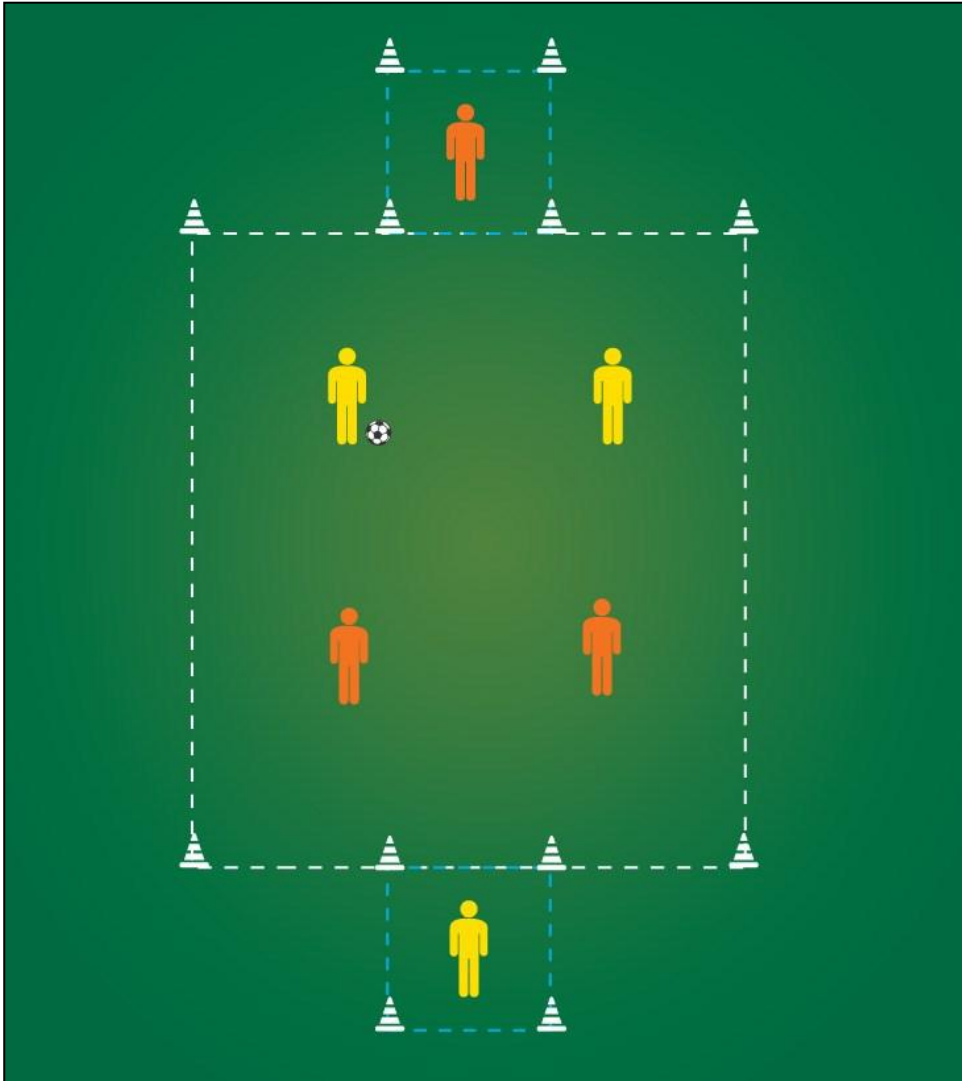
RIGHT FOOT! (Dribble around the area touching the ball only with your right foot)

Use your imagination!

Use instructions like ‘Simon says sit next to your ball’ or ‘Simon says get a drink from your bag’, to give the players a rest when needed.

Discovery Phase – Running with the Ball – Session 4

End (20 minutes): 2v2/3v3/4v4 End Zone Football



Length: 20m

Width: 15m

Goal: create an end zone (a square 2m x 2m) behind the centre of each byline.

To score the players must pass the ball to their own player in the end zone who must stop/control the ball in the area (defenders can't enter endzone).

Notes on this exercise

There are no goalkeepers

Rotate players in the end zone every 1-2 minutes.

As always coach "on the go" rather than stop play and praise effort rather than skills.