

## Model Session 1

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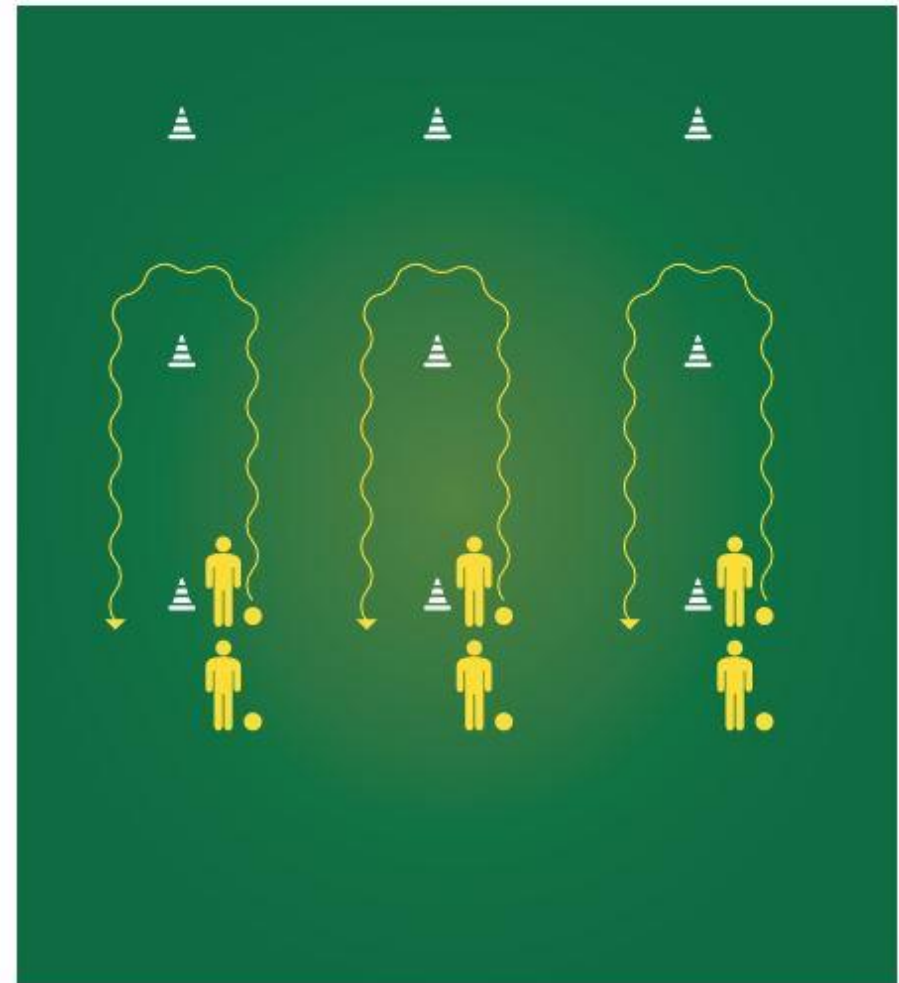
### Beginning: Relays

#### Explanation for relays

- Each player starts with a ball, dribbles around the marker (as shown in diagrams 1 and 2) and returns to the start
- Upon returning to the starting point, the next player starts the same pattern with their own ball

#### Guidelines for relays

- Avoid long queues
- Keep players as active as possible (don't keep them waiting in line for too long)
- Give the group a quick break for a drink when necessary
- All relays in this section can be performed with and without the ball (the preference is to always use the ball, but it is fine to take the ball out of the relays early in the session)
- The more skill your players acquire, the more the ball should be used and the greater the challenges can be
- If there are more than six players, make another lane of cones and keep it to two players in a line (this avoids long queues)



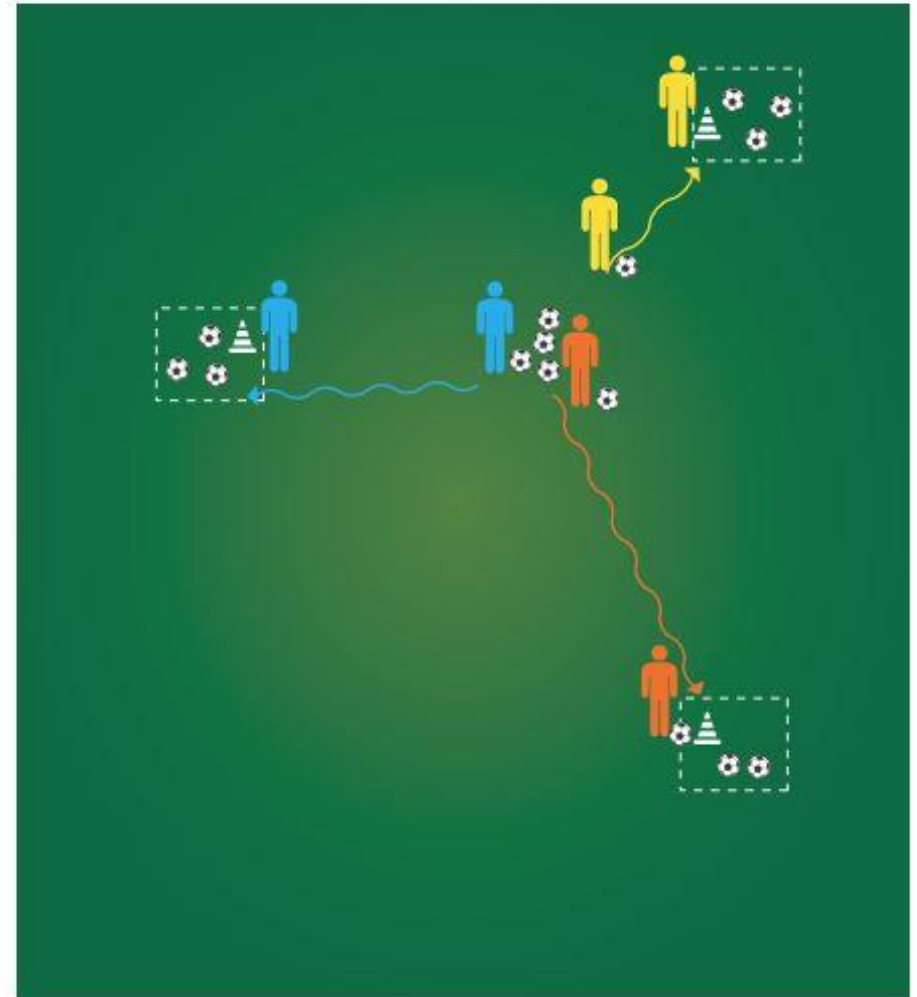
# DISCOVERY PHASE - MINIROOS

## Middle: Feather the Nest

Mark out a triangle with sides 10m–12m long. Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle. The object of the game is to gather as many balls as possible for the corner or 'nest' within a set time period.

One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there. Their team-mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else's nest.

**Players are NOT allowed to stop others from taking balls from their nest – no blocking, defending, tackling, etc. No hands! Feet only.**



# DISCOVERY PHASE - MINIROOS

## End: 3 v 3 (or 4 v 4, 5 v 5) Training Game

Length: 20m–25m

Width: 14m–18m

Goal: 2m–3m

- “Just let them play”
- You can play with or without goalkeepers
- Short games - 3 to 5 mins in length (with regular drink breaks)

