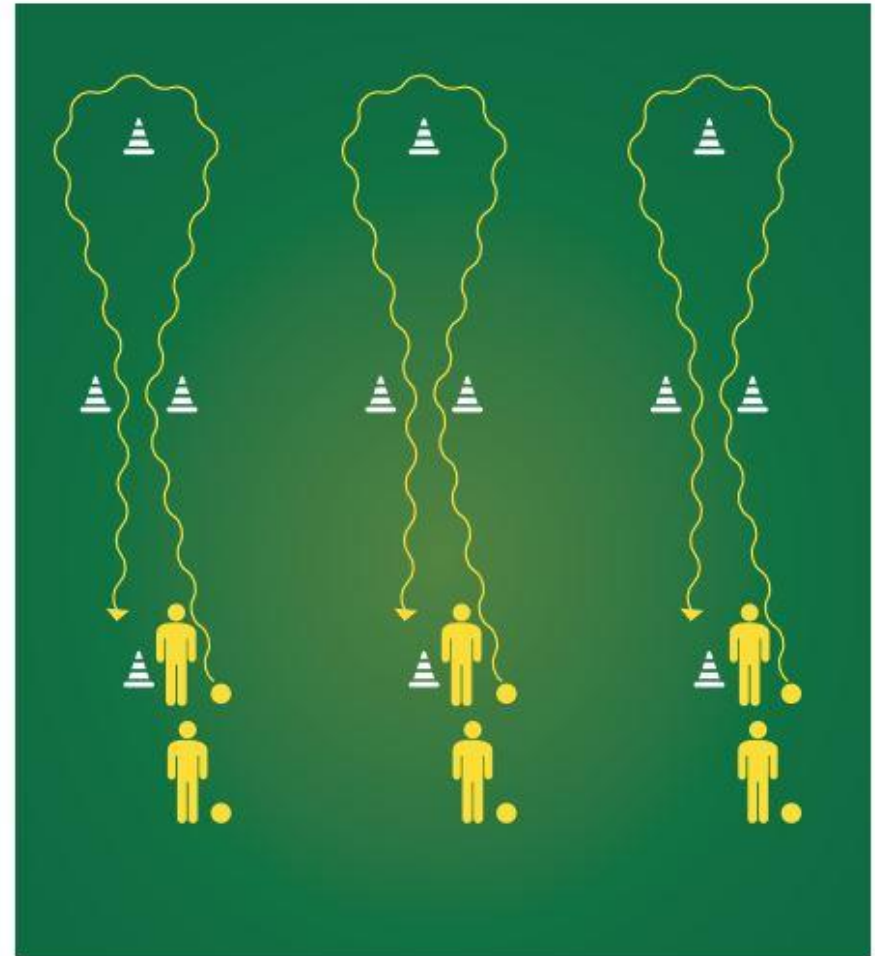


Model Session 11

Beginning: Relay

Explanation for relay

- Each player starts with a ball. Player 1 dribbles their ball through the middle gate and then around the far cone and back through the middle gate again on the way back
- Upon returning to the starting point, player 2 commences the same pattern
- Twelve cones are required
- Vary the width of the gates to increase/decrease difficulty



DISCOVERY PHASE - MINIROOS

Middle: Pass and Move

This activity requires two players with a ball and four players without.

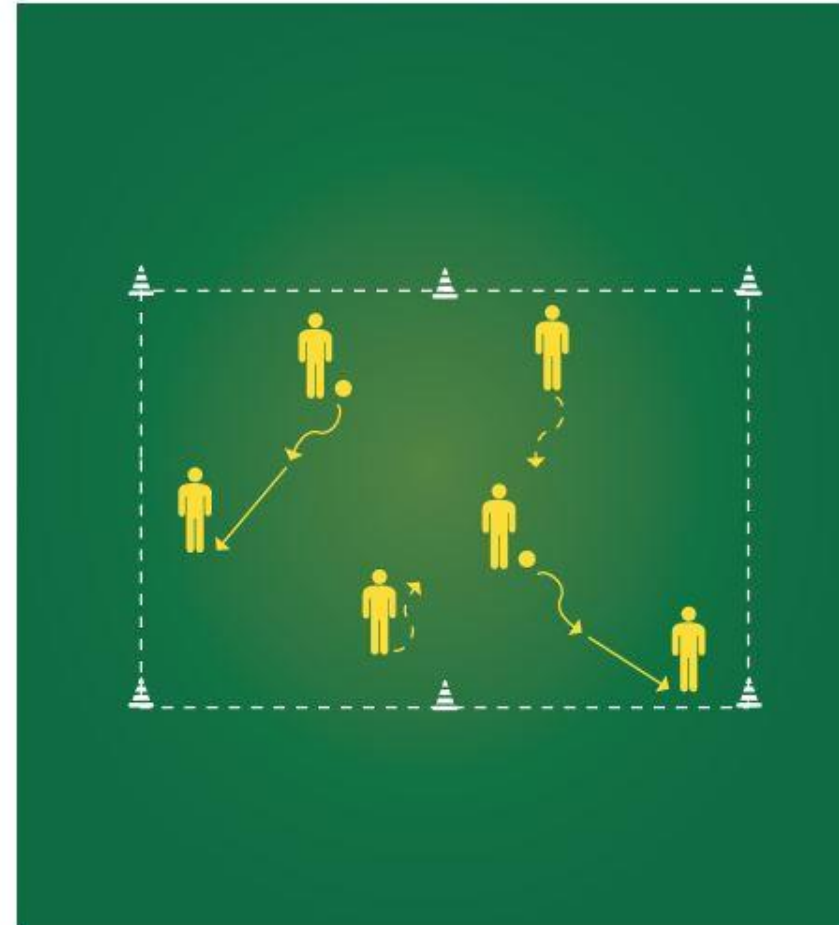
The players with the balls start by dribbling, while the other players move freely around the area. When the ball carriers see another player ready to receive the ball, they pass to them, then move to another part of the area. When a player receives the ball, they dribble until they can see another player who is ready to receive the ball. They then pass the ball to that player and move. Players are constantly moving, either looking to receive one of the two balls, or looking to pass to one of the players without a ball.

Progression:

- Three players with a ball and three without

This activity helps develop vision and communication and introduces the concept of passing the ball to a team-mate, which is often difficult to grasp for a naturally self-centred under-seven!

Passing will begin to be more evident from under-eights upwards.



DISCOVERY PHASE - MINIROOS

End: 4 sided football 3 v 3 (or 4 v 4, 5 v 5)

Length: 20m

Width: 20m

Gates: 4 gates of 1m–2m wide inside the area (as shown in the diagram)

- Players can score by passing the ball through any one of the 4 gates (and from either side) to one of their team-mates
- This game encourages passing and supporting

