

Model Session 2

Beginning: Stuck-In-the-mud

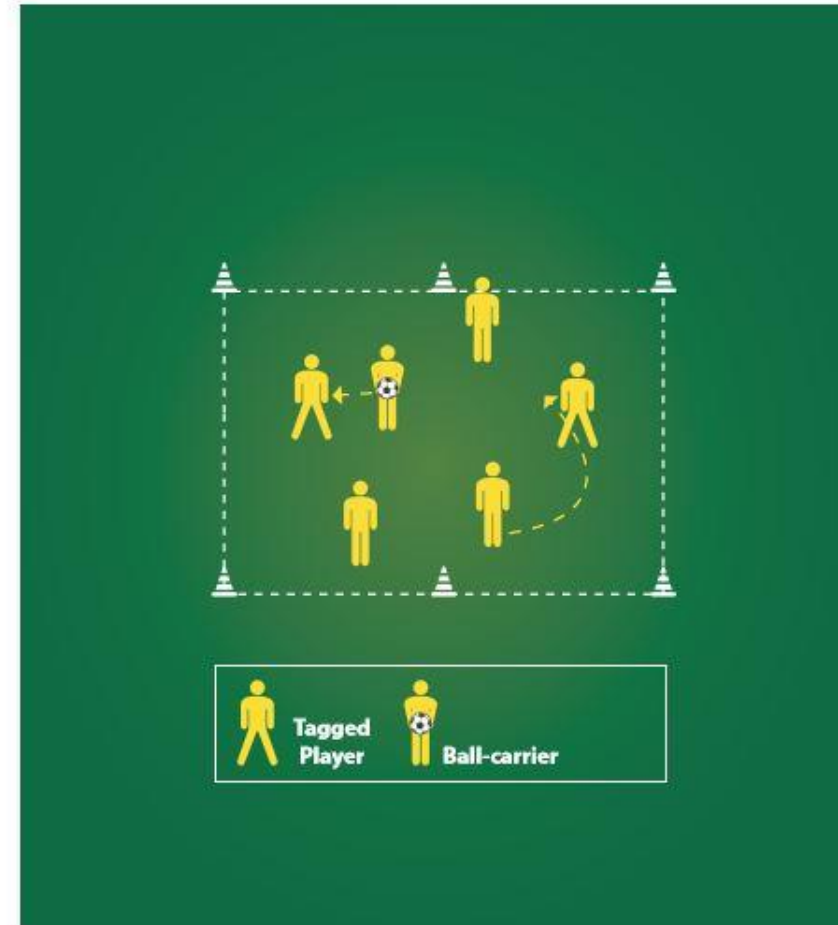
Mark out a 10m x 14m area. Five players try to avoid one player who carries a ball in their hands.

The ball-carrier 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 until a team-mate frees them by crawling through their legs.

Each ball-carrier has 30 seconds to tag as many players as possible.
After 30 seconds, change the ball-carrier.

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)



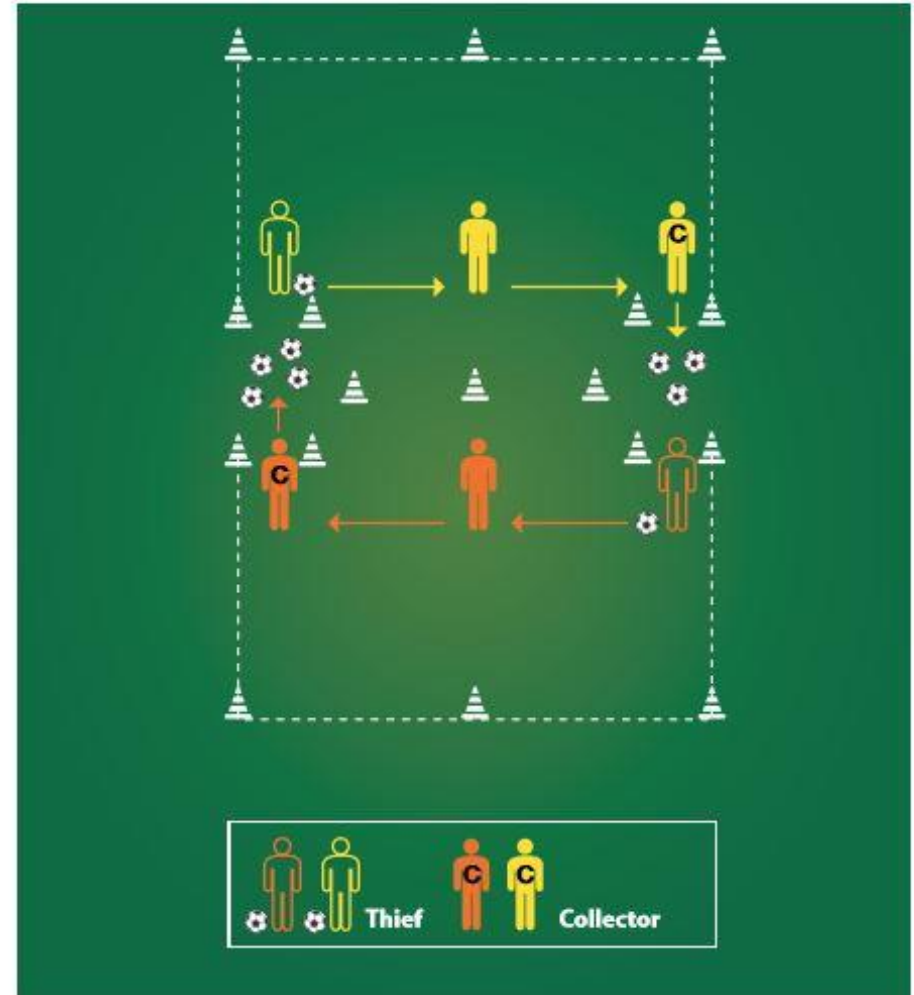
DISCOVERY PHASE - MINIROOS

Middle: Robin Hood

Two teams of three split up as shown in the diagram opposite. Each team starts with an equal number of balls in their 'safe'. When the game begins, each team can start stealing balls from their opponent's 'safe' – there is one 'thief' who takes a ball and passes it across the first 'moat' to their team-mate; they then pass it across the second 'moat', to their team's 'collector', who puts it in 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.

You can't use your hands – feet only!



DISCOVERY PHASE - MINIROOS

End: Pass to score

Length: 15m–20m

Width: 15m

Goal: none (make 4 or 5 gates of 1m–2m width inside the area)

- To score a goal, pass the ball through any of the gates to a team-mate
- This game encourages passing

