

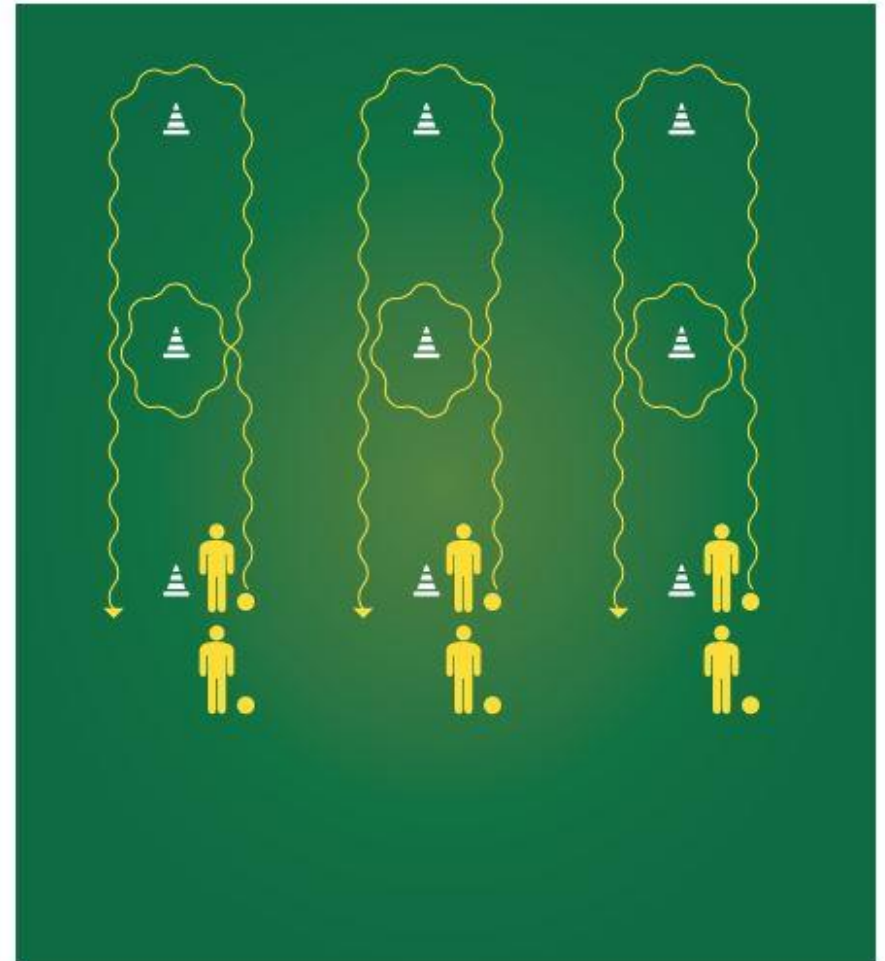
## Model Session 3

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### Beginning: Relay

#### Explanation for relay

- Each player starts with a ball, and dribbles around the first marker in a full circle (as shown in diagram) then dribbles around the second marker, and then returns to the start
- Upon returning to the starting point, the next player starts the same pattern with their own ball



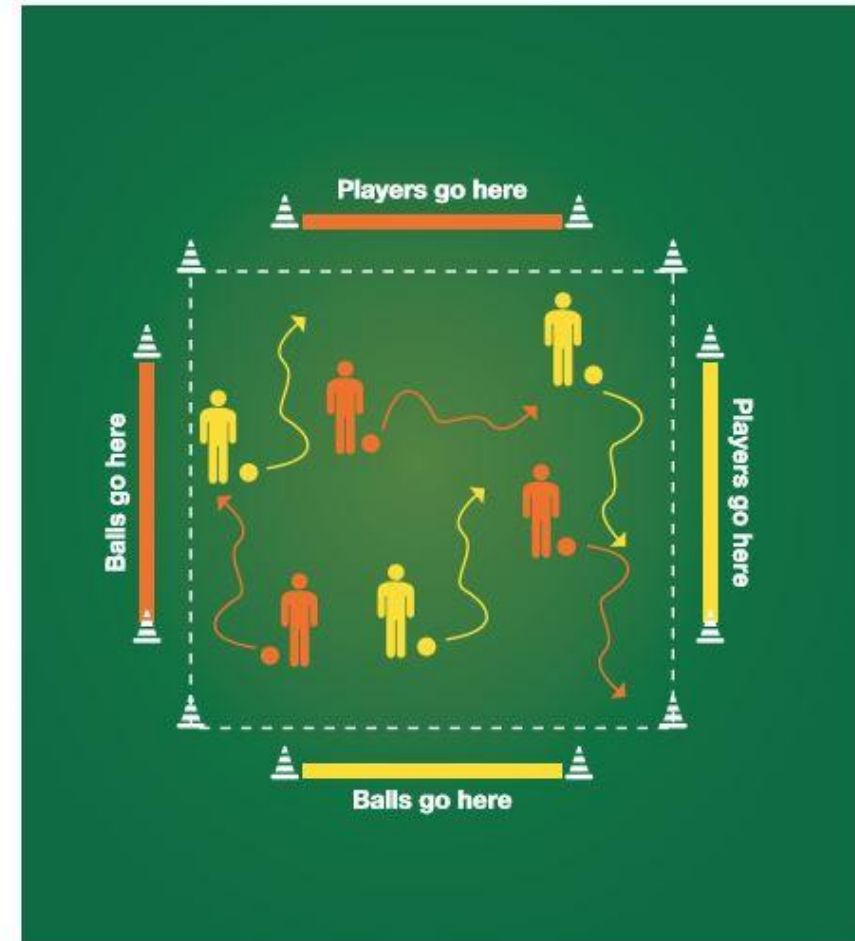
# DISCOVERY PHASE - MINIROOS

## Middle: Empty It! Fill It!

Mark out a 14m x 14m square.

Players in two teams dribble balls inside the square. Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call 'empty it!' the teams compete to be the first to empty the square.

On the call 'fill it!' the teams compete to be the first to get all their balls and themselves back in the square.



# DISCOVERY PHASE - MINIROOS

## End: 4-Goal football

Length: 20m

Width: 15m

Goal: 2 goals (2m wide) on each end-line

- There are no goalkeepers
- Goals can be scored in either of your opponents goals
- This game encourages shooting and scoring

