

## Model Session 5

### Beginning: Relay

#### Explanation for relay

- Each player starts with a ball, and dribbles around the first marker and then cuts the ball, changing direction to the left (as shown in diagram 1). Then dribbles around the second marker, and repeats the same pattern (but cuts right this time) on the way back
- Upon returning to the starting point, the next player starts the same pattern with their own ball
- Variation - instead of all players beginning at the one point, they could be split up at either end
- Player 1 now dribbles around the first marker and then passes the ball to player 2 (as shown in diagram 2), who repeats the same movement and passes to player 3

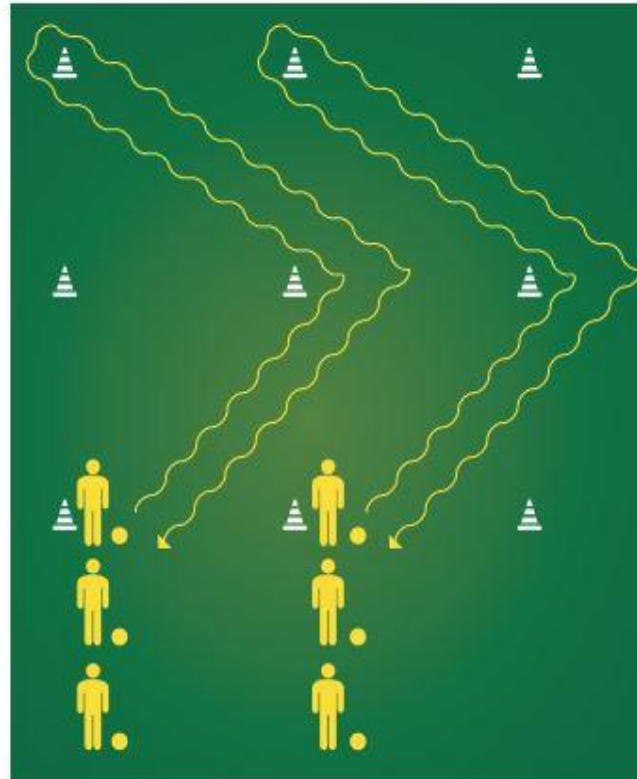


Diagram 1

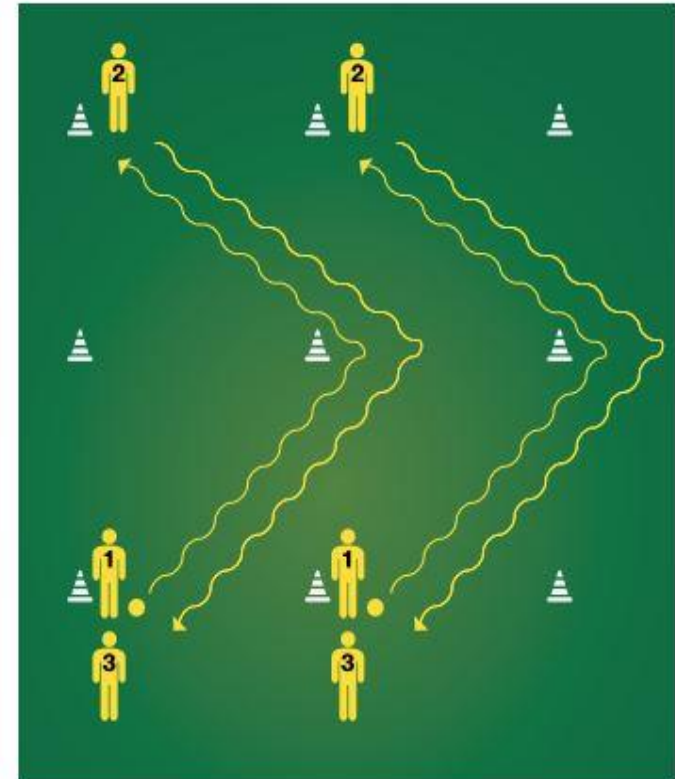


Diagram 2

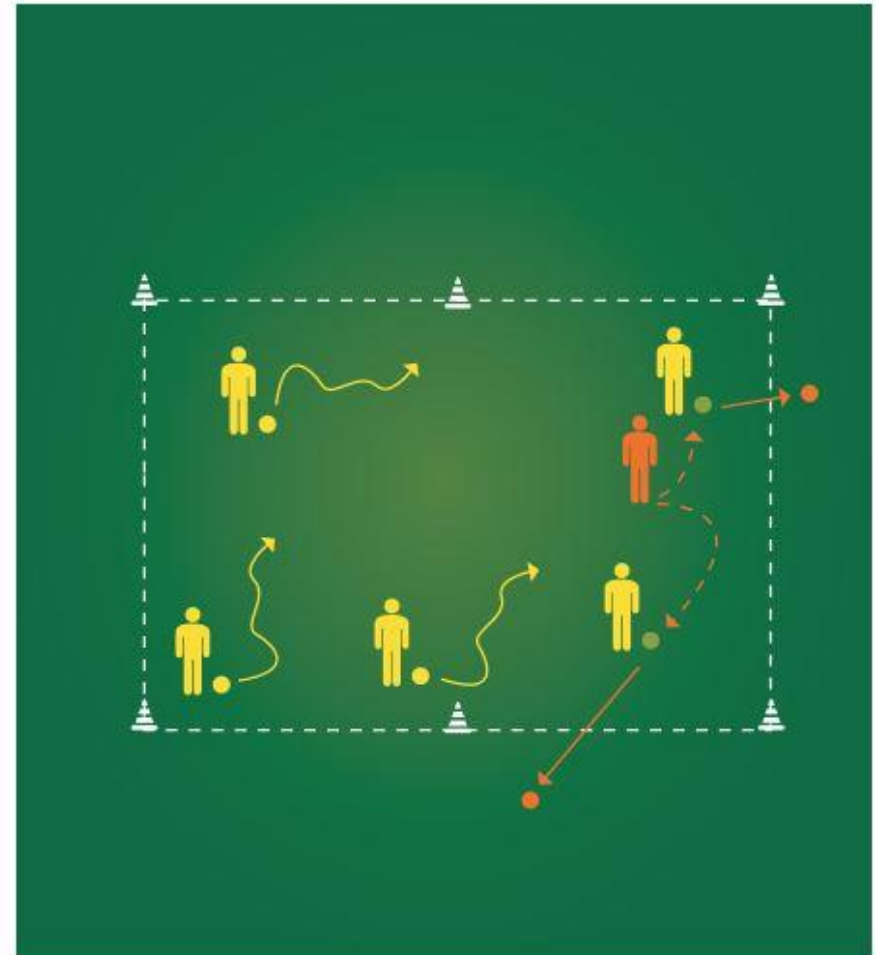
# DISCOVERY PHASE - MINIROOS

## Middle: Round em' up

Five players dribble their balls inside a 10m x 14m area. On your call 'round 'em up!' the sixth player tries to 'round up' all five balls, by kicking them out of the square.

Allow 30 seconds for players to 'round up' as many balls as possible.

Take turns so each player has a go at rounding up the balls.



# DISCOVERY PHASE - MINIROOS

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

Length: 20m

Width: 15m

Gate: 2m-3m

- In this game players can score by passing/shooting the ball through either side of the gate, from in front or behind
- "Just let them play"
- You can play with or without goalkeepers
- Short games - 3 to 5 mins in length (with regular drink breaks)

