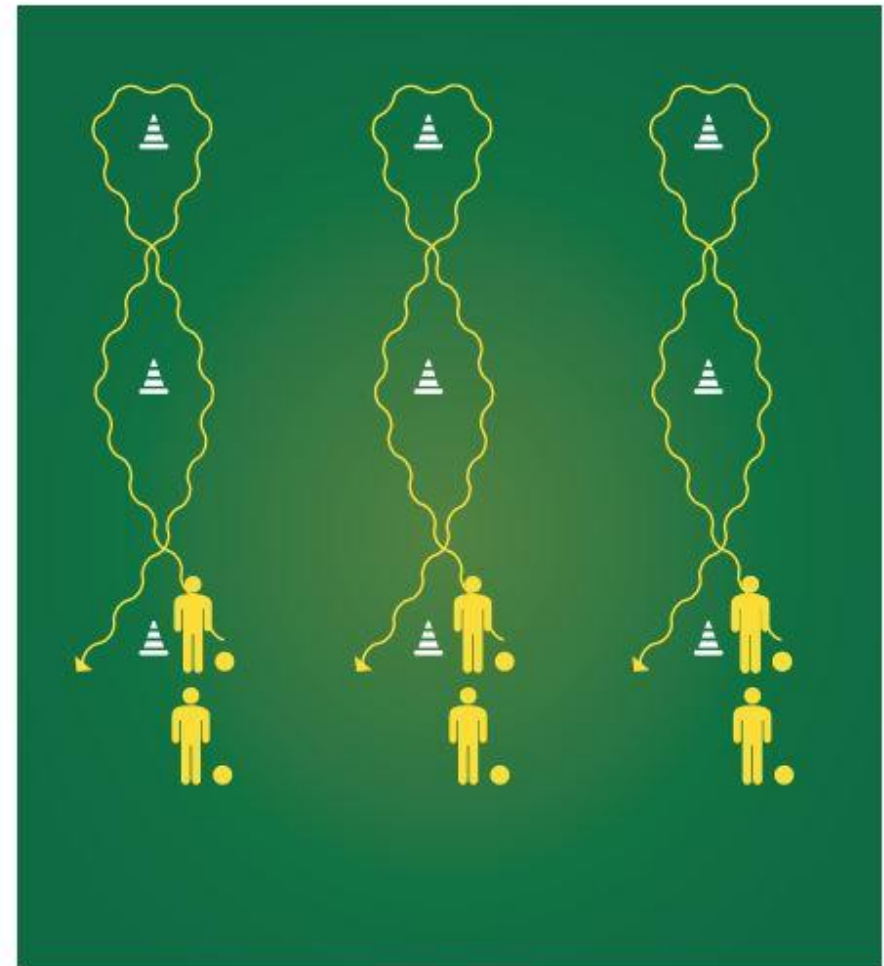


Model Session 7

Beginning: Figure 8 Relay

Explanation for relay

- Each player starts with a ball, and dribbles around the first marker and then the second marker in a figure 8 type direction (as shown in the diagram)
- Upon returning to the starting point, the next player starts the same pattern with their own ball
- **Progressions**
 - Players to use their right foot only
 - Players to use their left foot only
 - Players to use the inside of their foot only
 - Players to use the outside of their foot only
 - Each group to use one ball only, where the ball is exchanged at each end upon completing the figure 8



DISCOVERY PHASE - MINIROOS

Middle: Colour code

This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

Players dribble their balls round the outside perimeter of the area.

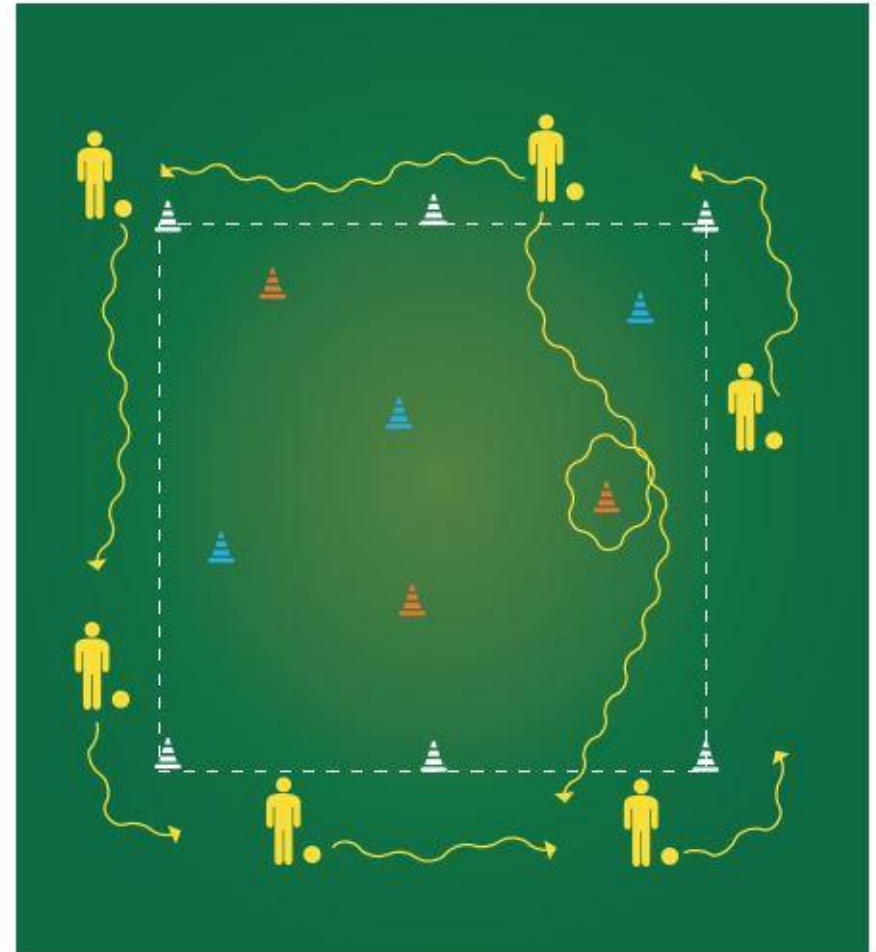
Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

Remind players to keep their heads up and watch out for possible collisions.

Variations:

- Round all cones of that colour
- Players to use their right foot only
- Players to use their left foot only
- Players to use the inside of their foot only
- Players to use the outside of their foot only

There are more possible variations, limited only by the number and colour of your cones, and your imagination!



DISCOVERY PHASE - MINIROOS

End: Dribble to score 3 v 3 (or 4 v 4, 5 v 5)

Length: 15m–20m

Width: 15m

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

- To score a goal, dribble the ball through any one of the gates
- This game encourages dribbling
- Players cannot score in the same gate consecutively

