## Model Session 10

Beginning: Catch the Tails

One or more players are 'hunters'. They chase the other players and try to remove their 'tails'. If a player's 'tail' is taken, they become a 'hunter'.
(Bibs tucked into shorts can function as 'tails').

Progression:

- The 'hunter' dribbles their ball while trying to remove the 'tails'

- Players with 'tails' dribble their balls while trying to avoid the 'hunter'
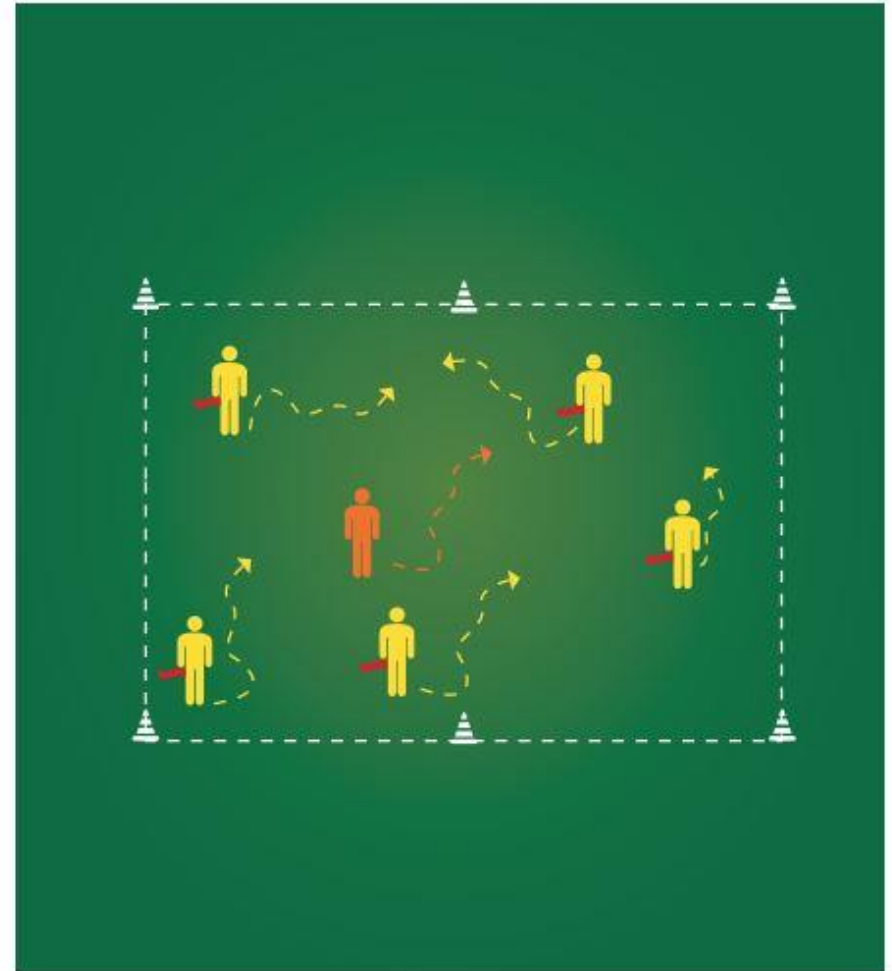
Middle: Simon Says

Players dribble freely around the area with a ball each. Give the kids various tasks and challenges, which they must do ONLY if you say 'Simon says' at the start of the sentence. Therefore, sometimes you use 'Simon says' and sometimes you don't – see who's listening!

The players must avoid touching anyone else's ball, and must not let anyone else touch their own ball.

Possible tasks:

- STOP! (Means stop dead with your foot on your ball)

- TURN! (Quickly go the other way with your ball)

- OUT! (Run outside the square and put your foot on your ball)

- CHANGE! (Leave your ball and find another one to dribble; who is the last one dribbling a new ball?)

- LEFT! (Dribble around the area touching the ball only with your left foot)

- RIGHT! (Dribble around the area touching the ball only with your right foot)

- Use your imagination!

Use instructions like 'Simon says sit next to your ball' or 'Simon says get a drink from your bag', to give the players a rest when needed.
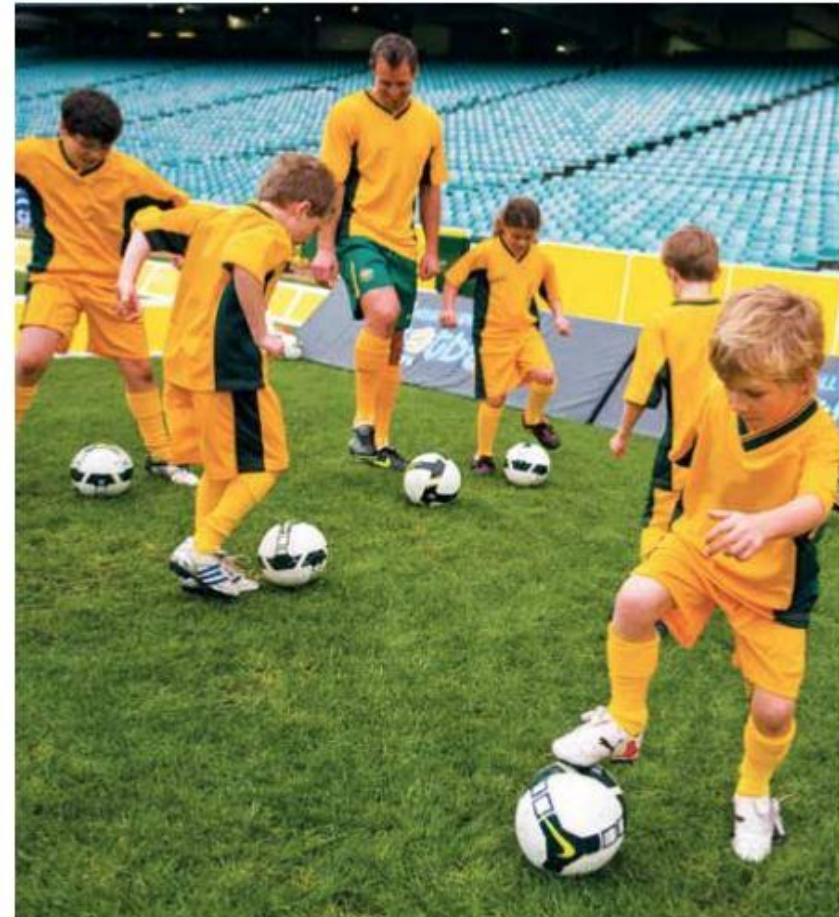
End: 2 v 2 (or 3 v 3, 4 v 4) end zone football

Length: 20m
Width: 15m
Goal: create an end zone (a square 2m x 2m) behind the centre of each byline

- To score the players must pass the ball to their own player in the end zone who must stop/control the ball in the area

- There are no goalkeepers

- Rotate players in the end zone every 1-2 minutes