

## Model Session 4

### Beginning: Me and my shadow

Players get into pairs; one is designated as 'leader' and the other as 'follower'.

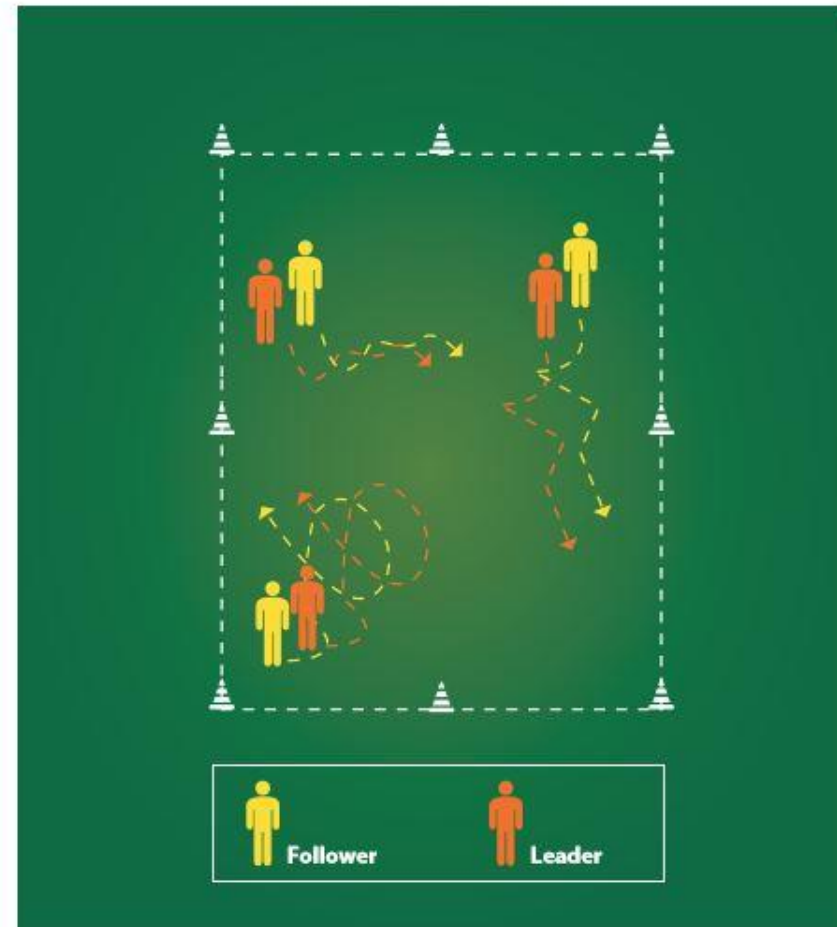
The 'leader' moves around the field, changing speed and direction frequently, and perhaps adding a variation here and there, such as a jump or a ground touch.

The 'follower' then copies everything the 'leader' does.

Change roles regularly and also change partners regularly.

### Progression:

- The leader (only) has a ball
- The leader and the follower both have balls
- The follower has a ball (this is a difficult progression so instruct 'leader' to jog at medium speed around the area, with occasional random changes of direction)



# DISCOVERY PHASE - MINIROOS

## Middle: 1 v 1 Mini Games

Make three small areas about 10m x 7m.

Players play 1 v 1 on each mini-field and score by dribbling the ball over the opponents' line.

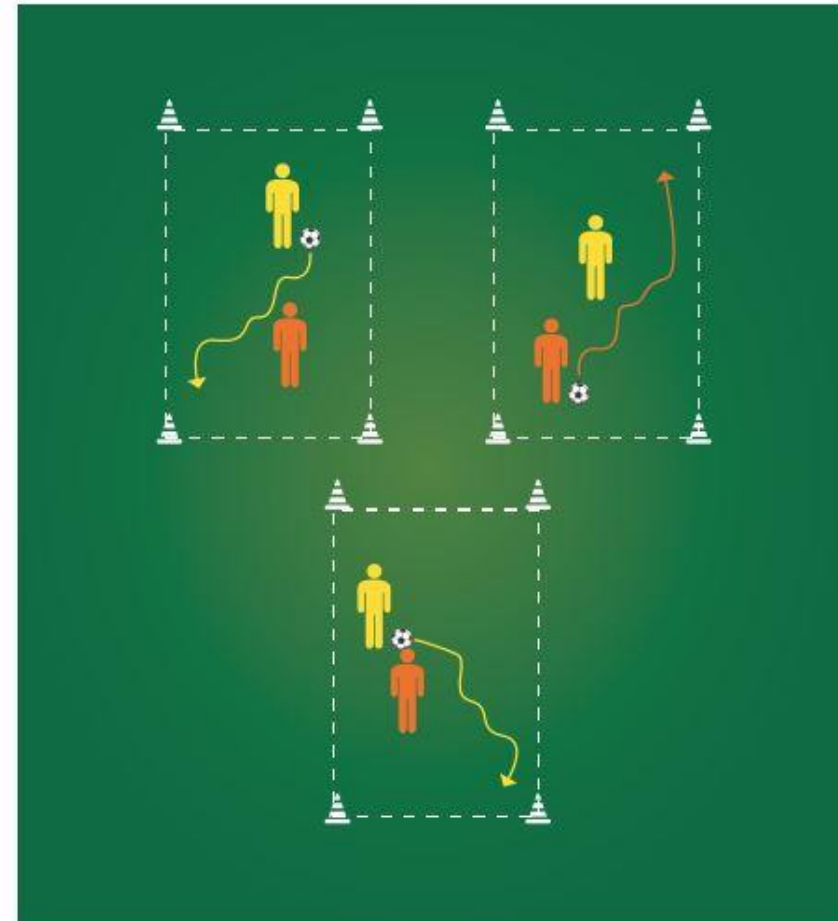
Think of safety when setting up; avoid scenarios where players could dribble into each other by allowing buffer zones.

Keep rotating so opponents are changed regularly. Rotation also allows a period of rest, so control how long rotation takes depending on how fatigued the players seem. You could also give some brief hints to the whole group in order to give them a rest.

Games should be no longer than 1 minute maximum.

If enough cones are available, progress to a small goal on each end-line for players to score in.

**You will also need a good supply of spare balls, as they tend to go everywhere when shooting is introduced.**



# DISCOVERY PHASE - MINIROOS

## End: Line football 3 v 3 (or 4 v 4, 5 v 5)

Length: 20m

Width: 15m

Goal: none

- Usual rules, but method of scoring is to dribble the ball across the opponents' end line
- This game encourages dribbling and 1 v 1 skills

