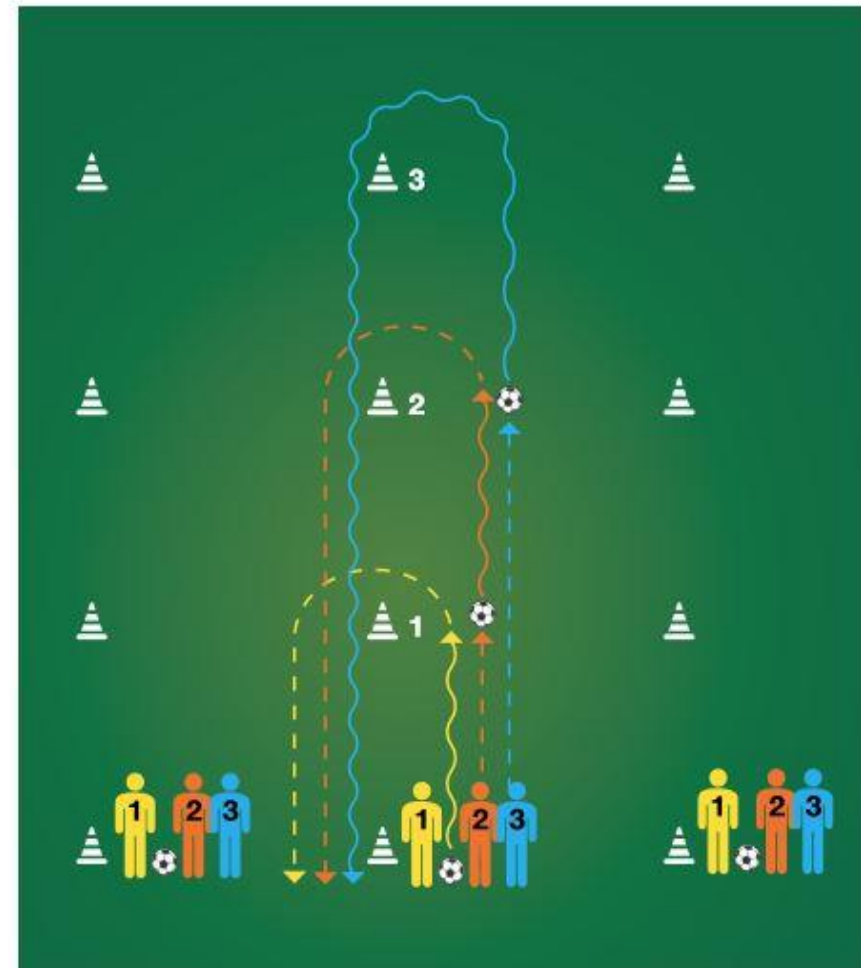


Model Session 9

Beginning: Relay

Explanation for relay

- Each group starts with 1 ball
- Player 1 dribbles the ball to marker 1, and leaves it there. Then runs around the marker and tags player 2 at the starting point
- Player 2 runs to the ball, collects it from marker 1, dribbles it to marker 2 and leaves it there, then runs around the marker and tags player 3 at the starting point
- Player 3 runs to the ball, collects it from marker 2, dribbles with it around marker 3 and brings it back to the starting point
- Change the player numbers regularly
- **Progressions**
 - Players to use their right foot only
 - Players to use their left foot only



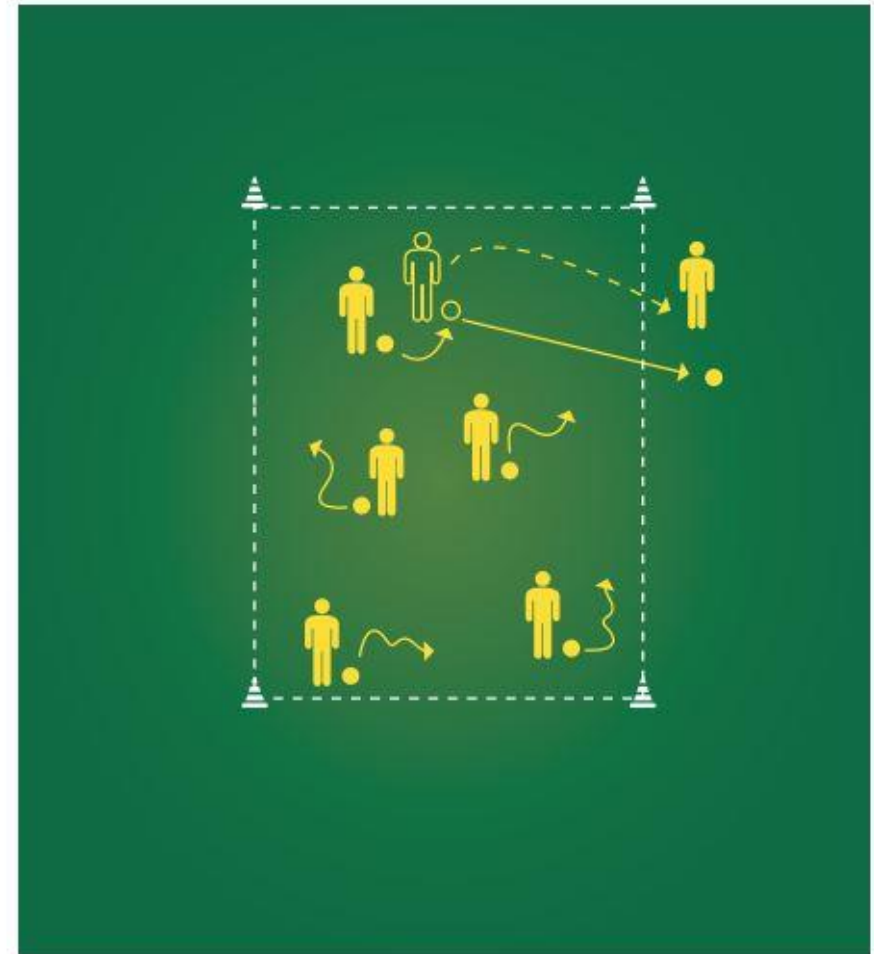
DISCOVERY PHASE - MINIROOS

Middle: Beehive

Six players with a ball each dribble around an area about 7m x 10m.

They attempt to kick the other players' balls out of the area while keeping their own ball under control. The players must be careful – while they are kicking someone's ball out, someone else might kick theirs out!

If their ball is kicked out, the player must leave the area immediately without kicking any other balls out. The player can fetch their own ball and wait until there is a winner and the game starts again.



DISCOVERY PHASE - MINIROOS

End: 3 v 3 (or 4 v 4, 5 v 5) Training Game - focus on shooting

- Field dimension is short and wide

Length: 15m

Width: 15m - 20m

Goal: 3 goals on each byline (as shown in diagram)

- This game encourages shooting as often as possible

