

# DISCOVERY PHASE: SESSION THREE



## Suggested equipment list:

16 cones, 12 balls, 4 mini goals, 2 portable goals (age-specific) and 4 sets of bibs



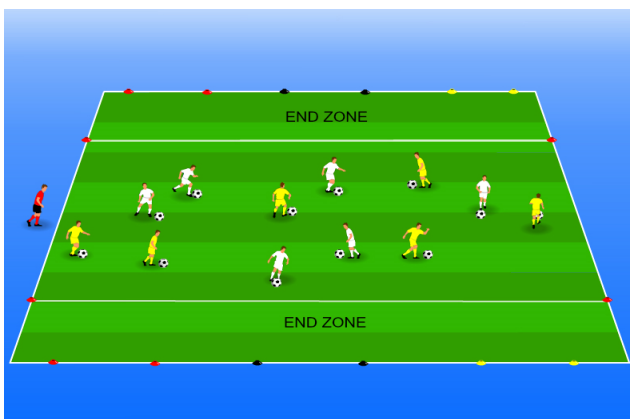
## Activity: Run with It

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points when a player runs from the defensive zone to the attacking zone and scores
- No goalkeepers to encourage more running with the ball



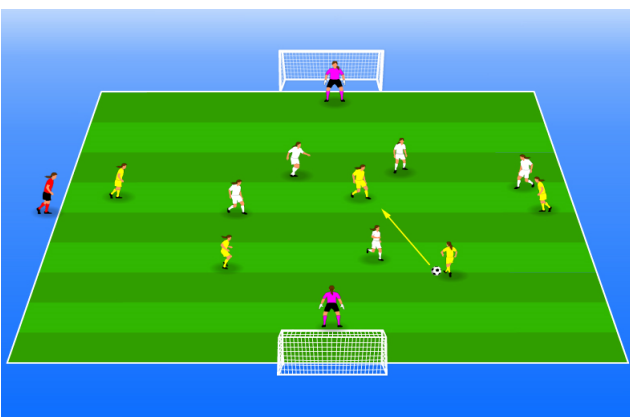
## Activity: Split the Gap

- Split players into groups using bibs
- Attackers will keep possession of the ball in groups and attempt to pass the ball through gaps (as marked by cones)
- If a group successfully passes the ball through a gate, they receive 1 point, and then must attempt to pass ball through a different gate
- Defenders will attempt to win the ball off attackers and dribble the ball through central gate to become attacking group
- Rotate defending group frequently



## Activity: Breakaway

- Split players into two teams
- Each player has a ball and will run with the ball in the centre zone
- The coach will call either "YELLOW" or "WHITE" which signals the players of that respective team to breakaway into the end zones to run with ball through any of the six outside gates
- The team not called will leave their balls and attempt to stop the players of the other team scoring
- Once sequence has finished, game repeats



## Activity: Free Game

- Normal game, 1 point for a goal
- Create one or two games
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions without stopping the game