

# SESSION TWO.

## Suggested equipment list:

12 cones, 8 balls, 4 mini goals (can be replaced by cones) and 4 sets of bibs (alternatively separate based on shirt colour)

PSYCHOLOGICAL DOMAIN	
DEVELOPING PHYSICAL LITERACY	FACILITATOR TIPS
Engagement and enjoyment	Foster an environment full of positive emotions and experiences
Confidence	Praise effort, not ability
Motivation	Create a FUN and stimulating environment
Self-Perception	Encourage each individual to reach their potential
Self-Regulation	Entice players to support one another

## SMALL-SIDED GAME



- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!

# SESSION TWO.

## FUN FOOTBALL GAME: RUN THROUGH



- Set up 'gates' using cones as shown
- Players will run with the ball and attempt to run through as many gates as possible in 30 second period
- Each time a player runs through a gate, they receive 1 point; players must run through different gates each time
- After each period, players must attempt to beat their own personal score in the next 30-second period
- **CHANGE IT:** Make the gates smaller or larger in size
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with ball at speed) without stopping the game

## SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- **VARIATION:** A goal is worth 3 points if team scores in other goal (e.g. first scores in right goal then left)
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage children to look for width and create space. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

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## PHYSICAL LITERACY GAME: ROB THE NEST



- Form 4 equal groups; positioning 1 group on each corner of the field and a pile of footballs in the centre
- One player at a time from each group will run out, collect a ball and score in their corner goal
- Once scored, the next player will run out to collect another ball and score. Play till there are no more balls
- The group with the most goals at the end wins
- **CHANGE IT:** Players can steal balls from other teams' goal once all the balls in the middle are gone
- **YOUR ROLE:** Get involved! Praise and encourage desired actions

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- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!