

Session 6

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Making subs in game like situation

Introduction

Duration: 5 minutes

- Safety rules
- Size of playing area
- Intro to objectives of the session

Warm-up

Moderate intensity

Duration: 5 minutes

- “Touch ball” game (as with modified game 2 in session 1)

Activity 1

Duration: 20 minutes

Remember “frequent drink breaks”:

- 5 on 4, with 3 touches (if a team drops the ball, is off-side, or passes the ball forward, they lose possession)
- 6 on 5, with 4 touches (as above)
- Use players as referees where possible
- Progress to 6 on 6

Warm-down

Duration: 5 minutes

- Static stretching

Ending

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session