

Session 7

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Playing full game rules

Introduction

Duration: 5 minutes

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

Warm-up

Moderate intensity

Duration: 5 minutes

- Choose from Warm Up games list

Activity 1

Full Game 1

Duration: 30 minutes

Remember “frequent drink breaks”

- 6 on 6 “full game rules” (2 x 10 minute halves). The referee can stop the game to assist its progress if required. No scores are kept. 5-10 minute half time break. Use player referees where possible.

Warm-down

Duration: 5 minutes

- Slow jog around fields with balls being passed between all players
- Static stretch

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
- Thank them for their efforts