

Session 8 - Afternoon Tea

Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions
- Playing full game rules
- For parents to see their kids play
- For kids and parents to learn about their local affiliated competition
- To finish on a high

Introduction

Duration: 5 minutes

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

Warm-up

Moderate intensity

Duration: 5 minutes

- Walking touch, 5 on 5
- Jogging touch, 5 on 5

Activity 1

Full Game 2

Duration: 30 minutes

Remember “frequent drink breaks”

- 6 on 6 “full game rules” round robin mini tournament. 7-minute games, to allow teams to play 3-4 games against new opposition. Teams of 10.

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
- **Certificates of attendance**
- **Information about entering a local affiliated competition**