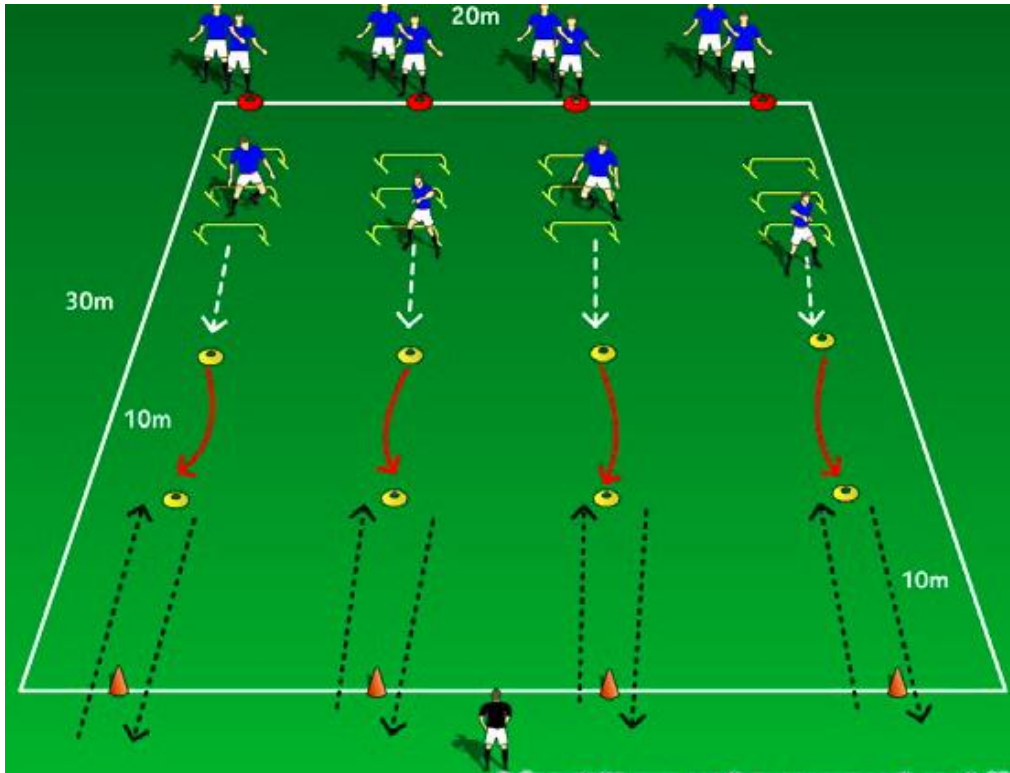




FUNdamentals/Learn to Train Station A Physical Literacy Relays



Players race through the 4 stages of the obstacle course performing a variety of fundamental movement skills eg. forward/ backwards running, skipping, hopping, bear-crawls, frog jumps, lateral shuffles etc

Time frame. 11 minutes

Emphasis:

Agility, Balance, Coordination, Speed
Changing Direction
Movement Preparation
FUN!

<p><u>Psychological</u> Confidence Being safe FUN</p>	<p><u>Technical</u></p>
<p><u>Physical</u> Agility, Balance Change of Direction Fundamental Movements</p>	<p><u>Social</u> Listening Working as a team</p>



FUNdamentals/Learn to Train

Station B

3v3 focusing on Passing and Receiving



Time frame. 11 minutes

Emphasis:

Decision making

When should I pass?

What kind of pass should I make?

Where should I take my 1st touch?

Why?



2 fields are set up 20 x 30 as above. Players are split into 4 teams of 3. After 5 minutes rotate the 2 green teams. Have the players play and throughout the game stop the session when appropriate and ask the players questions that are shown on the right hand side. Allow players to come up with the answers. Use guided Discovery if needed. The focus of the game should be on passing and Receiving

Psychological

Confidence
Being safe

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction

Social

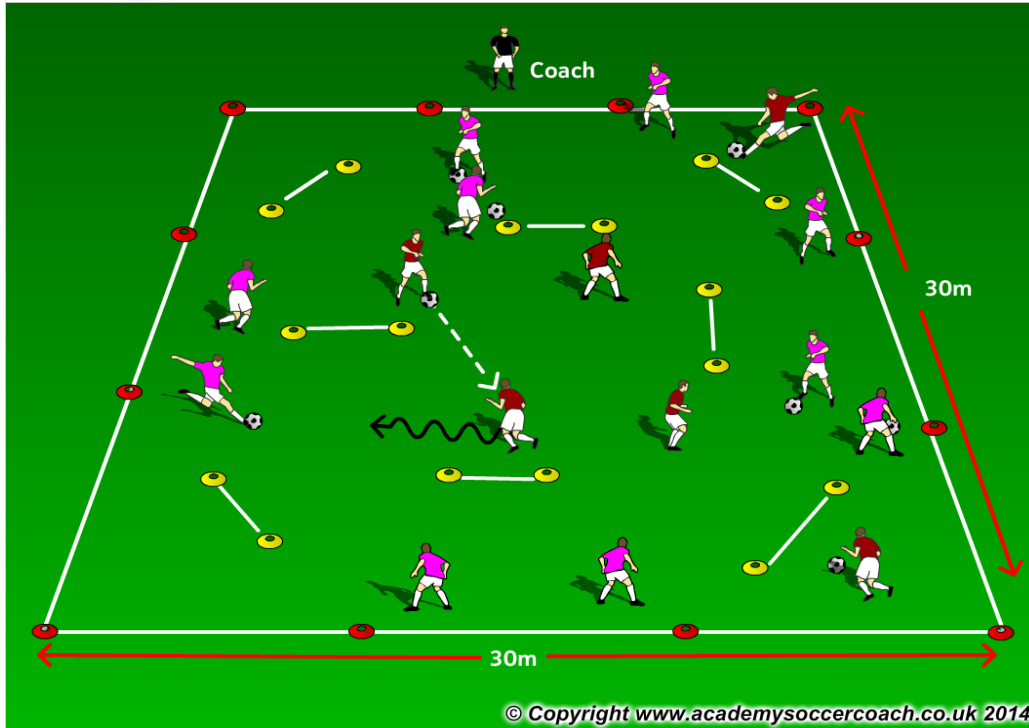
Listening
Communicating
Celebrating



FUNdamentals /Learn to Train

Station C

Passing and Receiving



Passing and Moving
Organisation. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression. To make it fun/competitive for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

All gates should be a different size to allow players to choose the types of gates that they wish to pass through

Time frame. 8-10 minutes

Emphasis:

- Passing – Receiving
- Changing direction
- Imagination
- Change of speed
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing - Receiving Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>



FUNdamentals/Learn to Train

Station D

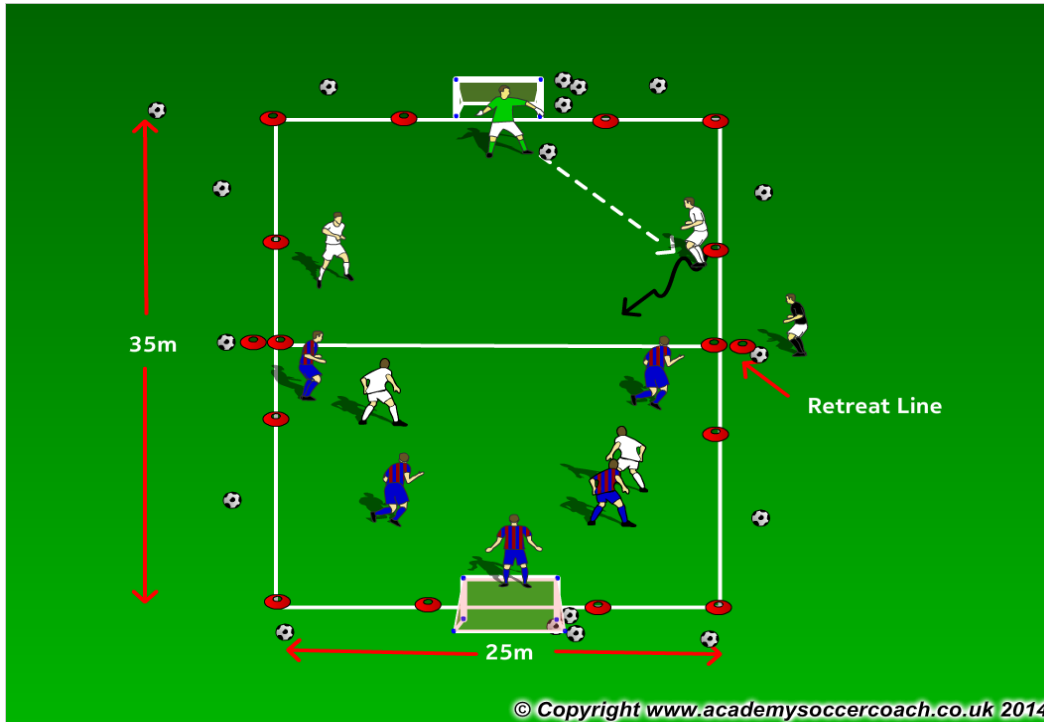
Small Sided Game – 5v5/6v6 with Retreat line



Time frame. 11 minutes

Emphasis:

Listening
Passing
Team work
Changing direction
Imagination
FUN!



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Psychological

Confidence
Being safe

Technical

Passing
Receiving

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating