

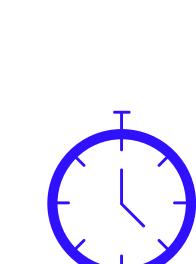
COACH

PLAY WELL: SESSION PLAN 5

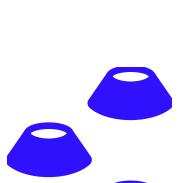
KIDS

Ball Tag

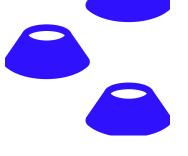
Activity:



Time: 10-15 Mins



Equipment Required: 1 x Ball, 4 x Cones per area



## Focus: For children to be able to...

1: Restrict space for children being chased

- 2: Anticipate where the children being chased will move next

## 1: Set up and stand back. Let the

Be sure to:

2: Allow children to discuss their strategy

children experiment

## Set up a small square of 3x3 metres. • Split the children in groups of 3.

How to play

- 2 are the taggers and 1 is trying to avoid being tagged. • The taggers are not allowed to run with the ball and can only tag by catching a pass close enough to
- the target player so they can touch them with the ball. Key questions to ask:
- What spaces are safer to avoid being tagged? How can we work together to make it easier to tag the evader?

## Make the square smaller. Have 3 taggers.

Make it more challenging:

COACH

KIDS

Make square bigger. Use a smaller ball. Add additional taggers and evaders.

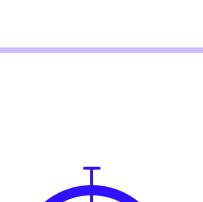
Make it easier: Restrict mobility of the player being chased.





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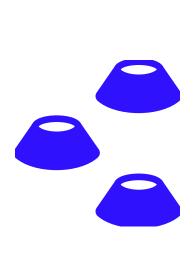
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Activity:

Time: 10-15 Mins

Continuous 3v3



Equipment Required:

2 x Goal / 4 x Large Cones

# 1 x Ball, 20 x Small Cones,

Focus:

For children to be able to...

1: Arrive in space at a good time to score

2: Time their movement and passing to avoid defenders stealing the ball

Be sure to:

- chance to solve problems themselves

### • 2 Teams play 3v3 (any type of invasion game: football, basketball, rugby, etc) • The other 2 teams are waiting on the half way line. • The team that scores stays on and the next team comes on.

How to play

Make 4 teams of 3.

- If no teams score after 1 minute, the team that had been on the longest goes off and a new team comes on. • If a team wins 2 in a row, they go off to give everyone a chance to play.
- Key questions to ask:

## How will you ensure that you are free to receive a pass? How many strategies can you think of to score as many points as possible?

Make it easier:

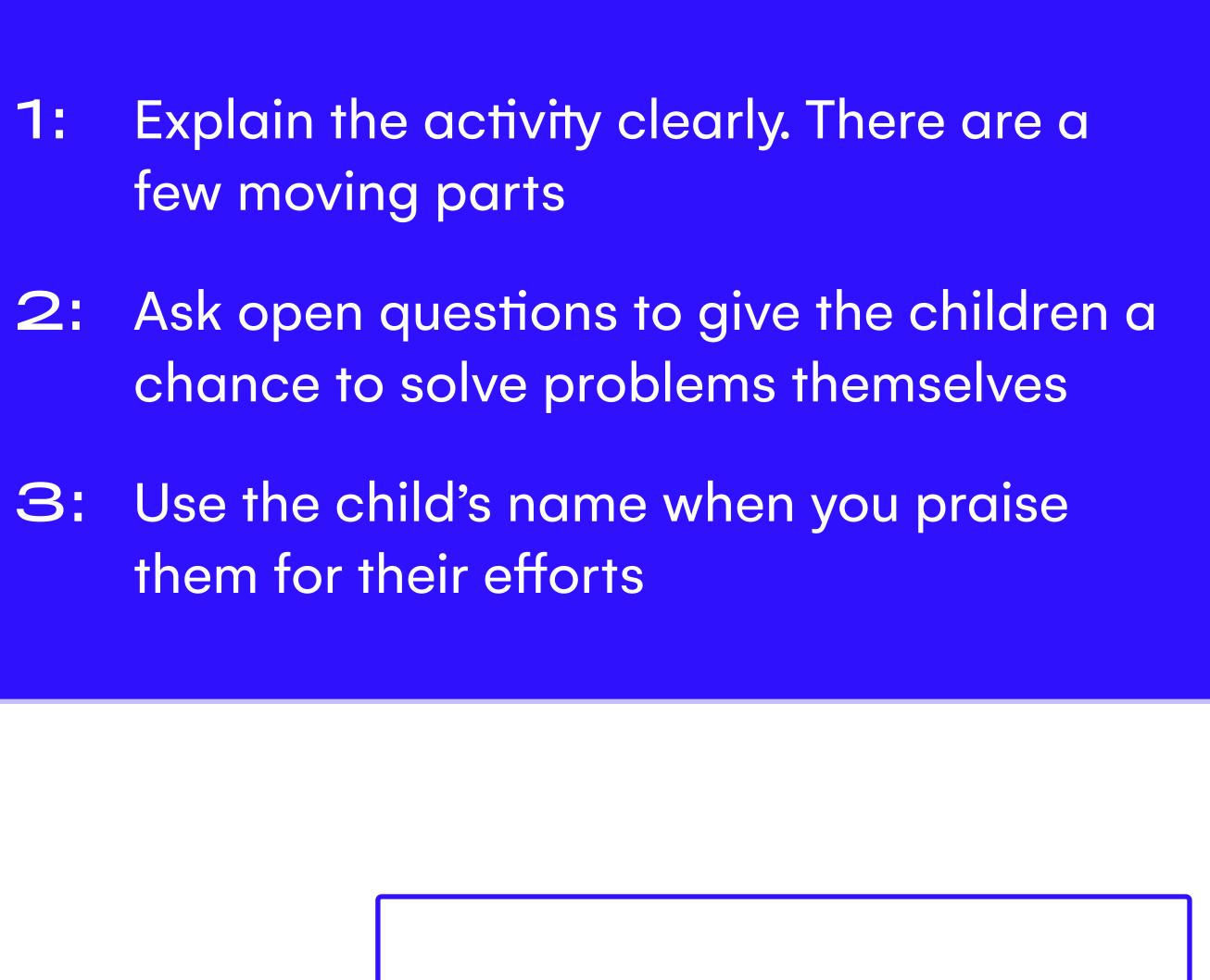
# Make the playing surface bigger

Defenders cannot steal the ball of the player with the ball. They can only steal the pass. Allow offloads to coach if a player gets stuck.

## Make it more challenging: Make playing surface smaller.

- Offensive players not allow to dribble. Set a minimum number of passes before a goal can be scored.

PLAY WELL: SESSION PLAN 5





- 1: Can you describe a moment where you moved into space at the right time? 2: What were the things you did to help you do this successfully?
- 3: Where might you use this skill in the future?

