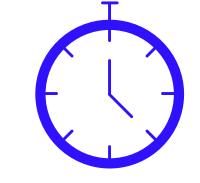
PLAY WELL: SESSION PLAN 6

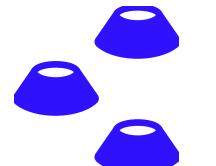
Timing is a key play skill. This is essential for finding and arriving in space at the right time to pass, receive and outnumber opponents. This is important for children of all ages in sports. Here are three activities that will help children develop their Timing skills. More specifically, these activities will encourage children to see and arrive in open space, and cooperate with teammates.

Activity: Dodgeball



5

Time: 10-15 Mins



Equipment Required:

 $20 \times Cone$, $10 \times Soft Balls$



Focus:

For children to be able to...

- Catch opponents off guard... strike at the 1: right time
- 2: Track and dodge incoming moving objects

Be sure to:

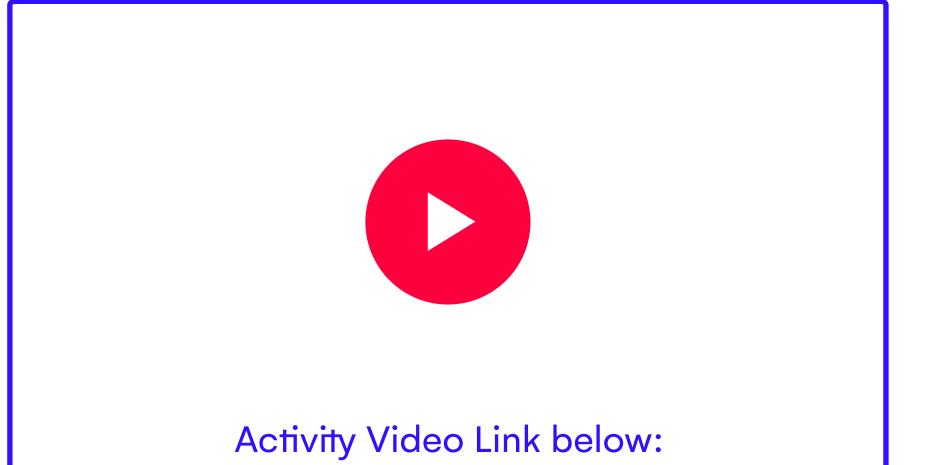
- Recognise when they achieve each of 1: the above with positive feedback
- **2:** Be patient with those who can't quite do these yet
- **3:** Reward effort with praise

How to play

- Split group into 2 teams
- Set as many soft balls as possible at the halfway line (standing on flat cones).
- On GO! all players try to grab a ball and hit someone on the other team.
- If a player is hit, they dropout, do 5 star jumps and get back in.

Key question to ask:

What spaces are safer to avoid being hit? What strategies can I use to get more shots?



Dodgeball

Make it easier:

Make the space smaller. Use less balls

Make it more challenging:

Add more players on both teams. Make the space bigger. Throw with non-preffered hand,

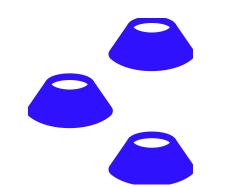




2

Activity: Save the Egg

Time: 10-15 Mins



Equipment Required:

1 x Ball, 4 x Cones per area



Focus: For children to be able to...

Be sure to:

- **1:** Pass a ball to another moving child in space
- 2: Lure opponents before passing the ball
- **3:** Move into open space to receive the ball
- **1:** Set up and stand back. Let the children experiment
- 2: Allow children who are doing well to demonstrate the skill to others
- **2:** Allow children to discuss their team strategy

How to play

- Split the kids into groups of 3 players.
- 2 teams play each other.
- One of the teams is trying to make 5 passes in a row without the other team (the magpies) stealing the egg (the ball).
- Every time a team completes 5 passes they get a point and the other team has to do a forfeit (star jumps, etc).
- If a team steals the egg they try to get 5 passes and so on.

Key questions to ask:

How can we make it harder for the defender to stay on us? How can we make it harder for the person I mark to get free?

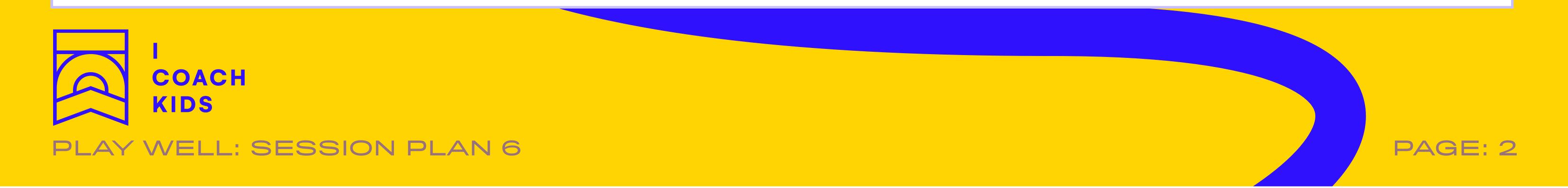
Make it easier:

Do not allow defenders to rip the ball from the ball handler. Have a joker (a player that's always an egg keeper to give them an advantage).

Make it more challenging:

Have a joker (a player that's always a magpie to give them an advantage).

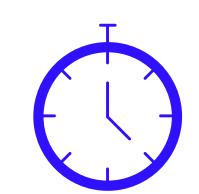






Activity:

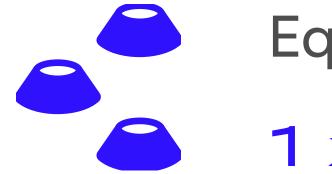
Continuous 3v3



Time:

10-15 Mins





Equipment Required:

1 x Ball, 20 x Small Cones, 2 x Goal / 4 x Large Cones



Focus:

For children to be able to...

- Arrive in space at a good time to score 1:
- 2: Time their movement and passing to avoid defenders stealing the ball

Be sure to:

- 1: Explain the activity clearly. There are a few moving parts
- 2: Ask open questions to give the children a chance to solve problems themselves
- **3:** Use the child's name when you praise them for their efforts

How to play

- Make 4 teams of 3.
- 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.
- 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.



Key questions to ask at the end of your session:

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

