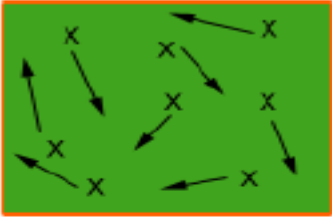
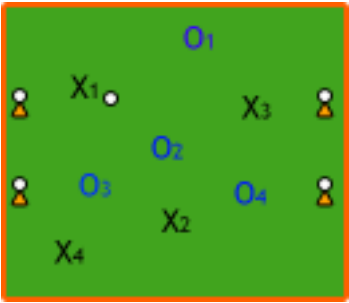


ORGANISATION		BASIC INSTRUCTION	
	10 MINS	WARM-UP GAME	BODY PARTS/SIMON SAYS
 A green rectangular field with a red border. Inside, there are ten 'X' marks representing players. Arrows point from each 'X' to a different 'X', indicating a sequence of movements or a specific game rule.		- All players have a ball each dribbling around grid. - Coach calls out a part of the body, e.g. foot, head, shoulder etc. - Player must stop ball and put that part of their body on the ball. - Use combinations to make players do toe-taps and move quickly. - PROGRESS TO 'SIMON SAYS' - Using similar commands as above, but this time players must only respond when coach starts with "SIMON SAYS...."	
COACHING POINTS		- Keep ball close to be able to control quickly. - Incorporate Toe-Taps & Boxes	
1ST/2 ND GRADE		For 1st/2nd grade sessions, please teach correct dribbling techniques as well as the QUICK TURN and the SCISSORS move and incorporate this into the SIMON SAYS GAME	

GAME #1:	15 MINS	DRIBBLING & TURNS	Mud Monsters
 A green rectangular field with a red border. Inside, there are ten players (represented by small figures) and several orange cones. The players are positioned around the field, and the cones are placed at various points, likely marking boundaries or specific areas for the game.		- All players have a ball each dribbling around inside of the area - known as the SWAMP - Coach is MUD MONSTER. Coach tries to 'tag' players - If tagged players pick ball up, hold above head, and call out "STUCK IN THE MUD" - To release a player, a team-mate must pass their ball through the legs of the 'Stuck' player. - Have players become Mud Monsters	
COACHING POINTS		- Spread out - Keep ball inside area - if it goes out then players are 'Stuck in Mud' - The coach should encourage players to use the correct technique when passing through legs.	

GAME #2:	15 MINS	DRIBBLING & TURNS	Chicken Run
		- All players (FOXES) are at one end of grid. - All soccer balls (CHICKEN EGGS) are at the other end of grid - Coach (C) is the Rooster protecting the chicken eggs (soccer balls). The players can only move when (C) has his back to them (watching over the eggs). When the Coach turns and faces the players they must stand as still as statues. When players get to the end, get a ball (chicken egg) and dribble back. - If (C) tags player, the ball is returned to the 'Chicken Coup'. PROGRESSION - Ask to perform different skill - Quick Turn; L-Turn; Drag Back (if these have been taught in session) when retrieving ball.	
COACHING POINTS		- Reinforce dribbling skills & turns. - During turn keep eyes on the ball, stay low & bend knees. - Explode away with bigger touches after turn to get away from 'Rooster'.	

GAME #3:	15 MINS	BALL MANIPULATION	Gold Rush
		- Coach sets out field area with soccer balls and discs scattered around. Players are to move around area without touching ball/discs. VARIOUS COACHES COMMAND: "Dig for Gold" - players find a ball and perform 5 toe-taps "Pan for Gold" - players find a ball and perform 5 boxes "Fools Gold" - players find disc and put in on their head "Gold Rush" - players find a ball and dribble is to end zone "Bandits" - players find a ball and dribble around area while COACH (the bandit) tries to steal ball, by dribbling it away from players	
COACHING POINTS		- Movement & Awareness - Keep ball inside area when dribbling - Coach to use 'Story Telling' as a way to keep kids interested and involved. MAKE IT FUN!	

SCRIMMAGE	15 MINS	4 v 4	
		- Split group into 2/4 teams depending on numbers. 2 teams play, one team rest OR set up two fields so all four teams play. - No Goalkeepers - Do not add players - Do not keep score - Let the players play	
COACHING POINTS		Try to keep players in area	