

SESSION SEVEN.

Suggested equipment list:

12 cones, 8 balls, 4 mini goals (can be replaced by cones) and 2 sets of bibs (alternatively separate based on shirt colour)

PHYSICAL DOMAIN	
DEVELOPING PHYSICAL LITERACY	FACILITATOR TIPS
Movement skills	Expose children to different movement patterns (e.g. turning)
Moving with equipment	Encourage children to use both feet
Object manipulation	Praise sharp turns with the ball
Coordination	Encourage children to move in different directions
Stability/balance	Praise children for staying on their feet
Agility	Encourage changes of direction
Reaction time	Praise children that quickly respond to a stimulus
Speed	Encourage children to perform actions at high-speed

SMALL-SIDED GAME



- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!

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FUN FOOTBALL GAME: RUN WITH IT



- Attackers (positioned on wide cones) will run with the ball and attempt to score in goal opposite them to receive 1 point for their team
- Defenders (positioned on middle cones) will run and attempt to stop attacker from scoring. If they win the ball, they can score in goal attacker ran from to receive 2 points for their team
- Players rotate roles in clockwise-direction around area
- **CHANGE IT:** Delay start of the defender
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with ball at speed) without stopping the game

SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 20m x 15m and place two mini-goals on each end line as shown
- Normal game, 1 point for a goal
- **VARIATION:** A goal is worth 3 points if team scores in other goal (e.g. first scores in right goal then left)
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage children to look for width and create space. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

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PHYSICAL LITERACY GAME: DINGOES AND RABBITS



- Six players have a ball and are classified as 'rabbits'
- Two players don't have a ball and are called 'dingoes'
- 'Dingoes' try capture the rabbits by tagging them
- When captured, a 'rabbit' must stop still, pick their ball up with their hands and open their legs wide
- Another 'rabbit' must kick the ball through their legs to give the captured 'rabbit' freedom
- **CHANGE IT:** Every 2 minutes the 'dingoes' change
- **YOUR ROLE:** Excite and energise the players!

SMALL-SIDED GAME



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- **YOUR ROLE:** Let them play!