

SESSION ONE.

Suggested equipment list:

12 cones, 8 balls, 2 mini goals (can be replaced by cones) and 4 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

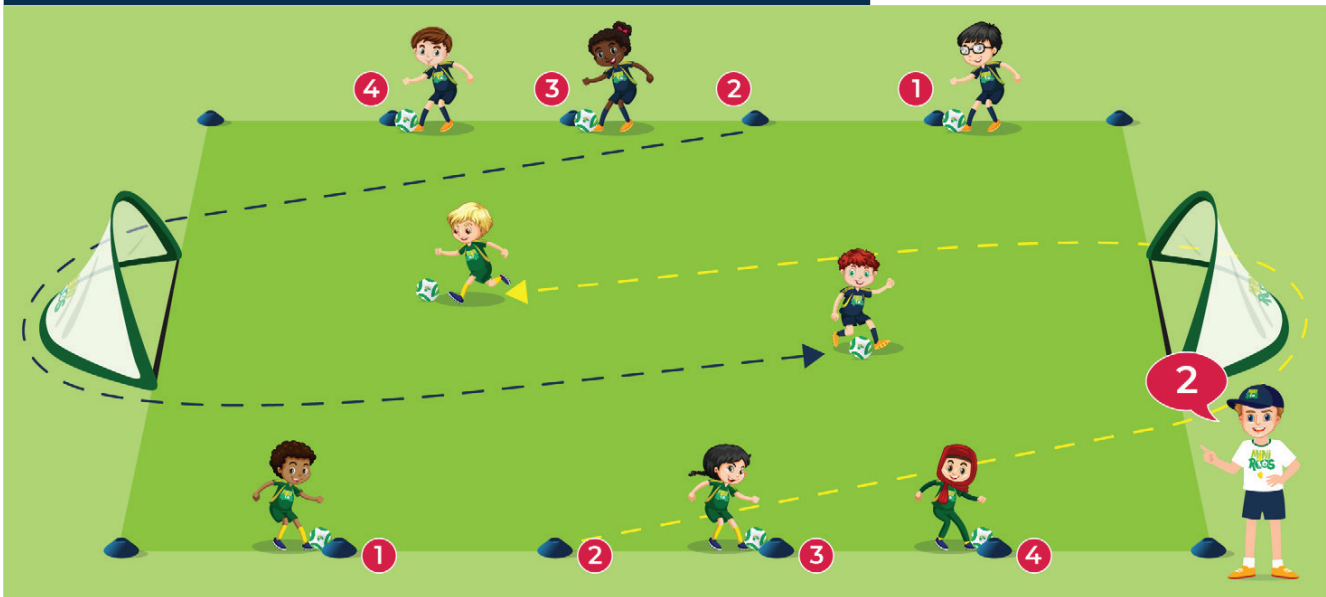
SMALL-SIDED GAME



- Set up an area 20m x 15m and place one mini-goal 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: RACEWAY TO SCORE!



- Create two teams and split them on opposite sides with each player given a number
- Coach calls out a number (e.g. 2) and players run with the ball around goal on their right-hand side as shown
- Once around the goal, players run with the ball into their scoring zone and shoot the ball into mini-goal
- **CHANGE IT:** Make scoring zone closer or further away
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with the ball at speed) without stopping the game. Encourage players to use both feet.

SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 20m x 15m and place one mini-goal on each end line as shown
- Normal game, 1 point for a goal
- **VARIATION:** A goal is worth 3 points if a player beats an opponent before they score
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage children to be positive in 1v1 situations. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

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PHYSICAL LITERACY GAME: TAGGING GAME



- Split players into pairs with each player having a ball and running with the ball in the area
- The facilitator will call out a colour and those children 'are it' and attempt to tag any player from the other colours to gain 1 point
- If a player manages to keep the ball during this period without getting tagged, they receive 2 points
- Repeat sequence with facilitator calling out a different colour or even calling themselves as 'it'
- **CHANGE IT:** Call out 2 colours to 'be it'
- **YOUR ROLE:** Get involved! Praise and encourage desired actions

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- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Let them play!