

SESSION FOUR.

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)

COGNITIVE DOMAIN	
DEVELOPING PHYSICAL LITERACY	FACILITATOR TIPS
Content Knowledge	Emphasise scoring objective for each team
Rules	Encourage children to recite basic game rules
Reasoning	Facilitate an environment that encourages applying logical thinking
Strategy and Planning	Encourage children to plan how to achieve success
Tactics	Praise planned actions to pursue goals
Perceptual Awareness	Compliment good decision-making

SMALL-SIDED GAME



- Set up an area 15m x 25m 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: FOOTBALL RUSH



- Attackers have a ball each and attempt to run from one end-zone to reach the opposite end-zone
- Defenders try to win the ball off attackers and score in the goal at the end attackers have run from. If successful, they switch with the player they won the ball off to become an attacker
- Once all attackers have reached the opposite end-zone, players run with the ball the other way
- **CHANGE IT:** Make it multi-directional (e.g. players run with the ball in both directions)

SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 15m x 25m 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: BREAKAWAY



- Split players into two teams where each player has a ball and will run with the ball in the centre zone
- The facilitator will call out either “GREEN” or “BLUE” which signals the players of that respective team to breakaway into their end zones to score in any mini goal
- The team not called leave their balls and attempt to stop players of other team scoring. Repeat sequence
- **CHANGE IT:** Make scoring zone closer or further away
- **YOUR ROLE:** Get involved! Praise and encourage desired actions (e.g. keeping the ball under control)

SMALL-SIDED GAME



- Set up an area 15m x 25m 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!