

SESSION EIGHT.

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)

PSYCHOLOGICAL DOMAIN

DEVELOPING PHYSICAL LITERACY	FACILITATOR TIPS
Engagement and enjoyment	Foster an environment full of positive emotions and experiences
Confidence	Praise effort, not ability
Motivation	Create a FUN and stimulating environment
Self-Perception	Encourage each individual to reach their potential
Self-Regulation	Entice players to support one another

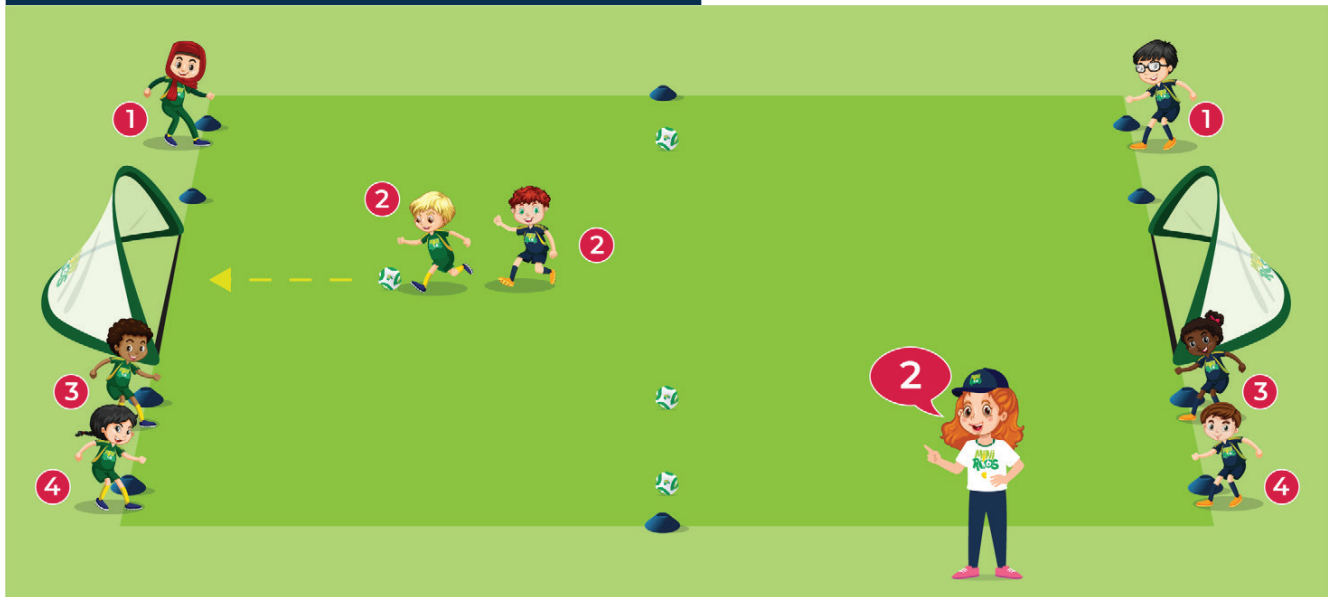
SMALL-SIDED GAME



- Set up an area 15m x 25m 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!

SESSION EIGHT.

FUN FOOTBALL GAME: GET IT BACK



- Split players into two equal teams and number off
- When the facilitator calls out a number, for example number 2, the players battle for the ball in front of them
- Player that gets the ball runs back to score in goal to receive 1 point for their team
- First team to 10 points wins
- **CHANGE IT:** Call out 2 numbers at a time and/or change the distances between players and the ball
- **YOUR ROLE:** Stimulate competition and winning mentality

SMALL-SIDED GAME (WITH VARIATION)



- Set up an area 15m x 25m 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 different player scores the next goal for their team
- **CHANGE IT:** Create one or two games depending on size of group
- **YOUR ROLE:** Encourage all children to get on the ball. Praise desired actions (e.g. scoring a goal, running with the ball) without stopping the game

SESSION EIGHT.

PHYSICAL LITERACY GAME: PARTNER TAG



- Pair players together with one having a ball at their feet and one without
- The player without the ball will be the “tagger” and will attempt to tag their partner who is running with the ball
- If successful, the players switch roles and the previous “tagger” is now running with the ball. Repeat sequence.
- **CHANGE IT:** Rotate partners every 2 minutes. Try to pair players based on their ability.
- **YOUR ROLE:** Praise and encourage desired actions (e.g. running with the ball at speed)

SMALL-SIDED GAME



- Set up an area 15m x 25m 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!