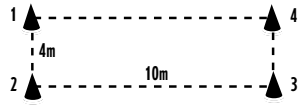


FOR THIS SESSION YOU WILL NEED:

60 Mins	10	12	4	20	2	1

WARM-UP

15 Mins	4	4	20	1	10



Use cones to setup this playing field with parents at cones ready to assist.

PARTNERS ACTIVITIES:

Children play kick to kick with each other. Start three metres apart, then increase distance. Kick off ground then kick off a cone, then try punt kick dropped from hand.

UMPY'S COMING:

Coach demonstrates three umpiring actions. Children hop around area until coach calls 'umpy's coming'. Coach then calls one of umpiring actions and children give appropriate signal. Repeat.

SKILL ACTIVITIES

25 Mins	7	12	4	20	1

CIRCUIT GAME:

Use cones as separate activity stations. Divide children into four groups and spend five minutes at each station. Rotate through all activities.

1. Ball is placed beside a marker on the ground. First child walks out, picks up the ball and kicks it to the coach. Child follows kick and runs out and around coach back to line. Repeat. Start with children walking, jogging and run in to kick ball. Each time coach moves further back.

3. Split group into two. One group kicks ball off cone, the other group retrieves ball. Once child kicks ball, they follow kick to fielding group. Retrievers take ball to coach who places ball on marker. Repeat.

2. First child runs out to marker, turns and kicks back to child at the front of the line and returns. Repeat until all have had a turn. Have children run, hop, skip out and bounce or roll ball etc.

4. In pairs children kick ball to one another. Starts with kick
- off the ground
- off cone
- standing punt kick

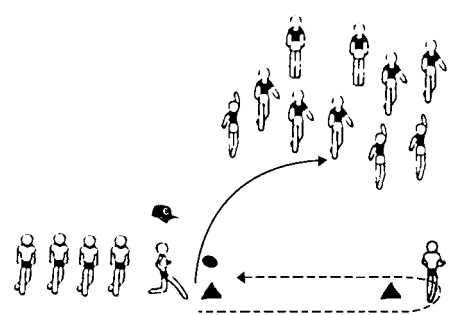
TIP: "Punt kick: Eyes on ball, hold ball at hip height, step forward on non-kicking foot, bend knee of kicking foot, extend hip, guide ball with one hand, kicking leg follows through towards target."

GAME TIME

20 Mins	1	2	5	20	1

CONTINUOUS KICK BALL:

Divide children into two teams. First child from Team A kicks a football from a cone into the playing area, then runs to a second cone and back for one run. Kicker keeps running until coach receives the ball from Team B fielders. Change teams once all have had a kick. The Team with the most runs wins. Congratulate all.



TIP: "Be sure to explain to children that if the ball goes over your head, they are the ones that will retrieve the ball. Ensure children use both sides of body in activities."

WHAT THE SYMBOLS MEAN...

Estimated time of session	No. of footballs required	No. of cones required	No. of coaches/parents required	Ideal No. of children participating	No. of round balls required	No. of whistles required