

SAFETY

Set out an extra pair of markers to avoid pairs going for the same goal.
Move round the course in one direction at first.
Ensure children have a signal to stop.

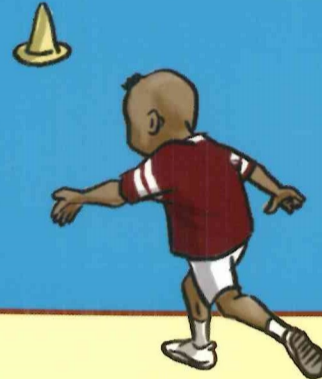
THINK INCLUSIVE

For hearing impaired players, a colour can be shown to indicate their target goal.



EQUIPMENT

1 football per pair.
Safety markers for the goals and area.



ABCLINKS

Agility

Encourage the children to practise:

- receiving the ball while moving quickly
- twisting, turning and then passing to help them develop a wider range of passing options
- receiving the ball in difficult positions.

Balance

Encourage the children to practise:

- different balanced positions for sending and receiving
- passing and moving
- receiving the ball overhead or off the floor while remaining in balance.

Co-ordination

Encourage the children to practise:

- passing in between two cones initially to establish accuracy
- passing and moving
- passing to left and right at different angles.



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FIND A GOAL

- 10 players are split into pairs.
- Each pair sets out two markers of the same colour one metre apart anywhere in the area.
- Practice passing the ball between the two markers to each other.
- Continue by scoring a goal through one pair of markers and then moving to another pair to score through them.
- The course is completed when a goal has been scored through each pair of markers.
- When this has been tried, pick two players who block goals and shout 'find a goal' to players approaching who then have to find another goal.

For netball and basketball use a hoop or basket

- After going through 2-3 markers, players then move to the hoop and score.



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