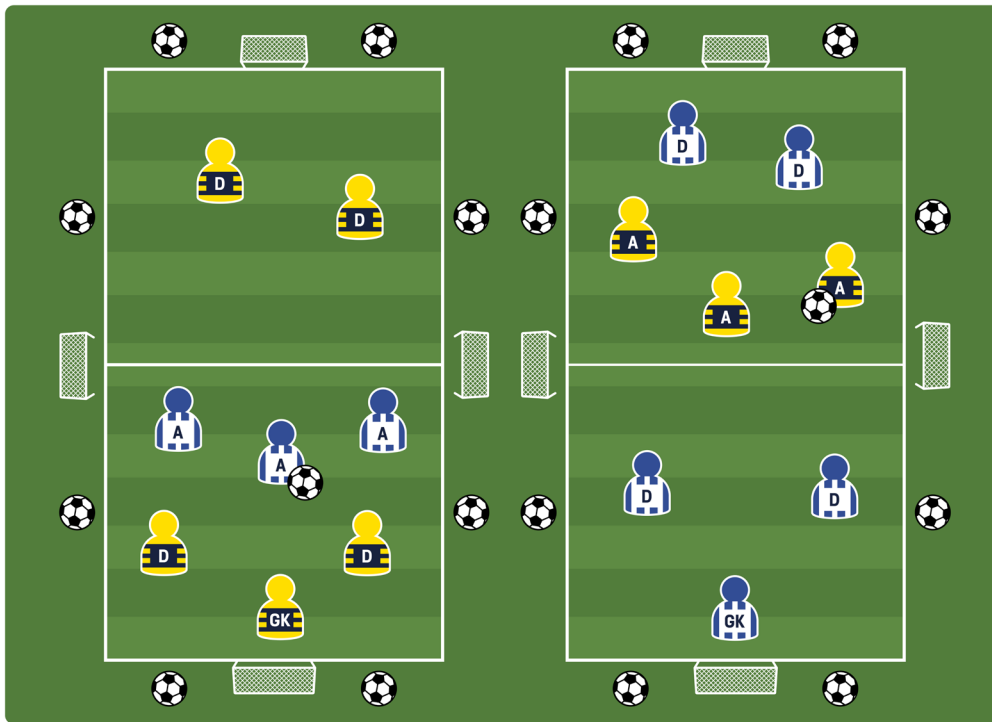


SESSION PLAN

A MINUTE TO WIN IT



OBJECTIVES

Players will develop their understanding of:

- how to organise their team effectively using their individual strengths
- how to come up with effective strategies and tactics to gain an advantage over the opposition
- how to communicate effectively as a team.

ORGANISATION

- Set up two pitches, appropriate in size for your players, parallel to each other with space in-between
- The pitches don't have to be the same size – different pitch sizes will challenge your players in different ways
- On each pitch, put a goal at one end and a mini-goal at the other – then, place a mini-goal on each side of both pitches
- Mark a halfway line on both pitches and put plenty of footballs around the areas
- We have 16 players split into two teams of eight, but you can adapt to your numbers
- Both teams are divided into four defenders, three attackers and a goalkeeper
- On each pitch, the goalkeepers go in the full-sized goals and are joined by two defenders – the other two defenders protect the mini-goal in the other half
- The three attackers from each team play against the defenders from the other team

HOW TO PLAY

- The aim of the game is to work together as a team to score as many goals as possible and stop the opposition doing so
 - To get the activity started, give players ownership over creating fair teams and deciding on their defenders, attackers and goalkeeper
 - The attackers on both pitches attack one goal against one set of the defenders and play to a finish – this is either a goal, the ball going out of play, or the defenders winning possession and scoring into one of the side goals
 - After attacking one goal, the attackers get a ball from the side and attack the goal in the other half, playing to a finish
 - For every goal (from attackers or defenders), award a point
 - After one minute (or the agreed time limit), add together the attackers' and defenders' scores from each team to see who wins – the winners get a 'game point'
 - Play for a set number of rounds – the overall winner is the team with the most game points
-