

SESSION PLAN

WHICH BALL IS BEST?



OBJECTIVES

Players will develop their understanding of:

- staying on the ball under pressure
- working as a team to make the most of an overload
- using different movements to:
 - be skilful
 - create space
 - create scoring opportunities.

HOW TO PLAY

- Start by playing a normal football match
- When the ball goes out at play, the player that last touched it (goalkeepers included) goes and retrieves it
- While they're doing this, the other team chooses any other ball to restart the game
- If using a rugby ball, touch rugby rules apply, and players must touch the ball on the goal-line to score
- If using a netball, netball rules apply, and players must throw the ball against the crossbar to score
- When the player retrieves the ball, they put it in the empty space

ORGANISATION

- Set up an area suitable for a 4v4 or 5v5 match (dependent on numbers)
- Place a football, rugby ball and netball along each touchline