

Games

The aim of all games sessions will be to improve children's skills of sending, receiving and travelling with the ball and to understand common skills and principles of invasion games including attack and defence. Children will play small-sided games and simplified versions of football, netball and tag-rugby.

All lessons will comprise of:

- Warm-up - with and without the ball;
- Skill-development;
- Game - small-sided or simplified versions using the skills learned in the lesson.

Football

Lesson one - Familiarisation with the ball.

Explore ways of using the feet to move the ball. Practise using the inside and outside of the foot to 'dribble' encouraging children to look around them not at their feet. Game - In teams, dribbling in and out of cones (restrict children to using either the left or right foot to extend).

Lesson two - Dribbling.

Warm-up to include familiarisation of the areas of the pitch by running to different areas. Discuss the importance of keeping the ball close to you using the inside and outside of the foot. Practise controlling the ball on command by placing the foot on top of the ball. Explore using both feet to dribble around an area. Extend to dribbling and then trying to give the ball to a partner, looking up to find them whilst maintaining control. Practise cut-back turns (turn with the outside of the foot) and drag-back turns (turn with the sole of the foot). Game - 2 V 1 in an area 10m by 5m. Try to get past the defender (children could invent their own ways of scoring).

Lesson three - Short passing.

Warm-up could include using the ball. Discuss and practise ways of passing the ball using the inside and outside of the foot. In pairs practise passing over a short distance statically then, if able, the person can move to a new position to receive the ball. Square passing practise - restrict amount of touches if more able. Game - 20m by 10m grid, 5 V 2, If you pass more than five times you score a goal, 10 times - 5 goals, etc. If defender intercepts, they change with the attacker who lost the ball.

Lesson four - Long passing.

Warm-up to include running with the ball, what do the children notice happening? Discuss how they would change the way they pass for long distances and when you would need to use a long pass. Practise in pairs gradually increasing the distance, then try lofting the ball (toe strike), try swerving the ball with either the inside or outside of the foot and then practise passing using the head. Game - 'Keep it up' using head, knees, feet, chest, etc.

Lesson five - Shooting and goal-keeping.

Demonstrate the techniques of goal-keeping and ask children to volunteer things that they have seen goal-keepers do to save a goal. Practise on command sideways stance and high save action. In threes, practise shooting and saving the ball (goal-keeper feeds for the shot). One can then pass for the other to shoot to extend the practise. Game - Two small-sided games across the width of the pitch. Try to encourage a line of attackers and defenders.

Tag-rugby

Lesson one - Introduction to tagging.

Demonstrate how to put on the belt and how to tag someone. Practise tagging by playing 'Crows and cranes', 'Bull-dog' and 'Stick in the mud'. Discuss that in a game you must always shout 'Tagged' and give back the tag to the player. Practise 3 V 3 using this principle.

Lesson two - Passing and running with the ball.

Practise tagging again by playing Bull-dog and other tagging games. Demonstrate the way to hold the ball and to pass the ball. Practise passing the ball stationary and then in a diagonal line of five on the move. Discuss the rule of passing back, never forwards.

Lesson three - Attacking and defending.

Practise running with the ball and passing drills to refresh. Without a ball, 3 V 2 practise running through defenders whilst trying not to get tagged. Introduce the ball and encourage players to pass before they are tagged. Game - In a 10m by 20m grid 3 V 2. Demonstrate how to score i.e. ball placed down with both hands over the try-line. This time defenders can move to tag an attacker. Remind players to shout 'Tagged' and to return the tag.

Lesson four - Attacking and defending: Part 2.

Practise the 3 V 2 drill from last week to remind children. Discuss the 5 pass rule, the defending formation and the attacking formation - inverted 'V'. Practise beginning in the attacking

formation and passing to get to the try-line. Game - 5 V 5 game using the correct formation over the width of the pitch.

Lesson five - Mini tournament. Teams of seven players, playing for five minutes per game. Emphasise good sportsmanship and fair play.

Netball

Lesson one - Pivoting, footwork and handling the ball.

Discuss how to pivot and practise by following the teacher. Practise jumping up to catch an imaginary ball and land on one or two feet (talk about the advantage of landing on two feet. In pairs, one feeds the ball and the other catches using the correct footwork then pivots to pass back to the feeder. Try to circle the ball around the hips, legs, head without dropping it. One person allows the ball to drop and the other attempts to catch it before it hits the ground. Try practising a 'toss-up'.

Lesson two - Passing and shooting.

Children have another go at some of the handling practises from last lesson. Explore ways of passing the ball with a partner and share these ideas with the rest of the class. Practise chest pass, bounce pass and overhead pass. Demonstrate the technique of shooting into the net then practise.

Lesson three - Passing into a space and signalling.

Practise passing across a circle by calling the person's name and then passing. Extend this further by running to the place where you have passed the ball for the more able. Discuss how you could signal to receive the ball without letting the opposition know. In three's practise a running drill - one calls for the ball and runs whilst the other person with the ball passes into the space in front of them. Zig-zag drill

Lesson four - Defending and marking.

Discuss the rule of no contact and the distance that you should be away from the player. In pairs try to lose your partner by faking and dodging. Play 'Piggy in the middle'. Introduce the idea of faking a pass to trick the defender, practise this. Play 'Towerball' emphasising the need to mark one person and to 'stick to them like glue'.

Lesson five - Positions, areas and a full game.

Discuss the areas of the pitch and the positions before going outside using a white-board. Practise running to the areas that each position is allowed in by calling out the position. Play a tournament within the class with each game lasting about five minutes. Reinforce good sportsmanship and fair play.

