

# Multi-Ball



## Whole Part Whole Session

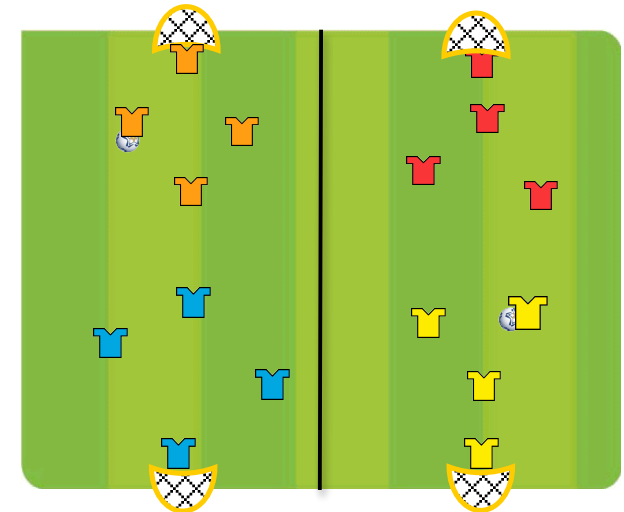
### Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

### YOUNGER GROUPS FOCUS

- Individual possession skills looking to dribble with the ball
- As they get more comfortable can you dribble with your head up to see if better options available through passing

NB: If you have big groups, consider playing 2 mini-games on each pitch so 2v3/2v2 on one side and same on the other OR play game with 2 footballs



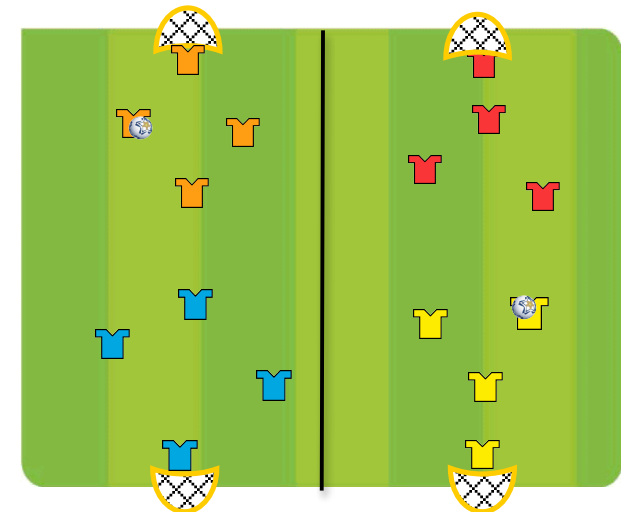
### Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

Whole Practice at the end can be 5v5/6v6 mini-tournament OR play 6v6 with subs if numbers cannot allow for 3 teams tournament

### OLDER GROUPS FOCUS

- Use pass & dribble techniques to play with the ball



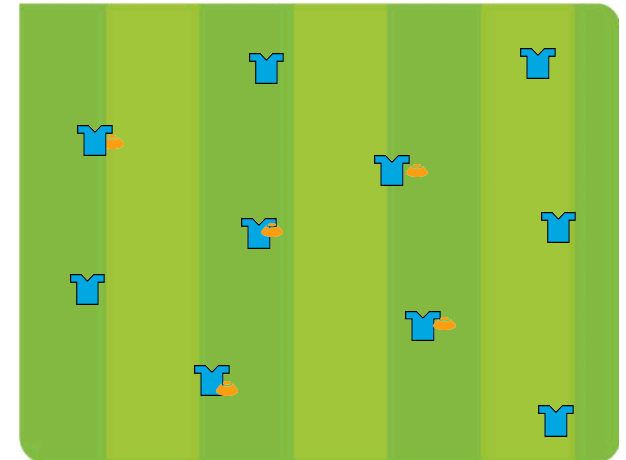
## Part Practice – Spiderman Tig

### PHYSICAL LITERACY ACTIVITY

Tag game with players moving around trying to avoid being tagged. Place a number of taggers that either hold a cone or bib in their hand, if you can tag someone they now become the tagger taking the bib or cone. Anyone not a tagger when coach STOPS the game, scores a point

NB: number of taggers dependent upon number of players and outcomes you hope to achieve. More taggers encourages players to use running and dodging techniques to remain safe

- Players encouraged to keep safe by **RUNNING & DODGING**
- Work on various movements skipping, sideways and hopping



## Part Practice

### YOUNGER GROUPS

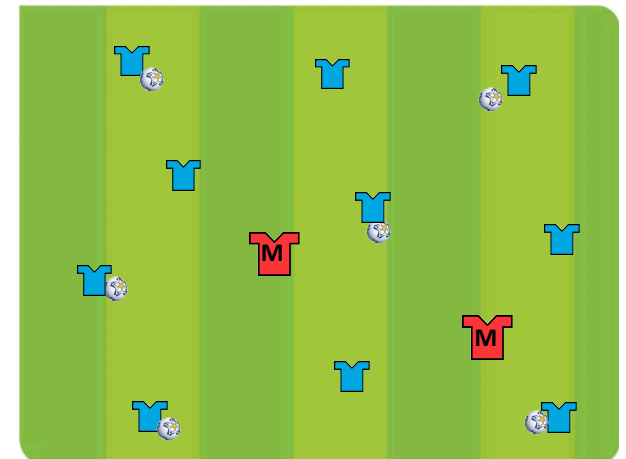
Similar to above game but players encouraged to **STEAL** a ball then **KEEP IT** for as long as they can. Some players have a ball, others that don't have a ball try and STEAL a ball from anyone else then look to keep it. If you have a ball when coach stops the game, you score

Players should be encouraged to maintain control. If they lose control by bumping into other players or go off the pitch, this becomes a FREE BALL that needs to be passed onto someone without a ball

NB: number of footballs dependent upon number of players and outcomes you hope to achieve. More balls allow opportunities to manipulate the ball, taking balls away encourages players to use individual possession skills under pressure

### Progression Ideas:

- Scoring system, point for each game
- ADD MAGIC PLAYER; allowed to move around to help players keep their ball by passing. If you pass to Magic player they will try and return pass back to same player



## Part Practice

### OLDER GROUPS

Place into teams of 3 or 4 players. Playing with 3 or more balls, each team work to try and gain possession of as many balls as they can. Teams score a point for each ball they have possession of when coach stops the game

Practice will naturally create 1v1/2v1/2v2/3v2 etc situations. Again need to consider how many balls to play with and size of area. More balls will create 1v1/2v1 situations whereas playing with fewer balls allows teams to use pass and dribble techniques to keep possession in 2v3/3v3 situations

#### Progression Ideas:

- Opportunity to coach encouraging players to move away from one another to create space, provide an opportunity to play different types of passes, use individual skill when no passes are on
- Play various types of under/overloads with teams having different number of players
- Scoring system, first to 10 points wins. Each round played for 3mins, points scored for each ball your team has possession of

Players should be encouraged to play by the rules, if the ball leaves play, re-start with another team

