

Target Man



Whole Part Whole Session

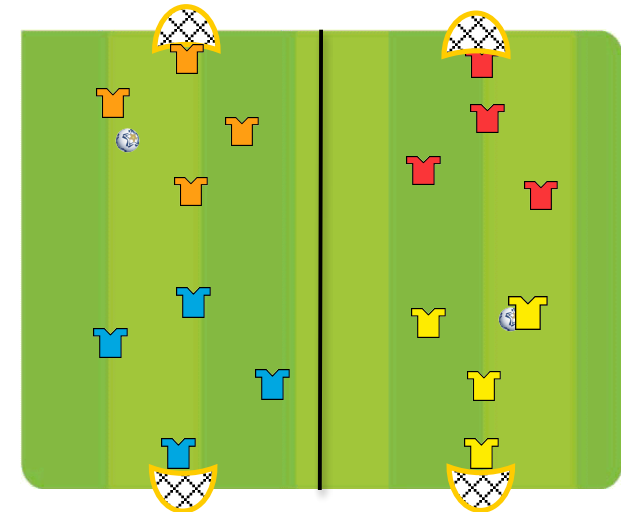
Whole

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



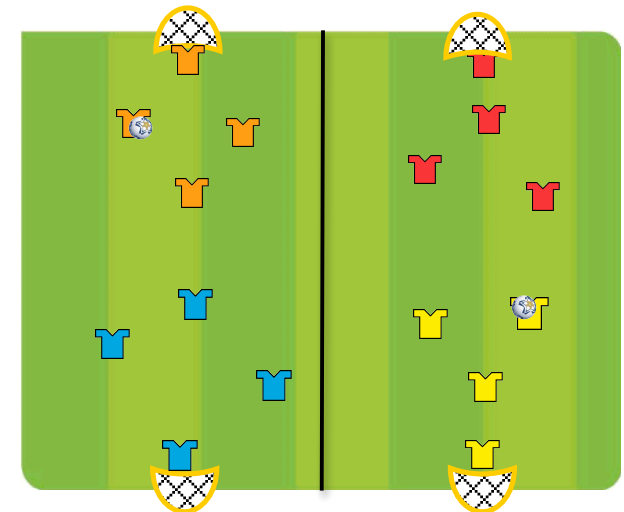
Whole

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
- Use space awareness techniques



Part Practice – Protect your bib

PHYSICAL LITERACY ACTIVITY

Bib tag game with players moving around in a grid trying to avoid their bib being taken off.

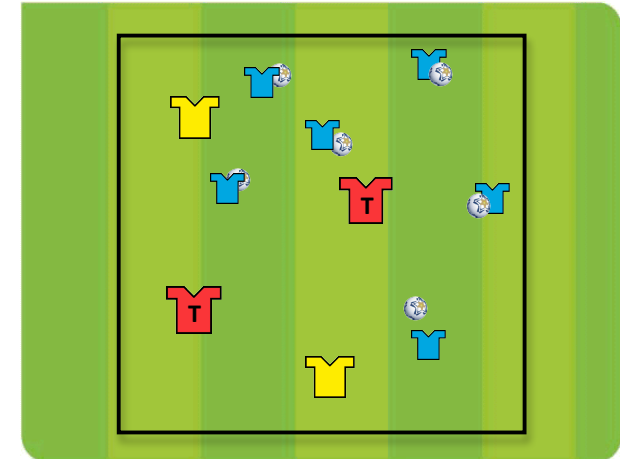
- Players have a ball carrying in their hands, bib tucked in as a tail on the side (not behind)
- Place 2 Catchers trying to pull out a tail
- 2 Floating players (target players), act as helpers looking to collect then return passes from players with a tail

Players challenged to keep their tails safe whilst trying to score points by passing to Target player then getting return pass

If your tail is pulled out, hold ball in your hands opening out your legs, wait for someone to roll a ball through your legs to return into the game

NB: A player is not allowed to pass to the same target player consecutively, this encourages them to be aware and look around for another target player. Player cannot leave the grid, if they do same consequences apply as being out.

- Players encouraged to keep safe by RUNNING & DODGING
- Work on various movements running backwards, sidestepping



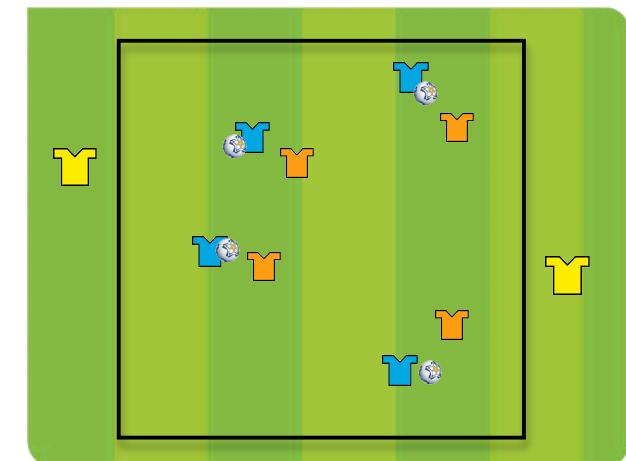
Part Practice

YOUNGER GROUPS (Individual possession)

Working in pairs play inside the grid in a 1v1 situation. Players must try and beat their opponent and get the ball to the target player on the outside and receive it back. They will receive a point if they are successful

Players should be encouraged to keep possession of the ball until the target player is available to receive the ball. Players should also be encouraged be aware and avoid bumping into any other players

NB: If the grid is too tight extend the size of the grid so players have more space. If a player is out of the grid the ball then goes to the opposition. For high ability players include 2 defenders (2v1). Encourage target players to move around the outside of the grid so players are aware encouraging players in the middle to keep their head up



Part Practice

OLDER GROUPS

Place into 3 teams of 3/4 each team has a target player who is on the outside of the grid, the rest of the players are inside the grid. Players have to try and get the ball to their target player on the outside of the grid and receive the ball back. Players have to try and gain possession of other players balls. This will create 2v1/1v1 situations in the grid and outside as the target players can take the ball off other target players

Need to consider how many balls to play with and size of area

NB: target players cannot come in the grid and players are not allowed out of the grid. If the ball goes out of the grid which then goes to the opposition.

Part 2:

This time target players will aim to score by shooting in the net which will include a goalkeeper at either end. There will be 2 target players on the outside from each team. This will create 2v2s outside the grid and 1v1s in the grid. If players find it easy reduce the number of balls

Encourage players to try and gain possession of the other team's balls

- Players should be encouraged to play by the rules, if the ball leaves play, re-start with another team
- If the ball hits the board the ball goes back to the opposition in the grid
- Encourage to dribble and pass at the right time. Target Players are allowed to give the ball back in the grid to their player

