

|  |
| --- |
| ***Class: Y2*** |
| ***Lesson: FOOTBALL (GAME)*** |
| ***Lesson Objective:***  TO USE ALL COACHING POINTS IN A GAME SITUATION |
| ***Resources:***  FOOTBALL, CONES, BIBS |

|  |
| --- |
| ***Warm Up:***  JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW.  **Coaching Points:**  ***Safety Points:***  BE AWARE OF WHOS AROUND |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  PARTICPANTS WILL PLAY A FOOTBALL MATCH INCLUDING ALL THE TECHNIQUES THEY HAVE LEARNED THE LAST FEW WEEKS, PASSING, TACKLING, DRIBBLING AND MOVEMENT.  **Coaching points:**  PREVIOUS SESSION PLAS FOR COACHING POINTS  ***Safety Points:***  BE AWARE, |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

|  |
| --- |
| RED:  BIGGER FOOTBALL PITCHES (MORE TIME TO THINK) |
| AMBER:  STANDARD SESSION |
| GREEN:  SMALLER FOOTBALL PITCHES (LESS TIME TO THINK) |