

|  |
| --- |
| ***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)  |