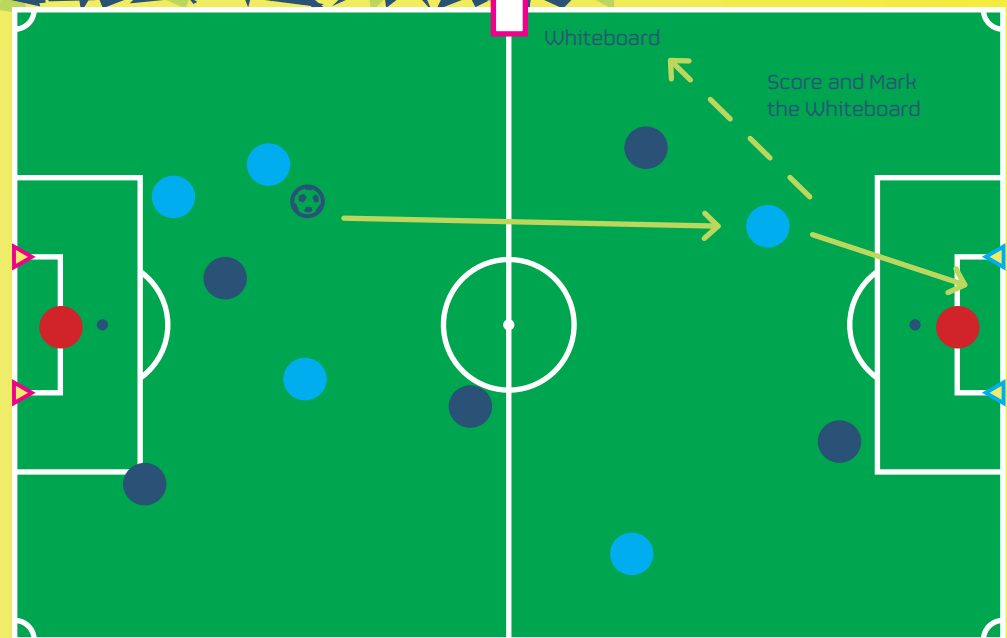


FMU SESSION CHECKLIST

GAME NAME: '5 GOALS FIVE WAYS'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>1st team to score 5 different goals from a checklist wins the game e.g. 1 x left foot, 1 x right foot, 1 x header, 1 x volley & 1 x nutmeg.</p> <p>Only 1 goal ticked off at any one time.</p> <p>* Possible Alternative: Introduce a point system for each goal (easier less, harder more). Score as many points as possible.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce all goals first time finish Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Larger pitch will provide more time to make decisions Introduce crossing boxes (wings) <p>Don't forget: Time Limit / Keep Score</p>



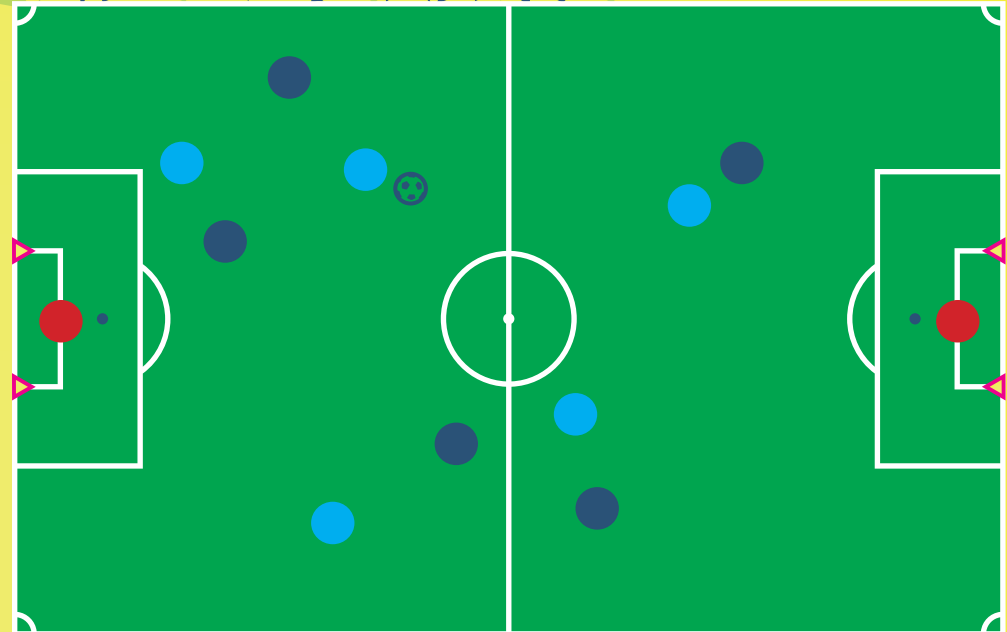
<p>Technical</p> <ul style="list-style-type: none"> Shooting & Passing – inside / outside of foot, laces, volley & header, shooting from distance, back heels, chips, curling shots Dribbling – trickery to beat players 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing ones
<p>Physical</p> <ul style="list-style-type: none"> Running, kicking, striking & jumping. Agility, balance, coordination & speed Acceleration and deceleration – is the counter attack on? 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to score different types of goals. Healthy competition, bragging rights & appropriate banter



FMU SESSION CHECKLIST

GAME NAME: '21S'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Based on the card game...</p> <p>Players pass 'n' move the ball and try to prevent the opposition from touching the ball finishing with a goal. If they do this successfully they will get a point per pass plus the goal e.g. 10 passes and a goal is 11, the first team to reach '21' (or over) wins.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



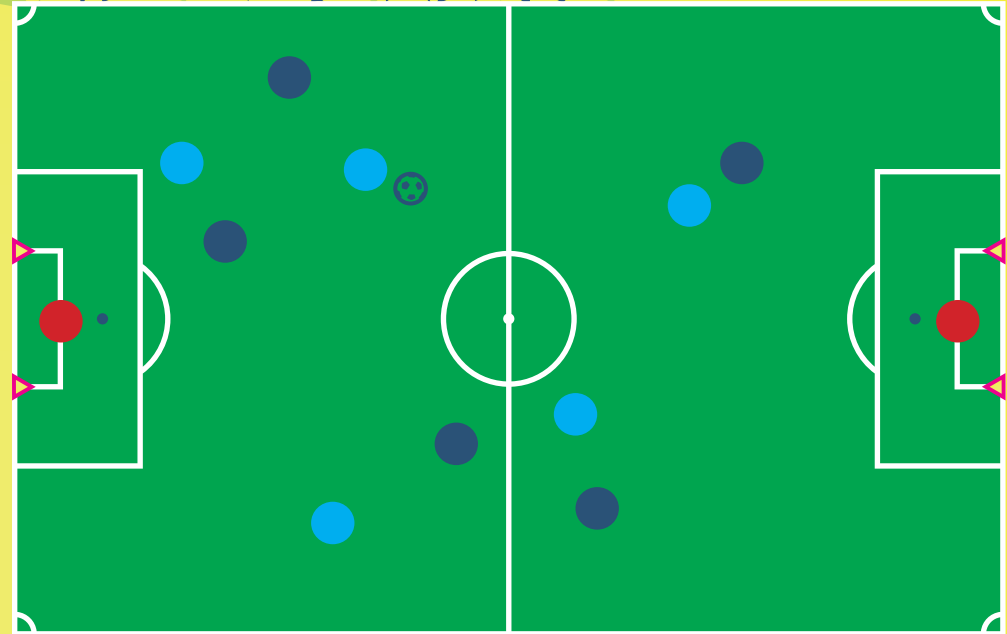
<p>Technical</p> <ul style="list-style-type: none"> Shooting & Passing – inside / outside of foot, laces, volley & header. When to pass? When to dribble? When to protect / shield ball? 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing.
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to keep ball & score a goal to maximise points. Healthy competition, bragging rights & appropriate banter.



FMU SESSION CHECKLIST

GAME NAME: 'DREAD'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two teams – play with GKs * If you score – you can choose who the opposition has to put in goal. * That player will stay in goal until another goal is scored or the coach intervenes <p>Alternative Idea – when you score you can choose a player of the opposition to switch to your team.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Ensure you motivate and interact with the GKs also</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • 1 Touch finish <p>EASIER</p> <ul style="list-style-type: none"> • When a team score, the opposition choose a player to join their team. This should offer success to everyone and even it up <p>Don't forget: Time Limit / Keep Score</p>



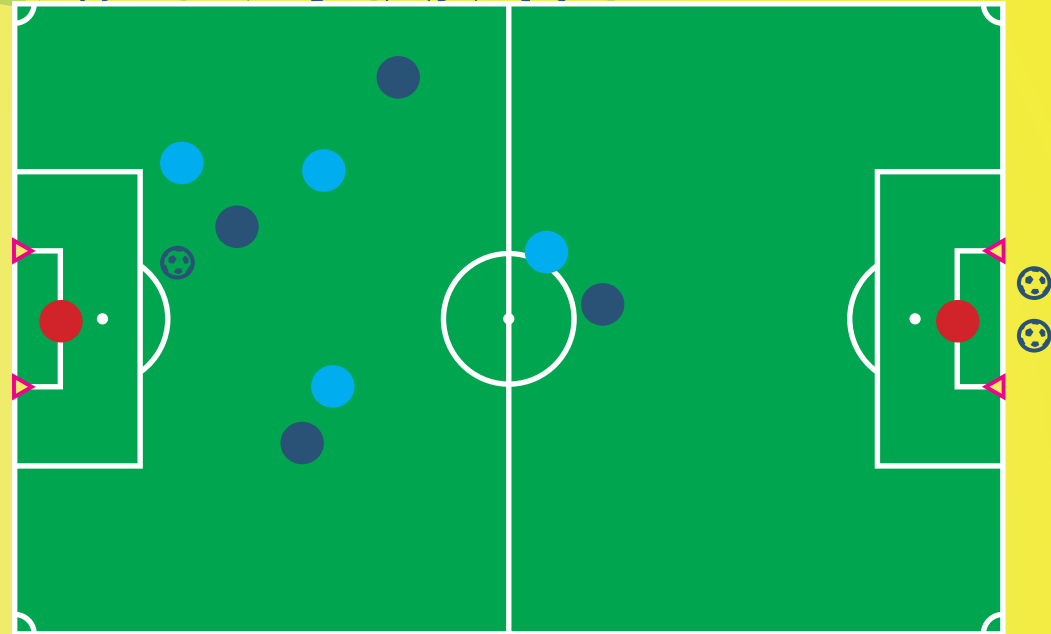
<p>Technical</p> <ul style="list-style-type: none"> • Accuracy of Passing / Shooting • Various Finishing Techniques • Creating space and opportunities to score 	<p>Psychological</p> <ul style="list-style-type: none"> • How are your team going to overcome this challenge? • Is there an order that we should score in? • Can you make decisions under pressure?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'EMPTY THE NET'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two balls in each net and one ball in play. * When a goal is scored, that ball remains in the goal and the goal-scoring team restarts play using a ball from their net. * Empty your net of all your footballs and score them in your opponents net to win * Encourages playing out from the back
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • Introduce 1 touch finish to replicate a match • Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> • Play without GKs - ↑ goals scored • Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



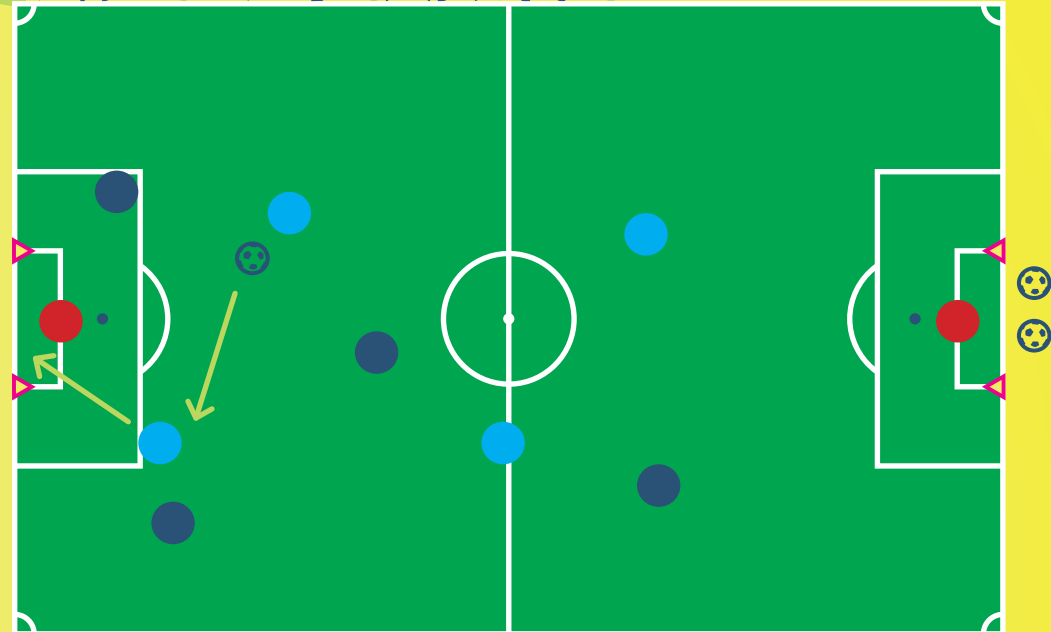
<p>Technical</p> <ul style="list-style-type: none"> • Can you get yourself in a position to receive the ball? • Can you be in a position to be able to play forward quickly? 	<p>Psychological</p> <ul style="list-style-type: none"> • Can players 'switch on' after the highs of scoring a goal? • Can you make decisions under pressure? • Can we control the pace of the game?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'HANDBALL / THROW-VOLLEY-CATCH'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two teams and balls in the net to allow quick play – Play Offside * To start, ball remains in hands – you can move 3 steps with the ball before passing * You cannot tackle – only intercept a pass * Throw the ball into the net = 1 point * Introduce use of feet slowly: Score with your feet = 3 points Pass with kick out of your hands
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> ▪ If passing within a 1/3 throw must be below shoulder height - ↑ quality of movement ▪ Allow ball on floor – but can be tackled if playing with feet <p>EASIER</p> <ul style="list-style-type: none"> ▪ Play without GKs - ↑ goals scored ▪ Remove Offside <p>Don't forget: Time Limit / Keep Score</p>



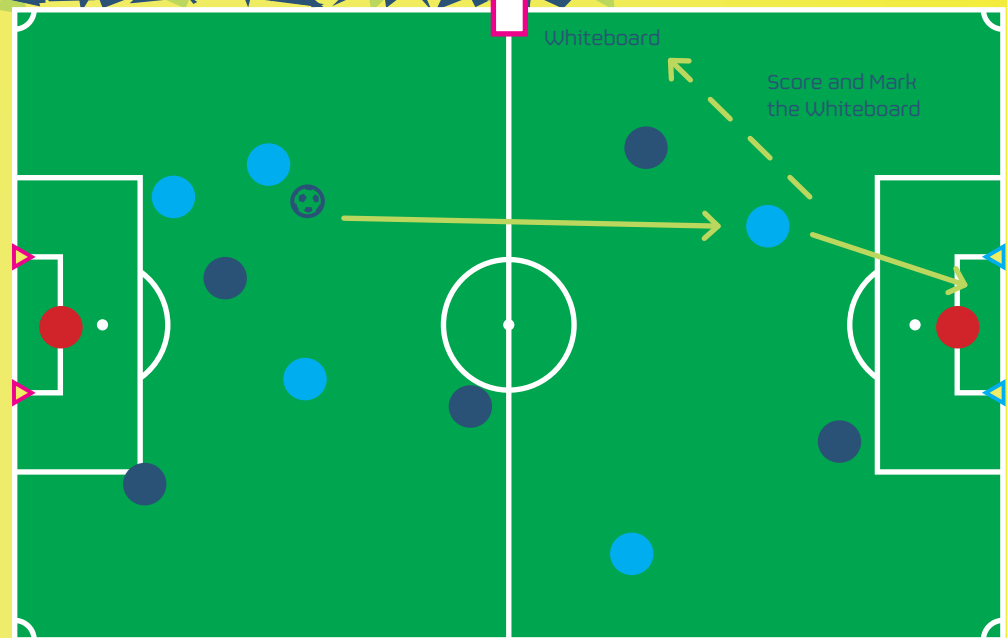
<p>Technical</p> <ul style="list-style-type: none"> ▪ Creating Space – can you create angles to open the 'passing line' between you and the person on the ball ▪ Timing is everything! 	<p>Psychological</p> <ul style="list-style-type: none"> ▪ When to play on the floor and when to keep in hands? ▪ Can you make decisions under pressure? ▪ Can you recognise a Counter-Attack and react quickly?
<p>Physical</p> <ul style="list-style-type: none"> ▪ Quick bursts to create space to get onto the ball ▪ Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> ▪ Ensure you give the players time to discuss team tactics / problem solve ▪ Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'HIT THE WOODWORK'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two teams – play without GKs * To win the game a team must score 4 specific 'goals' <ul style="list-style-type: none"> • 1 x Hit the left post • 1 x Hit the right post • 1 x Hit the crossbar • 1 x 'Nothing but net' – no bounce * Use a whiteboard with a goal drawn on – players mark 'x' for their specific goal
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention – particularly shooting and getting into opportunities to score, BUT also Defending and Work Rate</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • Introduce GKs • Play offside <p>EASIER</p> <ul style="list-style-type: none"> • Turn the game to use 'Points' so any of the specific goals count as 3 A 'regular' goal counts as 1 – play first to 10. This will still reward players for good play/goals <p>Don't forget: Time Limit / Keep Score</p>



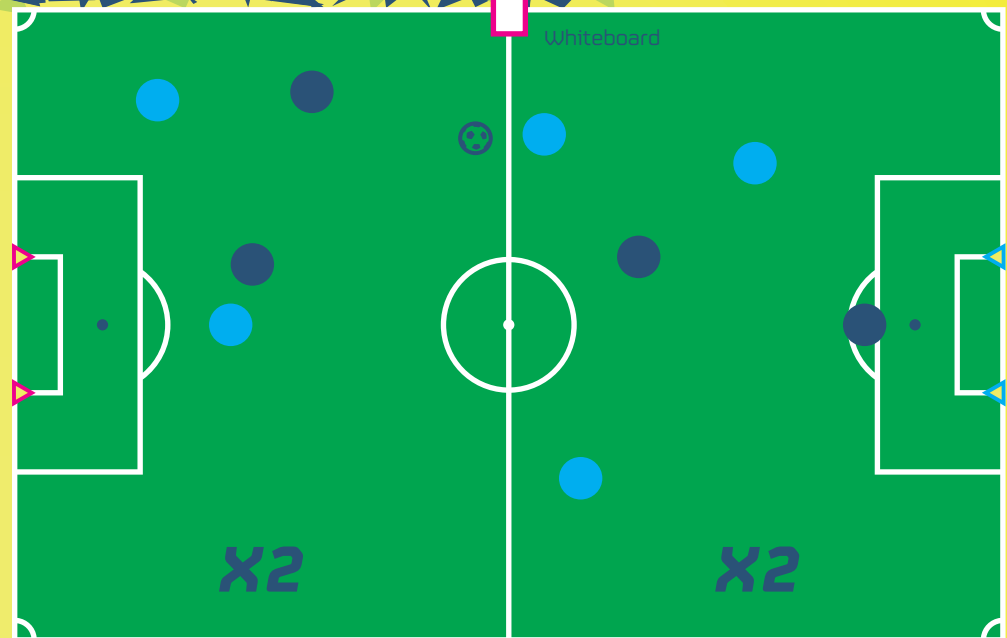
<p>Technical</p> <ul style="list-style-type: none"> • Accuracy of Passing / Shooting • First touch to allow setup of shot • Creating space and opportunities to score 	<p>Psychological</p> <ul style="list-style-type: none"> • How are your team going to overcome this challenge? • Is there an order that we should score in? • Can you make decisions under pressure?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? <p>Balance - Shooting</p>	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'HOW FAR CAN YOU GO?'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two teams – no GKs * No players allowed in the areas * To win the game, a team must score 2 goals from each half of the pitch * Possible Alternative: To increase the challenge place a cone in the centre of the goal – if that cone is hit whilst shooting – the goal does not count
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention – particularly shooting and getting into opportunities to score, BUT also defending, willingness to close down opponents and work rate</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • 1 touch finish • Split pitch into ¼ - teams have to score 1(or 2) in each ¼ <p>EASIER</p> <ul style="list-style-type: none"> • Players (or only Defenders) are allowed in the areas <p>Don't forget: Time Limit / Keep Score</p>



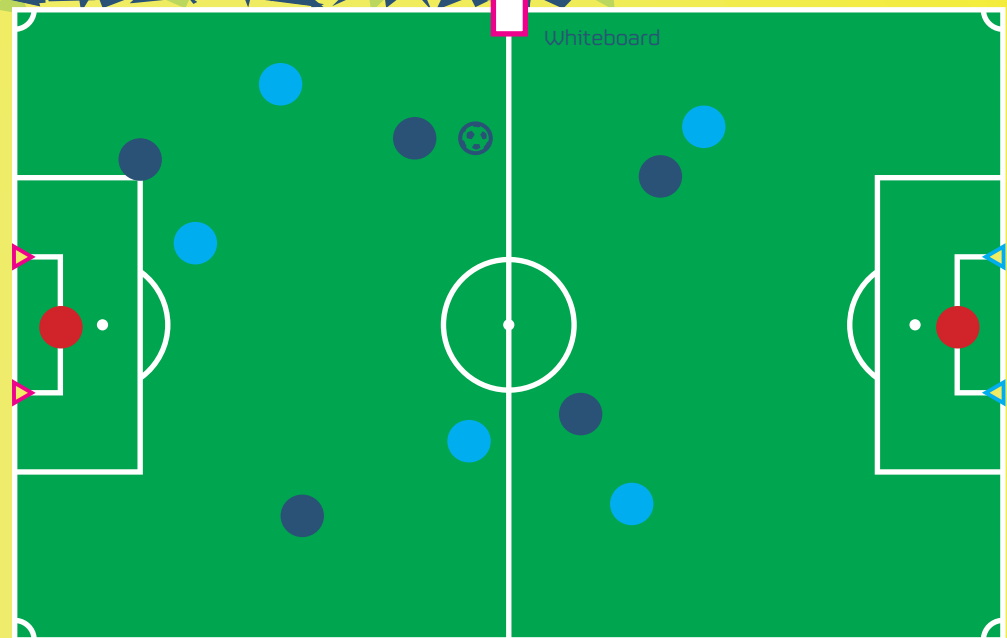
<p>Technical</p> <ul style="list-style-type: none"> • Accuracy of Passing / Shooting • First touch to allow setup of shot • Creating space and opportunities to score 	<p>Psychological</p> <ul style="list-style-type: none"> • How are your team going to overcome this challenge? • Is there an order that we should score in? • Can you make decisions under pressure?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'IS IT ON?'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Players can only pass forward; if however this "is not on" they can dribble or run back towards their own goal.</p> <p>Forwards means towards their opponent's goal, if they score within 3 passes the goal is worth double.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



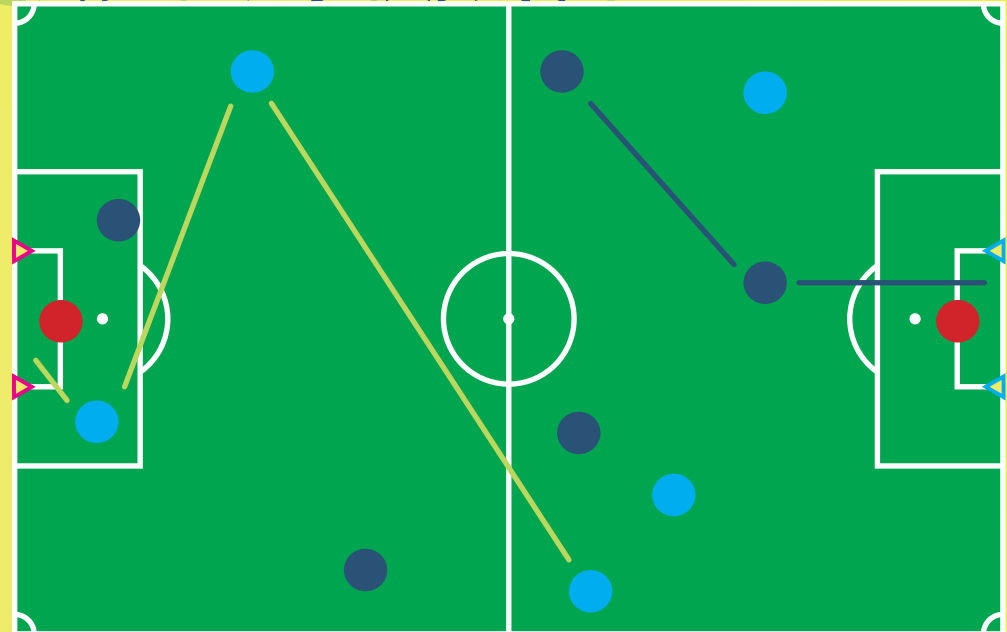
<p>Technical</p> <ul style="list-style-type: none"> Creating space (gaps) through which to move forward Various shooting & passing techniques When to pass? When to dribble? When to protect / shield ball? 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing.
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Acceleration and deceleration 	<p>Social</p> <ul style="list-style-type: none"> Ensure you give the players time to discuss team tactics / problem solve Ensure you get around ALL the players to interact



FMU SESSION CHECKLIST

GAME NAME: 'KRISS CROSS'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Players are encouraged to score from crosses:</p> <p>Score normally = 1pt</p> <p>Score from a cross (1 wing) = 2pts</p> <p>Score from a cross (2 wings) = 5pts</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> 1st time finishing and first time crosses Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Defenders can't tackle players crossing the ball <p>Don't forget: Time Limit / Keep Score</p>



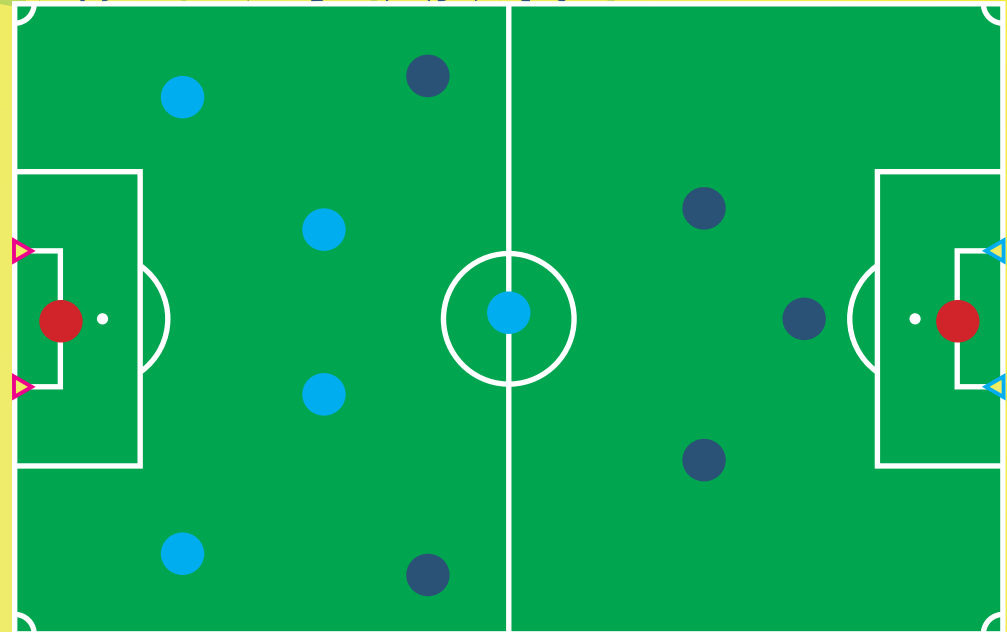
<p>Technical</p> <ul style="list-style-type: none"> Crossing & switching play Playing with width / attacking down the wings Shooting & Passing – inside / outside of foot, laces, volley & header. 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing.
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Counter attack, working at pace, Acceleration and deceleration 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to keep ball moving forward. Where do you want the cross – signal / show



FMU SESSION CHECKLIST

GAME NAME: 'LEAGUE TITLE VS LEAGUE SURVIVAL'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <p>Players play in a scenario game where one team will be champions or the others will be relegated.</p> <p>Light blue team (potential champions) are 2-1 up with 12 minutes to go; blues need a draw to survive.</p> <p>Alternative Idea – Make a defensive team vs attacking team. Play with an overload (ATT)</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



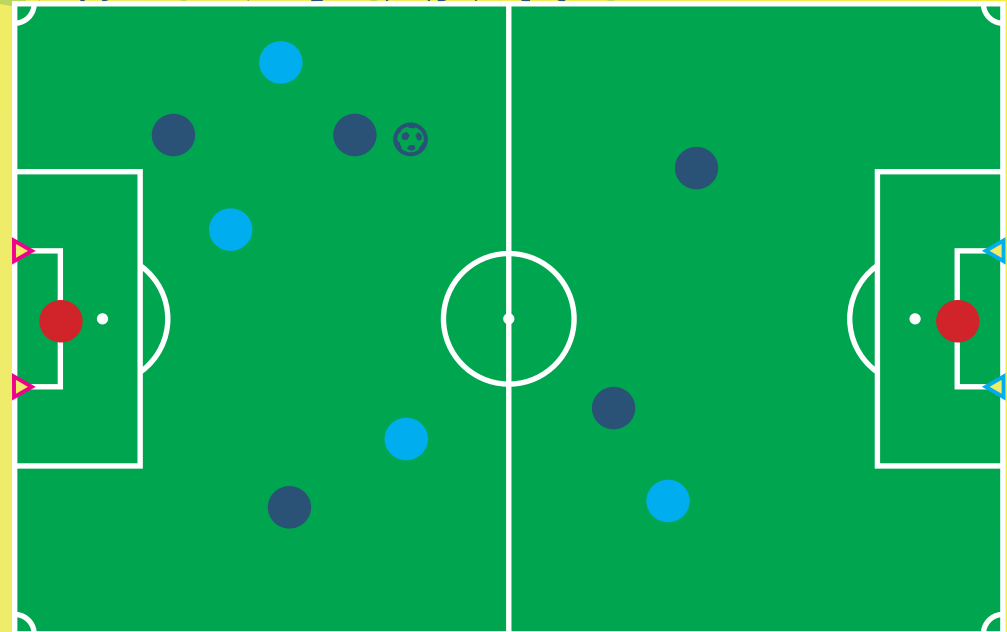
<p>Technical</p> <ul style="list-style-type: none"> Attacking principles & combination play Attacking with an overload Team Defending & 1-on-1 Defending when outnumbered 	<p>Psychological</p> <ul style="list-style-type: none"> Remain calm under pressure Decision Making: <ul style="list-style-type: none"> ATT – When & how to gamble? DEF – Break & score or keep ball / clear lines?
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Acceleration and deceleration – is the counter attack on? 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to outsmart opposition Healthy competition, bragging rights & appropriate banter



FMU SESSION CHECKLIST

GAME NAME: 'PANNA SOCCER'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Players play in a normal small-sided game but they will be awarded:</p> <p>Score normally = 1pt Nutmeg an opponent = 2pts Nutmeg an opponent then score = 5pts</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> Introduce 1 touch passes only Smaller pitch – up the pressure <p>EASIER</p> <ul style="list-style-type: none"> Play without GKs - ↑ goals scored Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



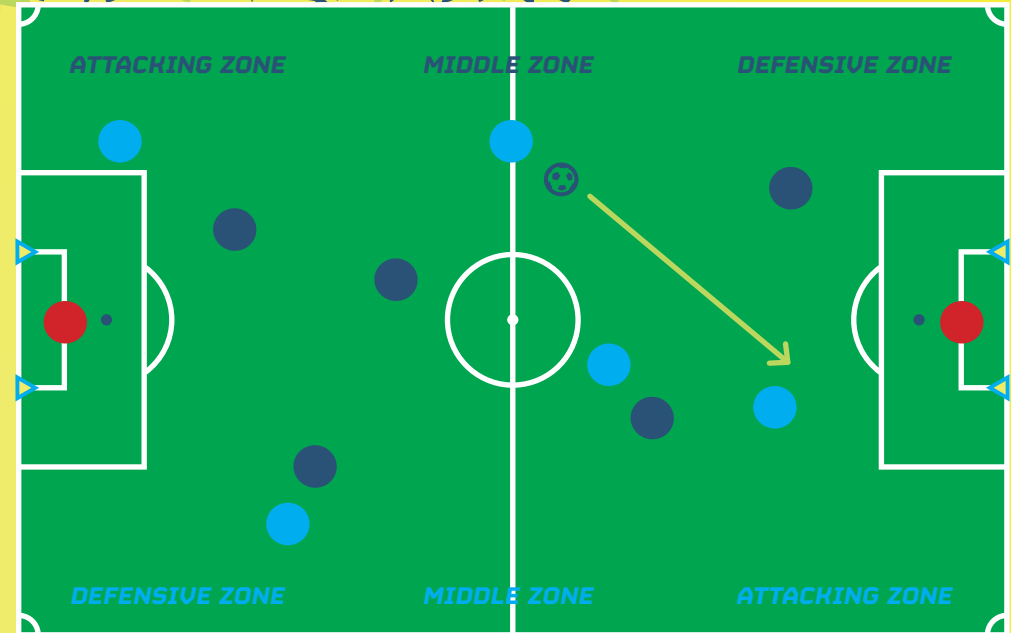
<p>Technical</p> <ul style="list-style-type: none"> Dribbling & Trickery – out smart your opponent Shooting & Passing – inside / outside of foot, laces, volley & header 	<p>Psychological</p> <ul style="list-style-type: none"> Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal! Encourages players to try new techniques & challenge existing
<p>Physical</p> <ul style="list-style-type: none"> Running, Kicking, Striking & Jumping. Agility, Balance, Coordination & Speed. Acceleration and deceleration – is the counter attack on? 	<p>Social</p> <ul style="list-style-type: none"> Teamwork & communication. Discussions around team strategies & tactics to open up opportunity to execute a nutmeg Healthy competition, bragging rights & appropriate banter



FMU SESSION CHECKLIST

GAME NAME: 'RIGHT PLACE, RIGHT TIME'

To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge:</p> <ul style="list-style-type: none"> * Setup with two teams – play with GKs * 3 Rounds of Play * Shoot from Different Zones to score different points <p>R1: Atk – 5pts / Mid – 2pts / Def – 1pt R2: Atk – 2pts / Mid – 5pts / Def – 1pt R3: Atk – 1pt / Mid – 2pts / Def – 5pts</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise effort and intention</p> <p>Ask the Players their tactics for the game</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER</p> <ul style="list-style-type: none"> • First time finishing and first time crosses • Split pitch into ¼ - teams have to score 1 (or 2) in each ¼ <p>EASIER</p> <ul style="list-style-type: none"> • Defenders can't tackle players crossing the ball <p>Don't forget: Time Limit / Keep Score</p>



<p>Technical</p> <ul style="list-style-type: none"> • R1 – Build up play, Playing through the middle 1/3 • R2 – Cut Back / Edge of Box Combinations to Finish • R3 – Shooting from Distance 	<p>Psychological</p> <ul style="list-style-type: none"> • How are your team going to overcome this challenge? • What tactics do you have for each round? • Can you make decisions under pressure?
<p>Physical</p> <ul style="list-style-type: none"> • Quick bursts to create space to get onto the ball • Can players get up and down the pitch to support attack and defence? 	<p>Social</p> <ul style="list-style-type: none"> • Ensure you give the players time to discuss team tactics / problem solve • Ensure you get around ALL the players to interact



FMU REFLECTION CHECKLIST

To Consider	What Went Well....	Even Better If...	Do Differently Next Time...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>			
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the players appropriately?</p>			
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>			

