



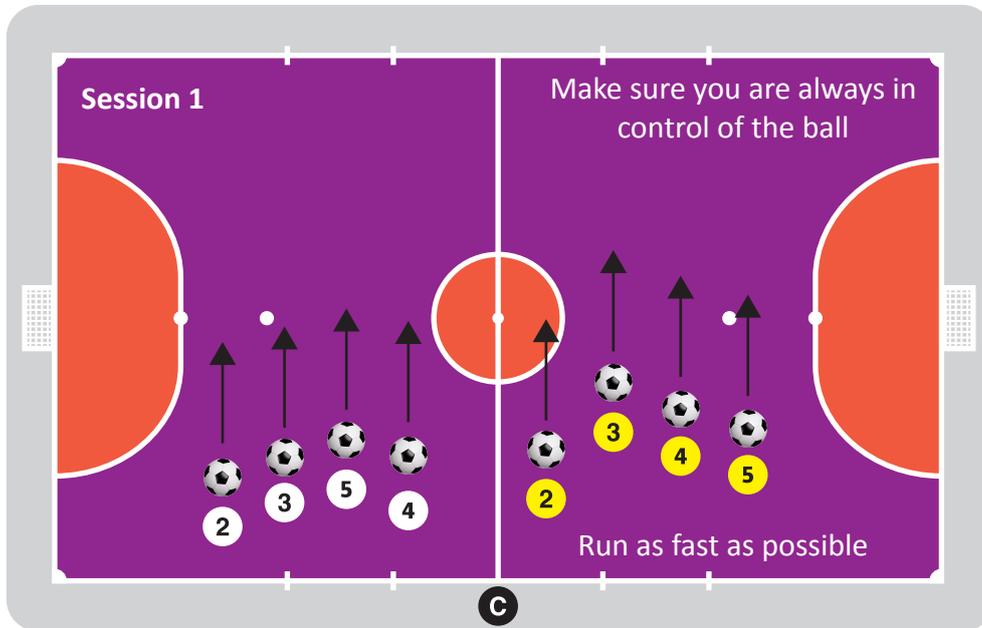
## Theme - Running the ball & 3v3s

Date - Sunday 6 May 2018

Location - St Olave's School Sports Hall

Time - 3.00pm to 4.00pm

Age Group - Under 12 Girls - Mixed Ability

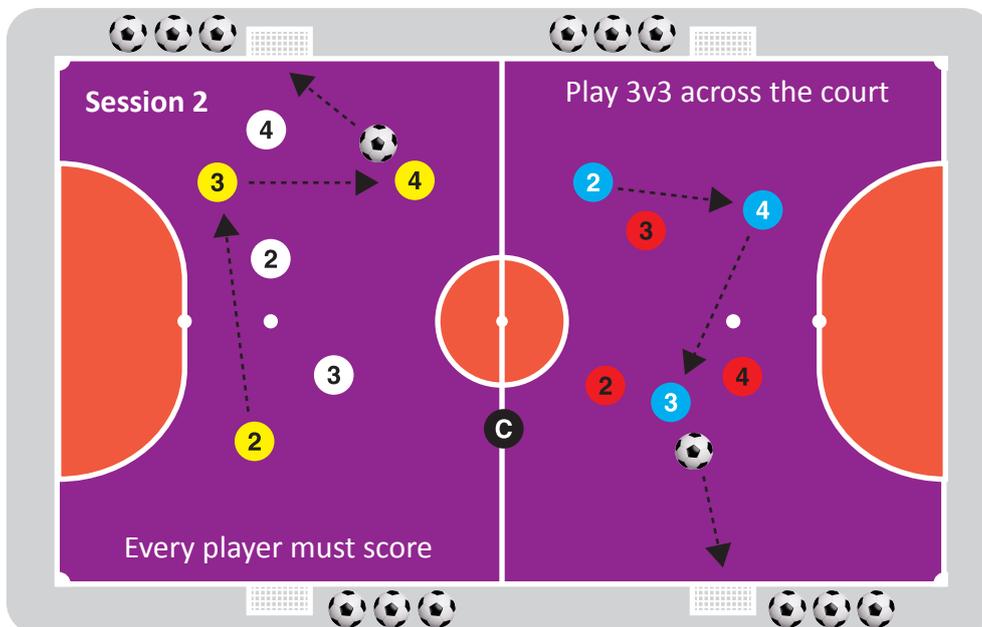


### Session 1

Get the players to run, as fast as they can, with the ball across the court, stopping the ball on set lines with the sole of their foot.

### Coaching Points

Make sure the players stop on or before the line, over is no good as the ball will be out of play. Coach the players to stop the ball facing the way they are running, don't get them to try and turn.



### Session 2

Play 3v3 games across the court. Players can only score one goal before their team mates must score. No corners and kick-ins can be played to themselves, keep the games flowing.

### Coaching Points

Can the players work out where to be on the court when they have scored, who needs to score next and how can we work an opening for these players?

### Further Coaching Notes

**Session 1** - I want the players to run with the ball, stopping it on set lines that are marked on the floor of the court. Use different lines to change the distance the players run from short to long. They need to stay in control of their ball at all times, making sure it doesn't run away from them.

**Session 2** - This game allows the players to have lots of time on the ball. By restricting the number of goals a player can score, it means they have to work as a team to create goal scoring chances. Keep the game flowing by having numerous balls at each end, players can restart the game with any ball.