



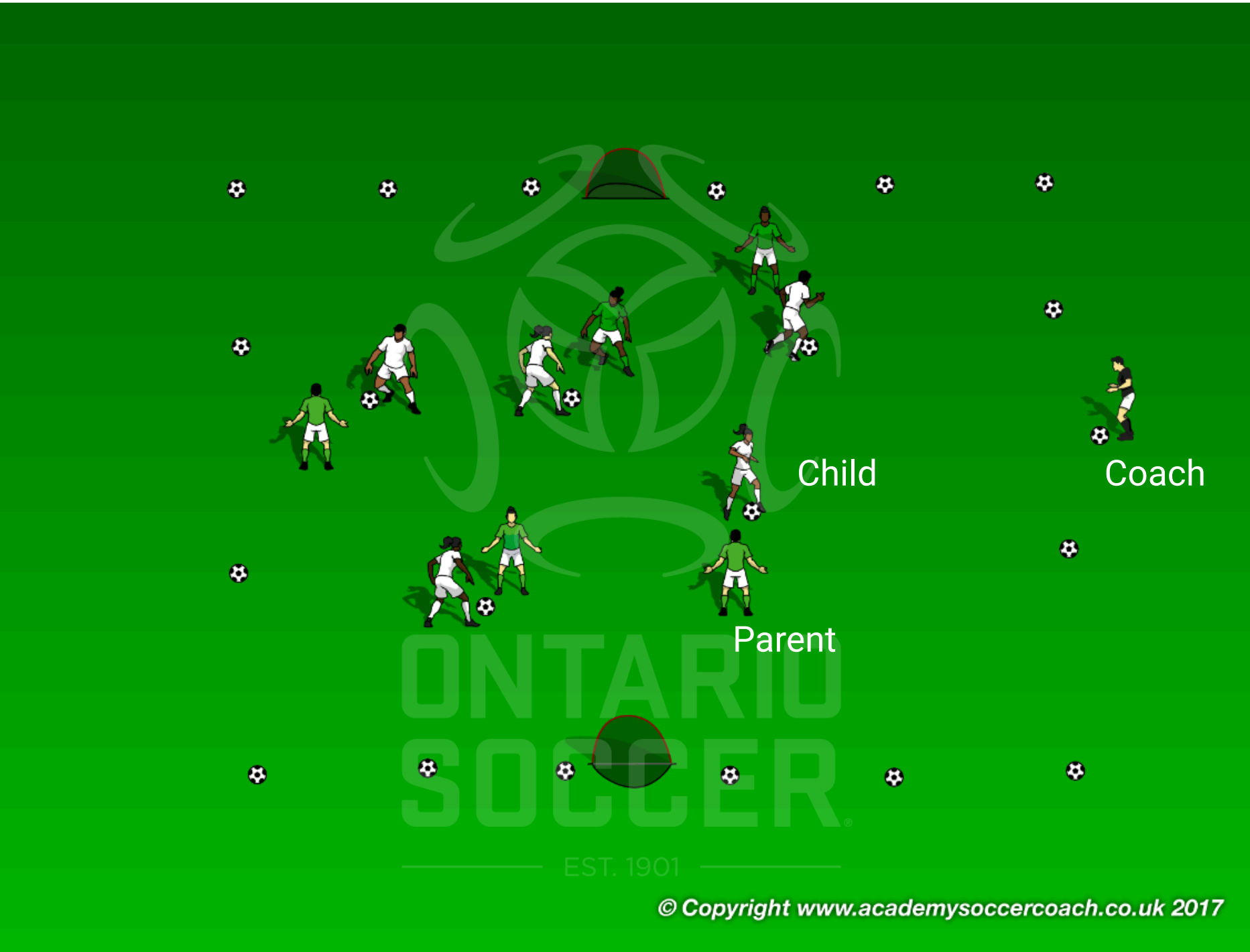
Active Start

Small Sided Game

Tom & Jerry



Organization
Players (in white) have a ball and start in front of the goal they are defending. Parents/guardians start in front of the opposite end without a ball.
Procedure
Players will try and score in the goal the grown ups are defending. The grown ups can steal the ball and try and score in the players goal. The game is continuous.
Emphasis
Encourage creativity, promote free play and to have fun!
Progression
N/A



Timing	Area
8 Minutes	15 m x 10 m

Objective	
Players are able to be confident, safe and participate in the activities	
Outcome	
All players - will be able to join in and try some of the movements and skills Most players - will be able to do a variety of moves and skills Some players - will be able to do a variety of moves and skills and come up with their own	
Technical / Tactical	Psychological
Ball mastery Dribbling	Safety Confidence Creativity Fun
Socio - Emotional	Physical
Problem Solving Celebrating	Agility Balance Co-ordination Change of Direction Change of Speed

Top Tip	Engage the parents throughout the session. This can help with the organization, but more importantly creates that backyard feeling between parent and child.
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