

Lower Football Coaches Assn.

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Objective of Session APPROX 1 HOUR PRACTICAL SESSION.
 TO DEMONSTRATE A NEW SMALL/SIDED GAME FOR EARLY LEARNERS AND THE PROGRESSIONS
 AILED TO INCREASING AGES AND RATING ABILITY. APPROX 16 PLAYERS.

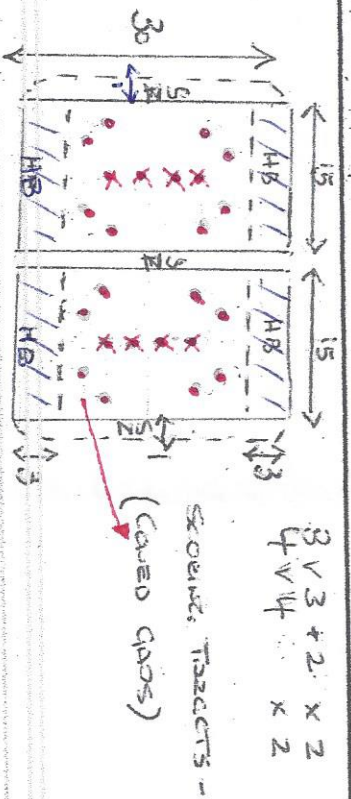
Key points / Coaching Points

1. INDIVIDUALISM THAT COMBINES WITH NECESSARY BASIC DEFENDING
2. SPACE/TIME AWARENESS
3. POSSESSION - PENETRATION - SCORING TARGETS

Set up

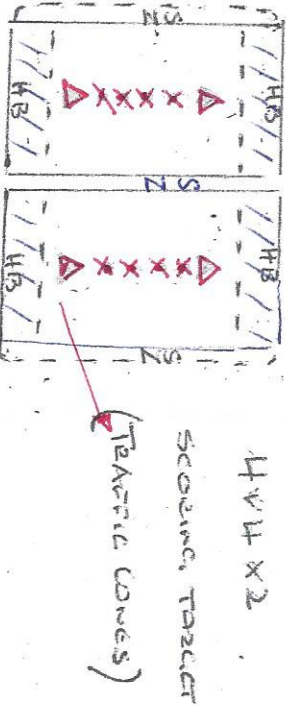
GAME 1

AGES: 5-7



GAME 2

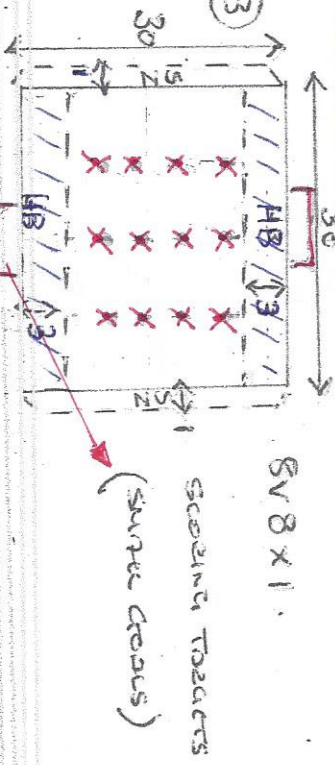
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Progression

GAME 3

AGES: 8-10



- X FLAT CONES FOR HOVERING PRACTICE
- O FLAT CONES (ROUND) GAME 1
- ▲ TRAFFIC CONES GAME 2
- ┌ SMALL GOALS GAME 3

NOTE: THESE GAMES WOULD BE AILED TO RELATED SMALL GROUP/SIDE AREA PRACTISES.