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| **Football Club Week 10 – World Cup Week** | |
| **Session Objectives** – To introduce the children to a variety of skills movement. | |
| **Warm Up** – 5 Minutes | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. | |
| **Main Activity** – 40 Minutes | |
| World cup tournament – 30 Minutes  Small sided matches lasting 4 minutes each.  4 teams each team plays each other  Two games run concurrently  World Cup Final Penalty Shoot Out – 10 Minutes | Coaching Points  Coach to be goalkeeper. |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you learnt today?  Award a certificate.  Dismiss children from designated area. | |

