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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 MinutesPick 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 otherTwo games run concurrently World Cup Final Penalty Shoot Out – 10 Minutes  | Coaching Points Coach to be goalkeeper. |
| **Cool Down and Debrief –** 5 MinutesGet 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.  |

