



**WEEK ONE**

# BEING BRAVE

## FOOTBALL SKILL - TRAVELLING WITH THE BALL

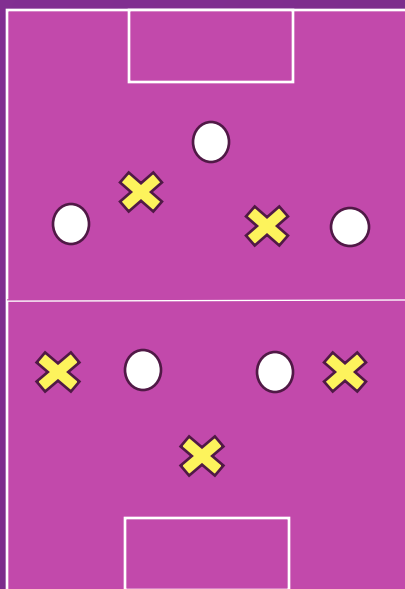
LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>• BEING BRAVE</li></ul>	<ul style="list-style-type: none"><li>• What is bravery</li><li>• How does it feel when you are brave</li></ul>	<ul style="list-style-type: none"><li>• Girls trying a new skill</li><li>• Using weaker foot</li><li>• Getting up and trying again</li><li>• Demonstrating to the group</li></ul>	<ul style="list-style-type: none"><li>• When have you been brave today</li><li>• Why is it important to be brave</li></ul>	<ul style="list-style-type: none"><li>• Give the girls 1 minute to think by themselves</li><li>• 1 minute to think with a partner/as a group</li><li>• Repeat for each question</li></ul>

## FUN ARRIVAL

### SMALL SIDED GAME

As players arrive, greet them and get them into small sided games until all player have arrived. Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5
- HIGH ENERGY



## FUN MOVEMENT

### FANTAILS

Set up an area 20x20 area. Modify the area depending on age and numbers of players.

All players but 2 or 3 have a bib tucked into their shorts

Players without the tail chases the others around the area

If they manage to snatch a bib, they are no longer the chaser.

Play for 2 minutes and change the chasers.

- Everyone has a bib. Who has the most and the end of the round wins.

- Add a ball

## FUN ACTIVITY

### RUNAWAY TRUCKS

Set up a 20 x 30 area (road).

All players are cars inside the area with a ball each.

Players dribble around the area reacting to the coaches' calls.

- Green Light (GO)
- Red Light (STOP)
- Orange light (TOE TAPS)
- Speed! (Go Faster)
- U Turn! (Change Direction)

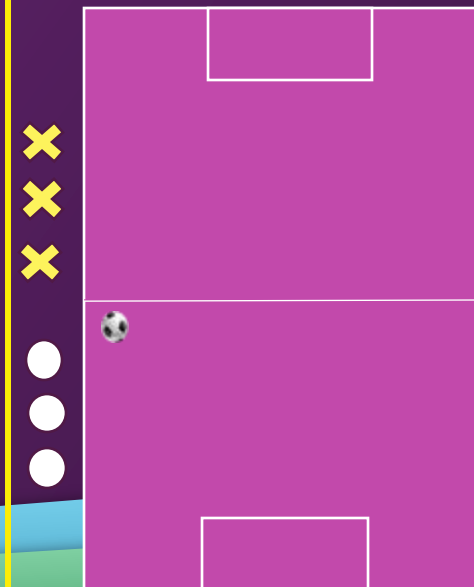
For fun. If another player is in the way they can "beep" their horn.

## FUN GAMES

### NUMBERS GAME

Bring the core and life skills to life against opposition.

- Number each player 1 – 4
- Teams begin on the sideline next to the coach
- Coach calls a number, both players run around the goal and play 1 v 1



**WEEK TWO**

# CARING FOR OTHERS

## FOOTBALL SKILL – STRIKING THE BALL

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>CARING FOR OTHER</li></ul>	<ul style="list-style-type: none"><li>What does being caring mean</li><li>How do you show you care</li></ul>	<ul style="list-style-type: none"><li>Giving teammates a go and encouraging them</li><li>Getting the girls to help with pack up</li><li>Helping a teammate</li></ul>	<ul style="list-style-type: none"><li>What did you do today to be caring to others</li></ul>	<ul style="list-style-type: none"><li>Give the girls 1 minute to think by themselves</li><li>1 minute to think with a partner/as a group</li><li>Repeat for each question</li></ul>

## FUN ARRIVAL

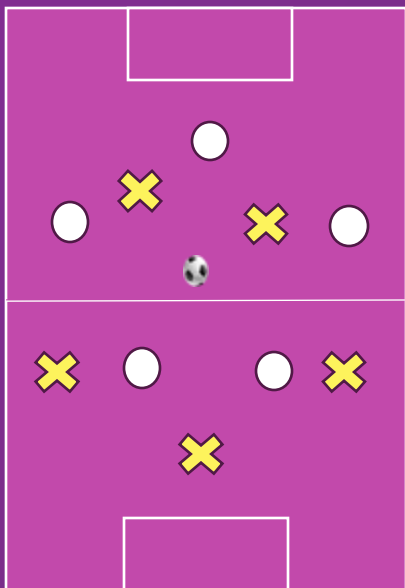
### KICK OFF

As players arrive, greet them and get them into small sided- 1v1, 2v2, 3v3 etc. Until all player have arrived.

- Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5

- HIGH ENERGY



## FUN MOVEMENT

### STUCK IN THE MUD

Set up an area 20x20 area.

- Select two defenders (Swamp Monsters)

- All other players are "Explorers"

- Explorers dribble around the area avoiding the Swamp Monsters. If caught they're stuck and hold ball above their head

- They can be freed if another explorer can pass the ball through their legs

- Play for 1 minute then swap monsters.

- Can play without a ball to begin with

## FUN ACTIVITY

### SHADOW SHOOTERS

Set up a 20 x 30 area.

- Pair up with a ball between two. One player begins with the ball

- Player One- without the ball moves around the area while player two tries to keep up while dribbling.

- When the coach yell "FREEZE"- Player one stops and faces their partner and makes a goal with their legs. Player two attempts to pass the ball through player one's legs to score a goal.

- Swap roles after each round

- To make easier. Player one must walk.

## FUN GAMES

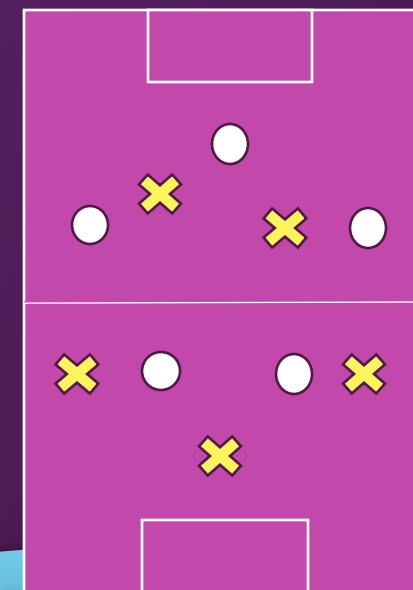
### SMALL SIDED GAME

Bring the core and life skills to life against opposition.

- 20 MINS

- Max 5 vs 5

-HIGH ENERGY



**WEEK THREE**



# BEING CURIOUS

## FOOTBALL SKILL – 1 VS 1

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>• BEING CURIOUS</li></ul>	<ul style="list-style-type: none"><li>• What does it mean to be curious?</li><li>• Are you curious?</li></ul>	<ul style="list-style-type: none"><li>• Trying something new</li><li>• Asking questions</li><li>• Trying new roles in the games</li><li>• Explore different ways to try skills</li></ul>	<ul style="list-style-type: none"><li>• Can you think of a situation where you were curious?</li></ul>	<ul style="list-style-type: none"><li>• Give the girls 1 minute to think by themselves</li><li>• 1 minute to think with a partner/as a group</li><li>• Repeat for each question</li></ul>

## FUN ARRIVAL

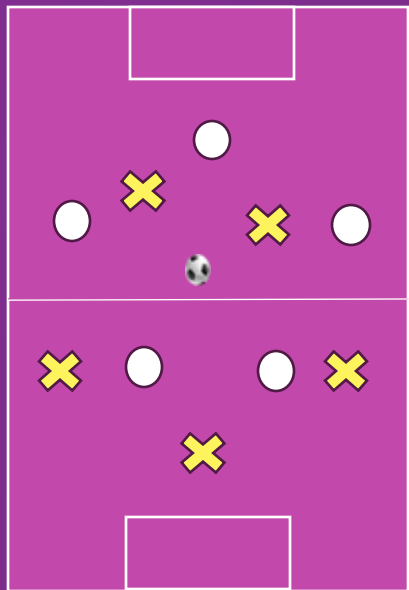
### KICK OFF

As players arrive, greet them and get them into small sided- 1v1, 2v2, 3v3 etc. Until all player have arrived.

- Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5

- HIGH ENERGY



## FUN MOVEMENT

### WHATS THE TIME MR WOLF

Set up an area 20x20 area.

- All players start at one end of the area, each with a ball

- Coach starts in the centre of the area as the "wolf".

- Wolf starts with their back to the players while walking away the players shout "What's the time Mr Wolf"- They turn around and reply "One O'clock"- Players must freeze.

- Repeat

- When the wolf decides its dinner time, the players will perform a turn and run away from the wolf

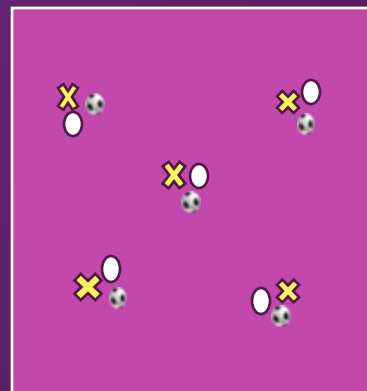
## FUN ACTIVITY

### 1v1

Set up a 20 x 30 area.

- Pair up with a ball between two. Player are back-to-back with the ball in between their shoulder blades.

- When the coach says "GO", players turn, ball drops. Player who gets the ball first tries to lose their partner as the other tries to win the ball. Play for 1 minutes and then restart.



## FUN GAMES

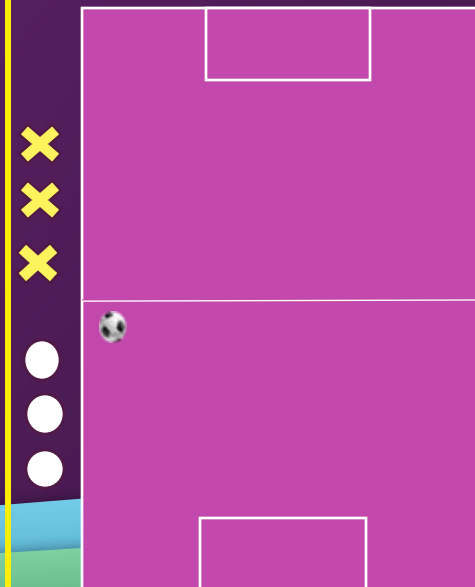
### NUMBERS GAME

Bring the core and life skills to life against opposition.

- Number each player 1 – 4

- Teams begin on the sideline next to the coach

- Coach calls a number, both players run around the goal and play 1 v 1



**WEEK FOUR**

# HAVING A ROLE MODEL

## FOOTBALL SKILL – RECIEVING THE BALL

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>HAVING A ROLE MODEL</li></ul>	<ul style="list-style-type: none"><li>Who is your role model</li></ul>	<ul style="list-style-type: none"><li>Ask the players to play like their favourite player</li><li>Talk about Ford Football Ferns who were past/present club/local club players</li><li>“Can you score like Hannah Wilkinson</li></ul>	<ul style="list-style-type: none"><li>What does a role model do</li><li>Can you be a role model as well</li></ul>	<ul style="list-style-type: none"><li>Give the girls 1 minute to think by themselves</li><li>1 minute to think with a partner/as a group</li><li>Repeat for each question</li></ul>

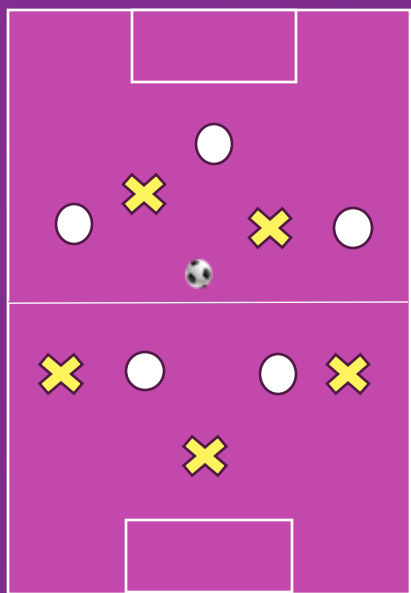
## FUN ARRIVAL

### FREE PLAY

As players arrive, greet them and get them into small sided games/shooting on goal/ or practicing their skills (juggling etc).

- Welcome all Fantails and introduce the Life Skill for the session.

- HIGH ENERGY



## FUN MOVEMENT

### ROB THE NEST

Set up an area 30x30 area. With a smaller square 3x3- (Nests) .

- Make 4 teams (The Birds)

- Put all the footballs in the middle of the area (Eggs)

- on the coach's call, birds must collect as many eggs as possible (1 at a time) and bring them back to the nest.

Play for one minute. Whoever has the most eggs at the end wins.

-Make it harder by adding a nest defender.



## FUN ACTIVITY

### 2V1 TO GOAL

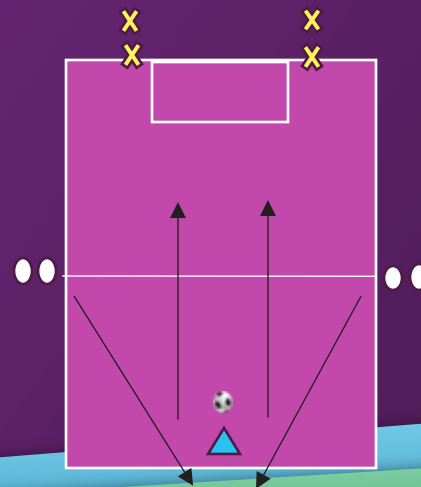
Set up a 20 x 30 area.

- Split into 2 teams

- Teams split again, either side of the goal and the field

- Coach calls go, 2 attackers run around the coach, receive the ball and attack the goal- 2 defenders come out to defend.

- Player for 30 second max and then the next pairs go.



## FUN GAMES

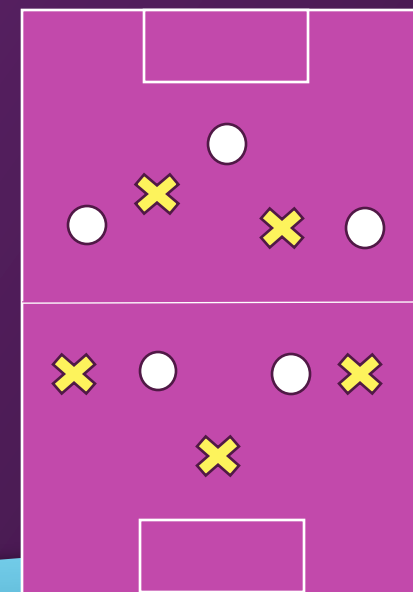
### 3v3 or 4v4 GAMES

Bring the core and life skills to life against opposition.

- 20 MINS

- 3v3 or 4v4

-HIGH ENERGY



**WEEK FIVE**

# BEING A GOOD FRIEND

## FOOTBALL SKILL – DEFENDING

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>• BEING A GOOD FRIEND</li></ul>	<ul style="list-style-type: none"><li>• How can you be a good friend?</li><li>• What are some good qualities in a friendship?</li></ul>	<ul style="list-style-type: none"><li>• Supporting teammates</li><li>• High 5's</li><li>• Celebrating together</li><li>• Working with someone new</li><li>• Including everyone</li></ul>	<ul style="list-style-type: none"><li>• Describe your best friend. What do you like about them?</li></ul>	<ul style="list-style-type: none"><li>• Give the girls 1 minute to think by themselves</li><li>• 1 minute to think with a partner/as a group</li><li>• Repeat for each question</li></ul>

## FUN ARRIVAL

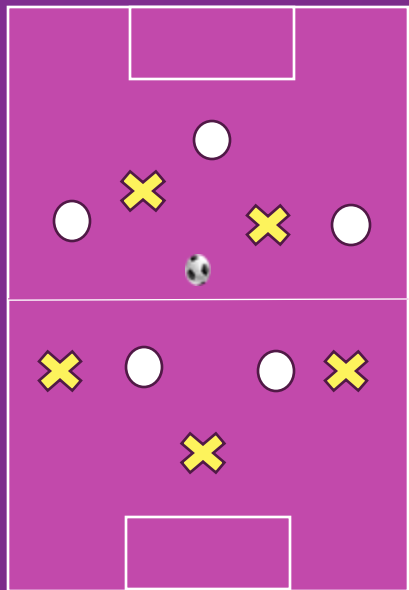
### KICK OFF

As players arrive, greet them and get them into small sided- 1v1, 2v2, 3v3 etc. Until all player have arrived.

- Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5

- HIGH ENERGY



## FUN MOVEMENT

### FIHSY, FISHY, FISHY

Set up a 20 x 30 area

- Players (Fish) start on one end of the area (Sea).

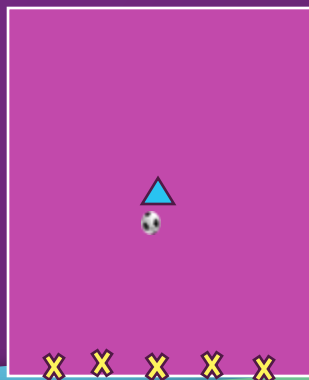
- Coach is in the middle of the sea with a football (Shark).

- Fish try to get to the other side when the coach calls "Hey fishy fishy".

- Shark tries to pass their ball into the fish to catch them.

- If caught, fish become a shark.

- Last fish standing wins.



## FUN ACTIVITY

### CAPTURE THE FLAG

Set up a 20 x 30 area, split into halves.

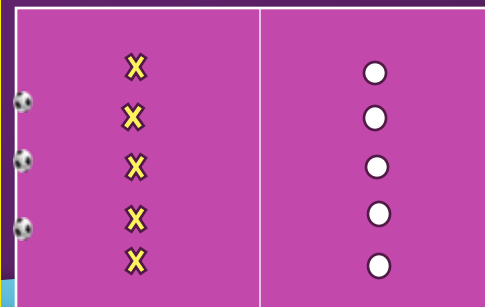
- Split into 2 teams.

- Place footballs on cones at each end (Flags).

- Each team enters the other team's zone to capture the flag. Once they grab the flag, they are safe to return.

- If tug, they must return and try again.

- Play for 3 minutes and restart



## FUN GAMES

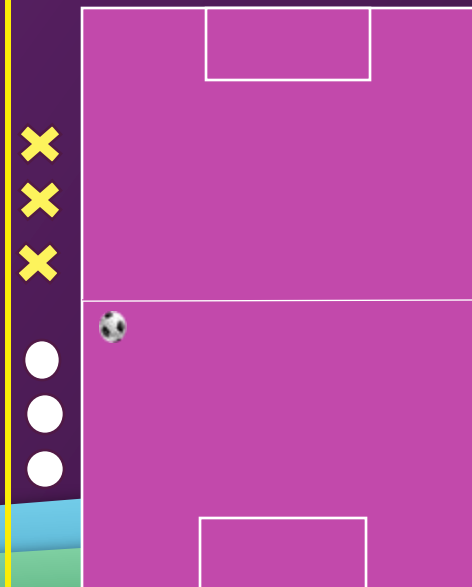
### NUMBERS GAME

Bring the core and life skills to life against opposition.

- Number each player 1 – 4

- Teams begin on the sideline next to the coach

- Coach calls a number, both players run around the goal and play 1 v 1





**WEEK SIX**

# SUPPORTING OTHERS AND ASKING FOR HELP

## FOOTBALL SKILL – STRIKING THE BALL

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>SUPPORTING OTHERS AND ASKING FOR HELP</li></ul>	<ul style="list-style-type: none"><li>Have you asked for help before?</li><li>Why is it important to ask for help?</li></ul>	<ul style="list-style-type: none"><li>Letting the girls ask questions</li><li>Celebrating other girl's efforts</li><li>Breaks to check in with players</li></ul>	<ul style="list-style-type: none"><li>How for you feel when someone helps you?</li><li>How do you feel when you help someone?</li><li>Why is it good to be determined?</li></ul>	<ul style="list-style-type: none"><li>Give the girls 1 minute to think by themselves</li><li>1 minute to think with a partner/as a group</li><li>Repeat for each question</li></ul>

## FUN ARRIVAL

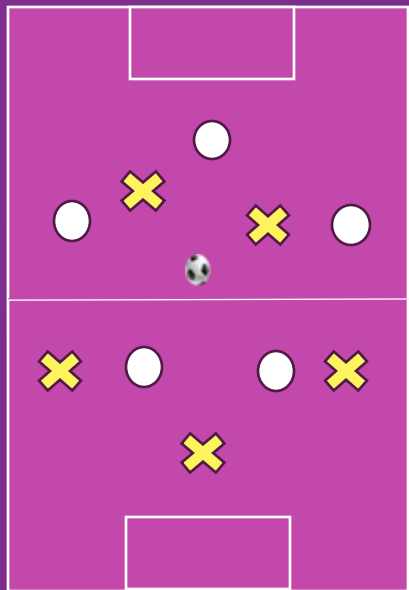
### KICK OFF

As players arrive, greet them and get them into small sided- 1v1, 2v2, 3v3 etc. Until all player have arrived.

- Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5

- HIGH ENERGY



## FUN MOVEMENT

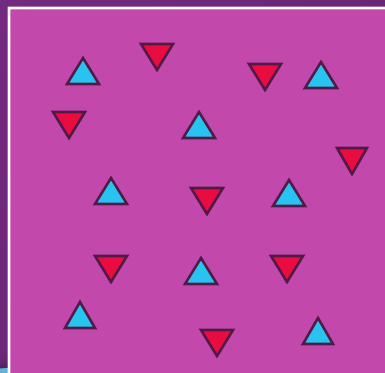
### DOMES AND DISHES

Set up a 20 x 30 area

- Split into 2 teams Every Player with a cone. Spread out in the area. 1 team places cone as a "dish" the other as a "dome".
- Teams have one minute to turn as many cones as possible into either Domes or Dishes (Whichever their team represents).

### PROGRESSION

- Add a ball



## FUN ACTIVITY

### SHADOW SHOOTERS

Set up a 20 x 30 area.

- Pair up with a ball between two. One player begins with the ball

- Player One- without the ball moves around the area while player two tries to keep up while dribbling.

- When the coach yell "FREEZE"- Player one stops and faces their partner and makes a goal with their legs. Player two attempts to pass the ball through player one's legs to score a goal.

- Swap roles after each round

- To make easier. Player one must walk.

## FUN GAMES

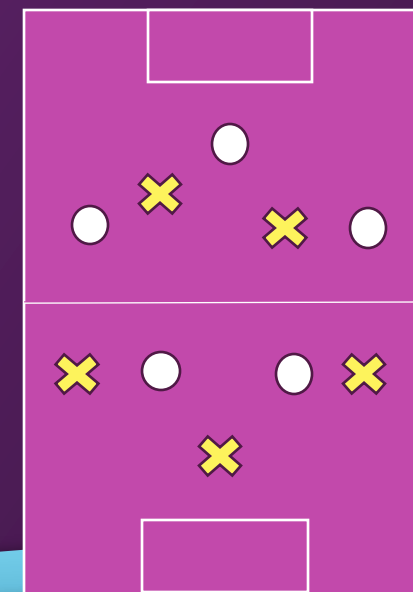
### SMALL SIDED GAME

Bring the core and life skills to life against opposition.

- 20 MINS

- Max 5 vs 5

-HIGH ENERGY



**WEEK SEVEN**

# BEING DETERMINED

## FOOTBALL SKILL – DEFENDING

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>• BEING DETERMINED</li></ul>	<ul style="list-style-type: none"><li>• How does someone show determination?</li><li>• When was the last time you were determined to do something?</li></ul>	<ul style="list-style-type: none"><li>• Encouragement to keep trying</li><li>• Setting goals</li><li>• Provide the appropriate challenge for players</li></ul>	<ul style="list-style-type: none"><li>• How did you show determination today?</li></ul>	<ul style="list-style-type: none"><li>• Give the girls 1 minute to think by themselves</li><li>• 1 minute to think with a partner/as a group</li><li>• Repeat for each question</li></ul>

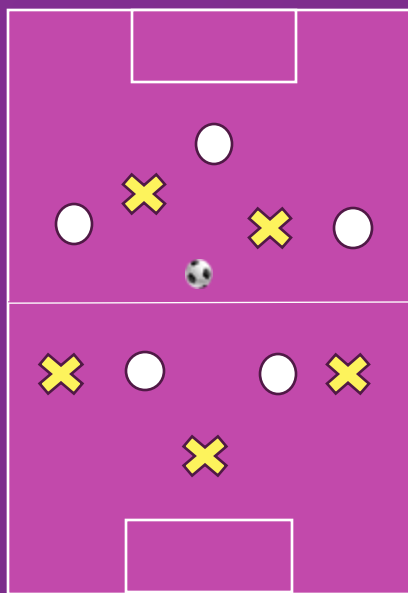
## FUN ARRIVAL

### FREE PLAY

As players arrive, greet them and get them into small sided games/shooting on goal/ or practicing their skills (juggling etc).

- Welcome all Fantails and introduce the Life Skill for the session.

- HIGH ENERGY



## FUN MOVEMENT

### FIHSY, FISHY, FISHY

Set up a 20 x 30 area

- Players (Fish) start on one end of the area (Sea).

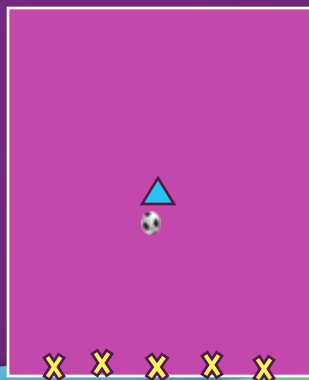
- Coach is in the middle of the sea with a football (Shark).

- Fish try to get to the other side when the coach calls "Hey fishy fishy".

- Shark tries to pass their ball into the fish to catch them.

- If caught, fish become a shark.

- Last fish standing wins.



## FUN MOVEMENT

### STUCK IN THE MUD

Set up an area 20x20 area.

- Select two defenders (Swamp Monsters)

- All other players are "Explorers"

- Explorers dribble around the area avoiding the Swamp Monsters. If caught they're stuck and hold ball above their head

- They can be freed if another explorer can pass the ball through their legs

- Play for 1 minute then swap monsters.

### MAKE IT EASIER

- Can play without a ball to begin with

## FUN GAMES

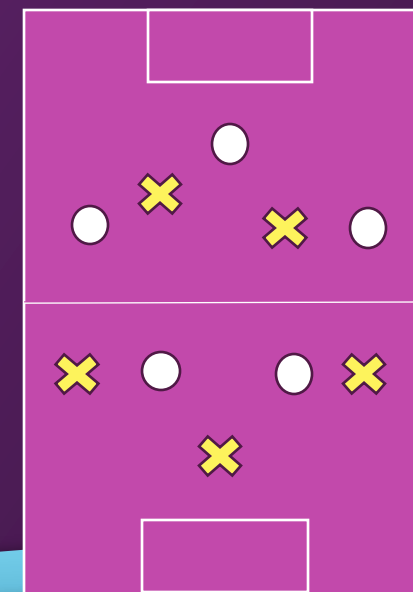
### SMALL SIDED GAME

Bring the core and life skills to life against opposition.

- 20 MINS

- Max 5 vs 5

-HIGH ENERGY



**WEEK EIGHT**

# WORKING AS A TEAM

## FOOTBALL SKILL – 1 V 1

LIFE SKILL	PRE SESSION-QUESTION	HOW TO ENCOURAGE THE LIFE SKILL	REFLECTION QUESTIONS	THINK – PAIR – SHARE
<ul style="list-style-type: none"><li>WORKING AS A TEAM</li></ul>	<ul style="list-style-type: none"><li>What is good about being part of a team?</li><li>When was the last time you were part of a team?</li></ul>	<ul style="list-style-type: none"><li>Games to encourage sharing and teamwork</li><li>Helping each other play the games</li><li>Allow time for group discussions</li></ul>	<ul style="list-style-type: none"><li>When was the last time you saw a team working well? What were they doing?</li><li>How did you work as a team today?</li></ul>	<ul style="list-style-type: none"><li>Give the girls 1 minute to think by themselves</li><li>1 minute to think with a partner/as a group</li><li>Repeat for each question</li></ul>



## FUN ARRIVAL

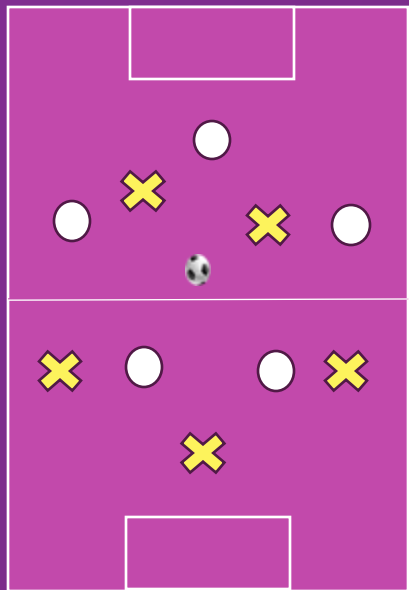
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- Welcome all Fantails and introduce the Life Skill for the session.

- Max 5 vs 5

- HIGH ENERGY



## FUN MOVEMENT

### FANTAILS

Set up an area 20x20 area. Modify the area depending on age and numbers of players.

All players but 2 or 3 have a bib tucked into their shorts

Players without the tail chases the others around the area

If they manage to snatch a bib, they are no longer the chaser.

Play for 2 minutes and change the chasers.

- Everyone has a bib. Who has the most at the end of the round wins.

- Add a ball

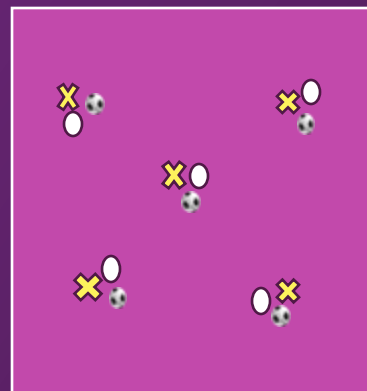
## FUN ACTIVITY

### 1v1

Set up a 20 x 30 area.

- Pair up with a ball between two. Player are back-to-back with the ball in between their shoulder blades.

- When the coach says "GO", players turn, ball drops. Player who gets the ball first tries to lose their partner as the other tries to win the ball. Play for 1 minutes and then restart.



## FUN GAMES

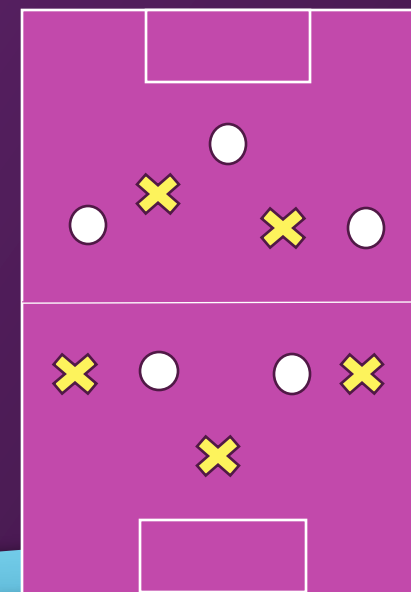
### SMALL SIDED GAMES

Bring the core and life skills to life against opposition.

- 20 MINS

- Max 5v5

- HIGH ENERGY





**Thank you.**