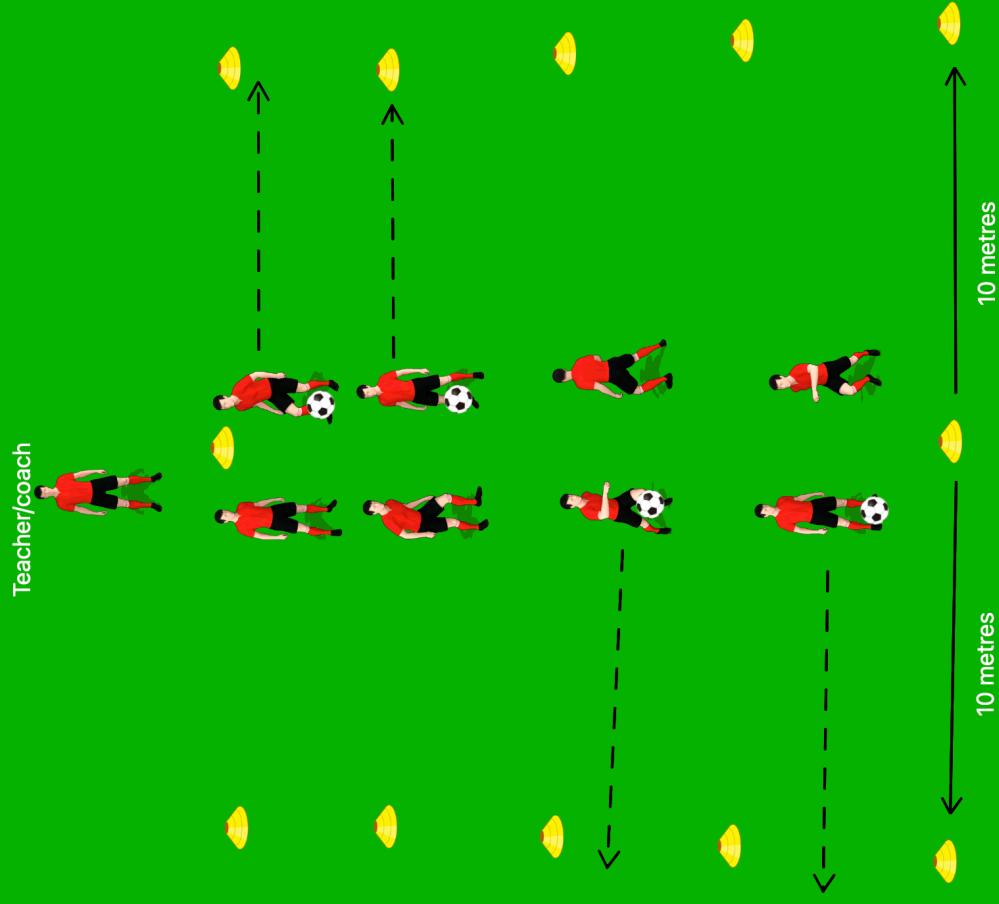


Session Plan; React And Chase

Learning Objectives:

1. To develop speed, agility and change of direction.
2. To improve memory and planning by remembering which cones have been visited.
3. To enhance spatial awareness and reaction under pressure.
4. To apply strategic decision making in a competitive scenario.



Organisation:

Pupils work in pairs, one ball per pair.
Coach/teacher is positioned centrally in order to view all the pupils.
Cones/markers define the activity area.
Space between pairs to allow safe chasing and movement.

Instruction: Pupils face each other with the ball placed on the ground between them.

Teacher calls out body parts (head, shoulders/knees) pupils touch that part of their own body.

When teacher shouts BALL! The fastest player grabs the ball and wins the point.

*Rotate players around

Progression 1;

Again starting at the centre of the activity area, Pupils throw the ball backwards and forwards to each other.

Teacher shouts GO! Whoever has the ball at that moment turns and tries to run past the markers before their partner tags them.

Progression 2:

Pupils use their feet to pass the ball.

Teacher shouts GO!, the pupil with the ball has to turn with the ball at their feet and try to get beyond the cones, before getting tagged by their partner

Learning Outcomes:

All pupils will: React quickly to teachers commands
Perform throws, catches and chases safely
Maintain control when moving or dribbling.

Most Pupils will:

Demonstrate improved reaction speed
Accelerate, decelerate and change direction more effectively.
Maintain control of the ball while under pressure.

Some pupils will:

Anticipate their partners movements to gain an advantage.
Combine technical skills with tactical awareness.
Apply reactive agility and decision making in competitive situations.