

**DESIGN YOUR OWN SESSION CHALLENGE!**

1. Can you complete the example session?
2. Can you use the empty template to create your own sessions?
3. Can you complete the session that you created?
4. Example Session

|  |  |  |  |
| --- | --- | --- | --- |
| Sport | Football | Equipment | 1 Football/ 3 Cones/ A wall |
| Date | 00/00/00 | Time | 00:00 |
| Topic | Dribbling & Passing | Other Info. |  |

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| --- | --- | --- |
| Activity 1 [Warm Up] | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
|  | -Set out 3 cones anywhere in the area.  -Dribble the football between the yellow cones | -Can I do a different turn at each yellow cone?  -Can I dribble to each yellow cone faster? |
| Activity 2 | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
| Wall | -Pass the ball against the wall  -When the ball bounces back, dribble the ball to the other side and pass again. | -Can I increase how far the pass is?  -Can I pass the ball in the air? |
| Activity 3 | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
|  | -From one yellow cone, I pass the ball to the next yellow cone.  -From this yellow cone, I dribble to the next yellow cone.  -Then I pass back the cone where I started. | -Can I make a bigger triangle with the cones?  -Can I dribble faster or add in obstacles? |

2-My Session

|  |  |  |  |
| --- | --- | --- | --- |
| Sport |  | Equipment |  |
| Date |  | Time |  |
| Topic |  | Other Info. |  |

Can you complete the Session you have designed?

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| --- | --- | --- |
| Activity 1 [Warm Up] | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
|  |  |  |
| Activity 2 | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
|  |  |  |
| Activity 3 | | |
| What does my Activity look like? | How does my session work? | How do I make the activity harder or easier? |
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