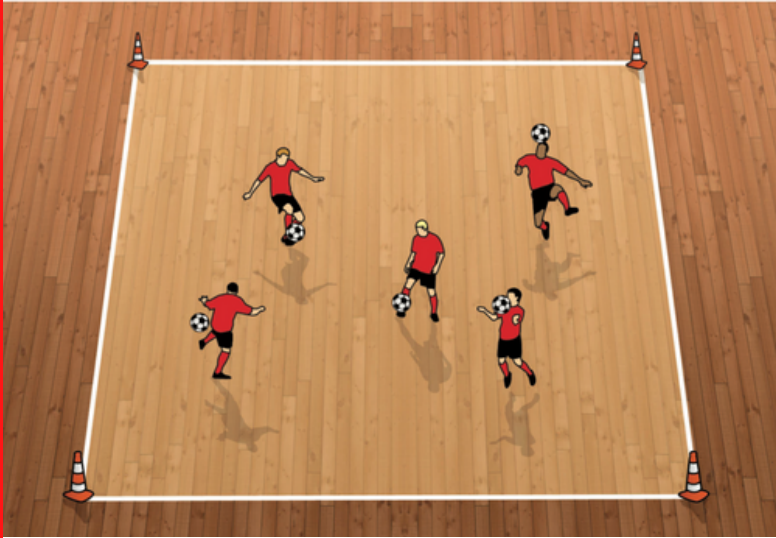


1ST TOUCH

ARRIVAL 5-10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. All players start inside the square with two or three pairs as taggers



HOW TO PLAY

1. All players spread out in the defined space
2. On your signal ask the players to throw the ball in the air and explore how many body parts of their body can they use (other than their hands) to control the ball
3. Who can touch the ball with two body parts (not hands) before catching the ball

PROGRESSION

- With a partner explore how many ways you can use to stop a bouncing ball
- With a partner explore how many ways you can use to stop a ball lobbed on the full
- Controlling the ball to be placed at your feet
- Controlling the ball that has been lobbed over an obstacle

OUTCOMES

- Trapping a ball with the body
- Body awareness and control
- Relationship with objects and others

FOCUS - DEFENDING - TACKLING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Area of up to 20m x 30m. Modify area for number and age of players
- Two Blue players begin in the middle of the area
- All other players begin at one end of the area (Reds)
- No footballs involved at the start of the game

HOW TO PLAY

- When the coach calls "Go", Reds attempt to run to the other end of the area, without being tagged by the Blues
- If a Red player is tagged, they put on a Blue bib and start the game in the middle of the area
- Coach calls "Go" again and the game repeats

POSSIBLE PROGRESSIONS

1. All players have a ball at their feet. Reds attempt to dribble across the area without being tagged. Blues attempt to tag people whilst dribbling their ball
2. Blue players are without a ball, Reds players have a ball each. Blue players now tackle Reds as they attempt to dribble across

SKILL OUTCOMES

- 1v1 attacking and defending
- Timing of tackling
- Decision making - type of tackle to use



JUNIOR CURRICULUM

9TH - 12TH GRADE



FOCUS - DEFENDING - TACKLING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 18m x 30m. Modify area for number and age of players
- End Zone line placed 3m from each end of the area
- 3 Reds and 3 Blues, bibbed accordingly
- Additional footballs placed around the outside of the area

HOW TO PLAY

- Teams play in a 3v3 against each other
- Teams score by dribbling the ball into the opponents end zone
- Once goal is scored, the opposition begin the game again
- Play for 2 minutes, then change playing opposition

POSSIBLE PROGRESSIONS

1. Teams score 2 goals if they manage to dribble into end zone, but also score a goal if they are able to complete 6 passes

EXERCISE TASK

- Can you try to win the ball through tackling? If you can't win it, make sure they can't get past you"

PLAYER TASK EXAMPLES

- Can you meet the opponent as close to their goal as possible?
- Can you show them in one direction towards the edge of the area?

FOCUS - DEFENDING - TACKLING

SKILL GAME 20-25-MINS



SETUP

- Two 35x25m pitches set up with a 10m channel between them
- Goals at the end of each pitch
- Two gates placed in the middle channel, 15m away from each other
- 2 teams of 6, each player assigned a number (between 1 and 6)

HOW TO PLAY

- Pitch 1 starts with a 5v5 game, keeping score as normal
- Pitch 2 starts with a 1v1 game, keeping score as normal
- Coach calls out a number (for example "number 3") and both "3's" will run from Pitch 1 to the middle channel. "3s" play in a 1v1, attempting to dribble through the opponent's gates
- If successful, the winning player joins their teammate on Pitch 2, creating an overload. The other player juggles a football for 45 seconds before also joining Pitch 2
- Coach calls another number, players enter the middle channel and the game repeats
- Score is kept on both pitches, adding to an overall score

POSSIBLE PROGRESSIONS

1. Coach calls numbers for players that are on Pitch 2, transferring them back to Pitch 1

SKILL OUTCOMES

- 1v1 attacking and defending
- Footwork to move closer to attackers
- Timing of tackling
- Decision making - type of tackle to use