

# FIRST KICKS

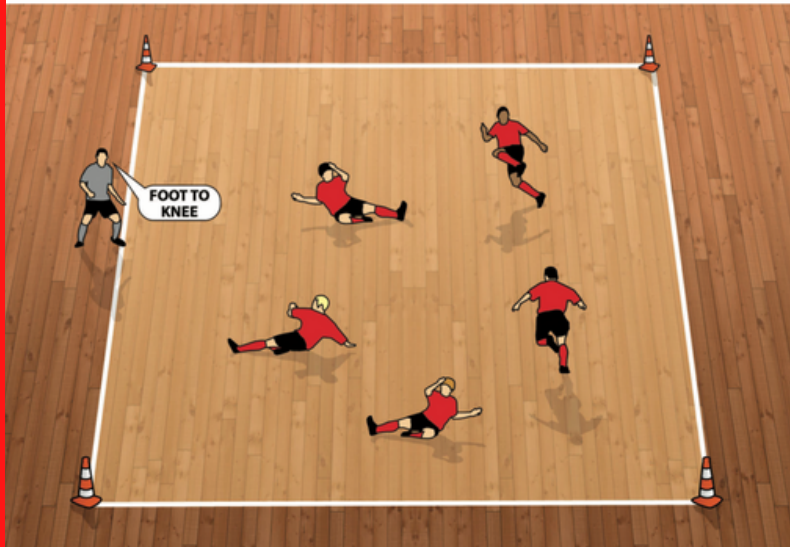
## 5TH - 6TH GRADE

### CONNECT IT

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. All players spread out in an area with a ball each



#### HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball free about the area. On a signal, they stop and listen to the teacher calling out two body parts, which each child has to join together, whilst controlling the ball
3. Examples included nose to knee, knee to ankle & foot to head

#### PROGRESSION

- In pairs the players travel around the area in a designated way (eg. dribbling the ball as they walk, jog or skip) while joined together (linking arms). On a signal, the pairs connect to each other by the body parts called by the teacher. Examples include: two feet, two hands, one foot and one knee, one shoulder and one head, one elbow and one hip, one ankle and one knee
- Vary the way of travelling around the space: Use different dynamic balance activities (e.g. monkey walk, crazy crab...)

#### OUTCOMES

- Ability to explore static and dynamic balance
- Ability to explore different way to control the ball
- Body awareness
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot

### MOSQUITO

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS



#### SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Two players have a ball each (Mosquitoes).
3. Extra footballs around the area to restart match.

#### HOW TO PLAY

1. Two "Mosquitoes" players try and bite players by hitting players below the knee with a football.
2. Mosquitoes can dribble with the football.
3. Once hit below the knee the bitten player becomes a Mosquito and must retrieve a football from the side line. They then re-join the game and try and infect other players.
4. Play 1-2 minutes rounds to see how many players they can bite.
5. Players without a ball need to avoid being bitten by running, dodging and evading the "Mosquito's" footballs.

#### PROGRESSION

- Reduce the area size
- Constrain the dodging players to skipping, hopping etc
- Add a football for every player and Mosquitoes must hit the football to bite

#### OUTCOMES

- Awareness and vision of the players around
- Agility and coordination
- Dribbling skills
- Passing

# FIRST KICKS

## 5TH - 6TH GRADE

### GHOSTBUSTERS

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



#### HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 seconds
4. The players continue dribbling after the 20 seconds is completed

#### PROGRESSION

- Change the part of the foot used to dribble
- Players can only 'shoot' with their non-dominant foot
- Reduce the number of balls so the players must pass the ball around their team then on calling ghost-busters the players with the ball "shoot" the "ghost"
- Increase the number of ghosts

#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances

### STREET FOOTBALL 2V2 UP TO 4V4



### SMALL SIDED GAME 15-MINS

#### SETUP

1. Group players into pairs.
2. Each area to be 10 - 15m long x 6 - 8m wide. Modify area depending on the age & number of players.
3. Goals at the end of the each area - use smaller goals if possible.

#### HOW TO PLAY

1. Teams play 2v2 competitive games against each other. Game duration of no more than 2 minutes.
2. The player closest to their team's goal can become the GK but can not use their hands.
3. Ball can be dribbled or passed in from the restart.
4. After a team scores, both players must retreat to halfway for game to restart.
5. At the end of each game one team from each pitch moves to the next pitch and plays against a different opposition.

#### PROGRESSION

- Teams can only score in attacking 1/3 of pitch
- GK can use hands in defending 1/3 of pitch
- Coach calls out two colours to switch pitch while games being played

#### OUTCOMES

- Dribbling 1v1s
- Decision Making - when to pass / shoot / dribble
- Defending - Tackling
- Communication