

FIRST KICKS

5TH - 6TH GRADE

SURVIVAL

GENERAL MOVEMENT / WARM UP 10-MINS



SETUP

1. Set up area 30x30m with 5 cones on each of the side lines. Modify area depending on the age & number of players.
2. Divide the group into four teams, with each team nominating players as their "base defenders".
3. Place 2 footballs on two cones on each of the end lines.
4. Place 4-8 more balls in the centre of the square.

HOW TO PLAY

1. On the coaches call the game begins. All players must collect as many footballs from the centre as possible and return them to a cone at their base (Individual players are allowed to take one ball at a time).
2. Once all the balls are gone from the centre then players are allowed to steal from other bases, without being tagged by a base defender.
3. Play 2 minutes games to see who has the most football or race to the first team to fill all 5 cones.

PROGRESSION

- Players must dribble the ball back to home base
- Players are allowed to tackle the opposition in the middle
- Players are allowed to pass back to team mates at their home base
- Increase or decrease the size of the area

OUTCOMES

- Dodging, weaving, stepping
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities (defense/attack)

BULLRUSH

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. All players to set up at one end of the area with a ball each apart from one player who volunteers to be 'it'



HOW TO PLAY

1. Ask for one volunteer/ defender to stand in the middle of a defined area. The rest of the players line up along one of the base lines, each with a ball. On the teachers signal "Football rush" the attackers attempt to dribble their ball past the defender in the middle of the court and stop on the opposite base line. Every time a player successfully completes the task they allocate themselves 1 point. If an attacker has their ball intercepted or taken from them they join the defender(s) in the middle of the court. The last attacker remaining wins the game. If multiple games are played the accumulation of individual points could be celebrated.

PROGRESSION

- Change the size of the court
- Attackers could be asked to complete a fake or trick whilst attempting to reach the other side
- Defenders stay within a defined space
- Attackers could pair up and share a ball whilst completing the task

OUTCOMES

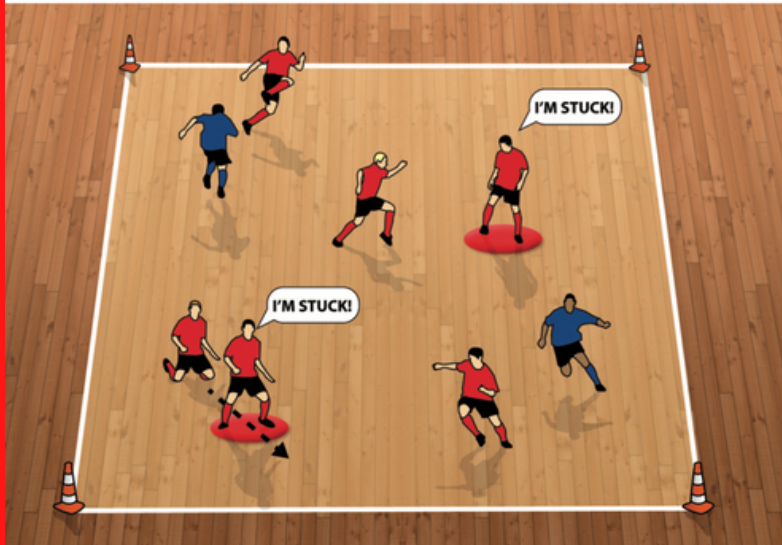
- Ability to use different fakes and turn
- Ability to change the speed of the ball
- Changing direction of play

STUCK IN THE MUD

FOOTBALL SKILL 15-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. All players start inside the area with one person as a tagger with a bib



HOW TO PLAY

1. All players spread out in a defined space.
2. One or two children are taggers and the rest of the class are runners
3. Taggers try to tag the runners. If tagged, a runner becomes stuck in the mud and holds a static position (with feet apart) until released
4. To release a stuck player, a free runner must crawl under a tagged players legs

PROGRESSION

- Runners must dribble a ball whilst playing
- The runners explore completing a trick prior to crawling under a tagged players legs
- A tagged player may have to position themselves in different stances

OUTCOMES

- Dribbling
- Evasion
- Keeping head up for awareness of space and other players while dribbling

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