

# FIRST KICKS

## 5TH - 6TH GRADE

### CHAIN TAG

### 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 start inside the square with two or three pairs as taggers



#### HOW TO PLAY

1. Two to three pairs with their inside hands joined are the taggers. While keeping their hands joined, the pair tries to tag the free players with their free hands. Everyone runs around while the taggers chase the free players. When a free player is tagged they join the pair, which becomes a threesome or a 'chain of three'. The three continue to chase and when a fourth person is tagged, they break into two chains of two and both chains continue to chase and tag. The game is completed when everyone is in a chain.

#### PROGRESSION

- Investigate different movements i.e. walking, jogging, skipping, hopping

#### OUTCOMES

- Exploration of locomotor skills

### HUNT YOUR PREY

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. Players to spread out inside the square with a ball each



#### HOW TO PLAY

1. The hunters dribble their balls around the hunting ground and try to protect their own ball whilst looking to pass their ball into their preys'. Every time a hunter hits another ball they get a point

#### PROGRESSION

- Hunter must pass the ball with a specified part of the foot (inside, outside, left foot, right foot etc.)
- Hunters pair up and stalk their prey in teams
- Increase the number of hunters
- On the teachers command the players switch roles

#### OUTCOMES

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



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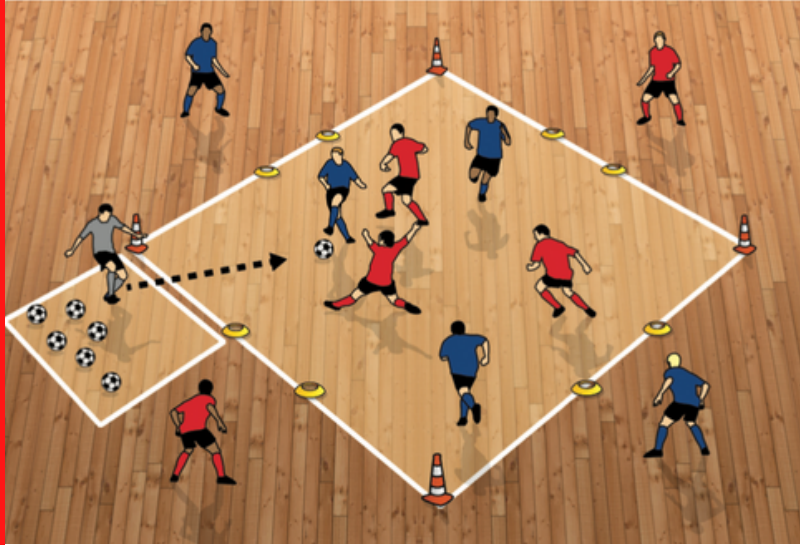
## 5TH - 6TH GRADE



### SHOOTING GALLERY

#### SETUP

1. Set up an area up to 20m by 20m or adjust depending on numbers.
2. On the outside of the area place four 2m by 2m goals
3. Set up a box 5m by 5m in one corner and place balls in the area
4. Split into two teams with three players from each inside and two players from each team on the outside behind the goals.



### FOOTBALL SKILL 15-MINS

#### HOW TO PLAY

1. The teams play 3v3 in the area and are encouraged to shoot as often as possible. Both teams can score in any goal
2. Every time the ball goes outside the playing area, the coach serves a ball in. The balls are served into different areas each time to keep the players thinking
3. The ball collectors must work hard to retrieve the balls and place them into the square next to the coach so that he has a constant supply of balls
4. Players on the team without the ball must work hard to prevent the shots
5. After each game rotate players in from the outside

#### PROGRESSION

- Use multiple balls
- Reduce or increase the size of the goals
- Players cannot score in the same goal consecutively

#### OUTCOMES

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

### STREET FOOTBALL



### 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