

FIRST KICKS

5TH - 6TH GRADE

ATTACK

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Organise players in pairs, with one ball between each pair



HOW TO PLAY

1. Play begins with all players moving around the area. The player with the ball dribbles, their partner can move anyway they want
2. Encourage the pairs to move around well away from each other
3. When you call 'fight' the player without the ball gets to their partner as quickly as possible and tries to win the ball from them
4. The 'fight' lasts for 30 sec. and if the player with the ball keeps it, they get 1 point
5. The players then swap roles, begin moving around the area, and wait for the next 'fight'

PROGRESSION

- Specify the part of the foot players must use to dribble
- Specify dribbling and protecting the ball only with the players non-dominant foot

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

TRUCKS & TRAILERS

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. Organise players into pairs
3. Each player has a ball



HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' dribbling around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

PROGRESSION

- Use different parts of the foot to control the ball
- Use different turning techniques
- Trucks have more than one trailer
- Trucks try to lose their trailer
- The trailers chase the truck without a ball
- The trucks run away from the trailer without having a ball
- Swap trucks and trailers on teachers command

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball

FIRST KICKS

5TH - 6TH GRADE

RETRIEVE & SCORE



FOOTBALL SKILL 15-MINS

SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Divide the players into 4 teams, bib accordingly and provide each player with a number.
3. Players line up next to their goal posts in numerical order.
4. Have footballs placed in the centre of the circle.

HOW TO PLAY

1. When coach calls a number, those players have to run around the corner cones before entering through their own space.
2. The player has to retrieve a football and score in their team goal.
3. If team scores, they receive the following points:
 - First - 5 points
 - Second - 3 points
 - Third - 2 points
 - Fourth - 1 point
 - No Goal - 0 point
4. Coach to keep score for each team.

PROGRESSION

- Coach can call two numbers at one time (add more balls)
- Players may exit through any space
- Coach specify how to dribble (left foot, inside foot)
- Coach places a bib on each goal. Coach calls out a number to specify which goal to score in

OUTCOMES

- Agility and Coordination
- Acceleration
- Turning
- Dribbling and shooting skills

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