

# FIRST KICKS

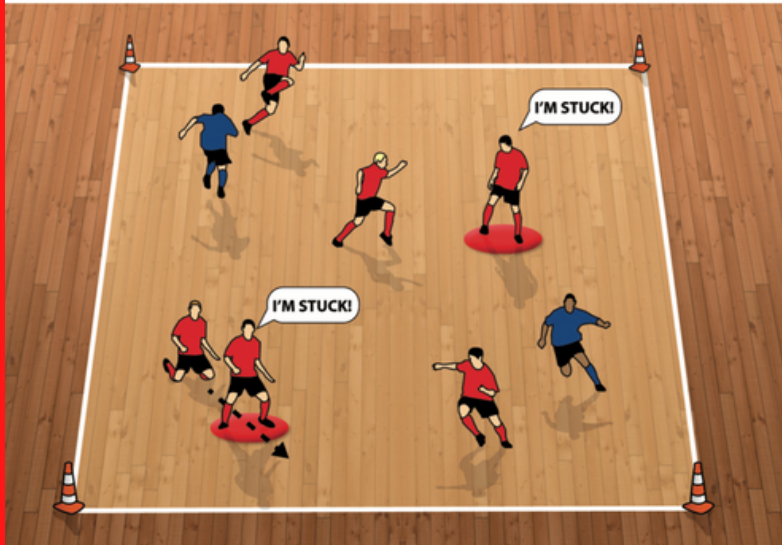
## 5TH - 6TH GRADE

### STUCK IN THE MUD

### 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 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

### KNOCKOUT

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS

#### SETUP

1. Area of up to 20x20m
2. Each player has a ball each
3. All players begin inside the area



#### HOW TO PLAY

1. Players attempt to keep their ball inside the area
2. At the same time players also have to try and kick other people's ball out of the area
3. If a player has their ball kicked out of the area, they must retrieve it and dribble around 2 sides of the area before re-entering
4. At the end of 60 seconds, the remaining people inside the area are the winners

#### PROGRESSION

STEP UP: If your ball is kicked out of the area, you become a defender

STEP DOWN: Introduce safe zones where you can stay for a while and not be tackled

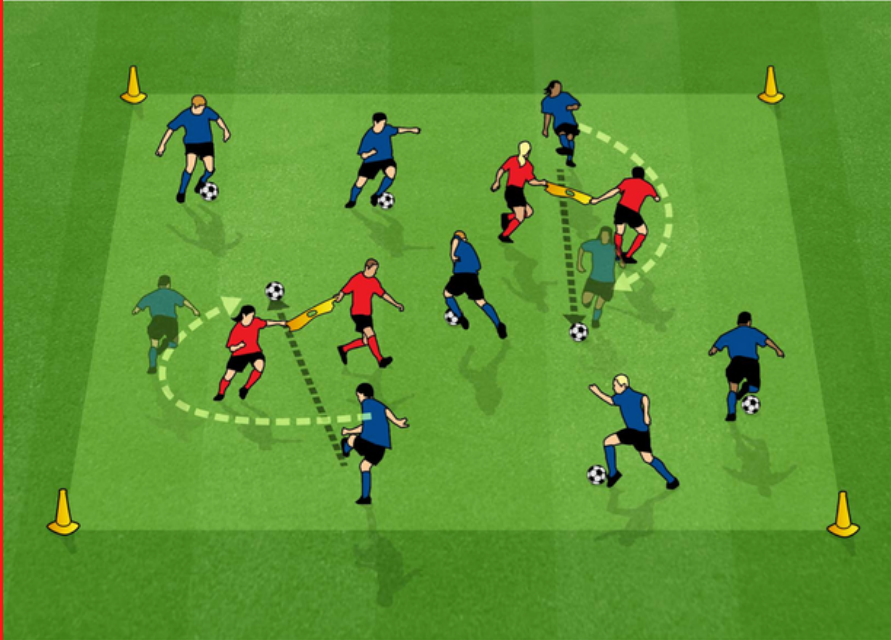
#### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

# FIRST KICKS

## 5TH - 6TH GRADE

### MOVING GOALS



### FOOTBALL SKILL 15-MINS

#### SETUP

1. Set up area 30x20m. Modify area depending on the number and age of players.
2. 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal.
3. All other players (Blues) have a ball each.
4. Place spare footballs around the perimeter.

#### HOW TO PLAY

1. The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
2. Players dribble around and try to score by kicking the ball between goal, underneath the bib. Players follow their pass/shot to collect the ball and continue.
3. 1 point for every goal. Try to score as many points as possible in 90 seconds.
4. Change over the Goals after each 90 seconds.

#### PROGRESSION

- Coach to specify which foot to pass with (left/right)
- Increase or decrease the size of the area
- Goals can defend by stopping the balls using feet

#### OUTCOMES

- Passing and Shooting
- Timing of the pass/shot
- Weight of pass
- Awareness of passing angles
- Dribbling & Turning

### 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