



FIRST KICKS

5TH - 6TH GRADE



FLAG TAG

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



HOW TO PLAY

1. Each player is given a flag and requested to tuck into the back of their shorts. Players chase each other and try to capture as many flags as possible. The player with the most number of flags after a specific time period wins
2. Players cannot hold onto their flags and must let the others snatch the flag if and when they are caught

PROGRESSION

- Place the flag down the side of the shorts
- Use multiple flags per player
- Determine a points system for different coloured flags
i.e. blue flags = 5 points, red flags = 2 points

OUTCOMES

- Develops turning, rotation, changes of speed and direction
- Can encourage mathematics skills if a points system is introduced

BULL RUSH

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

FIRST KICKS

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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



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