



# FIRST KICKS

## 5TH - 6TH GRADE

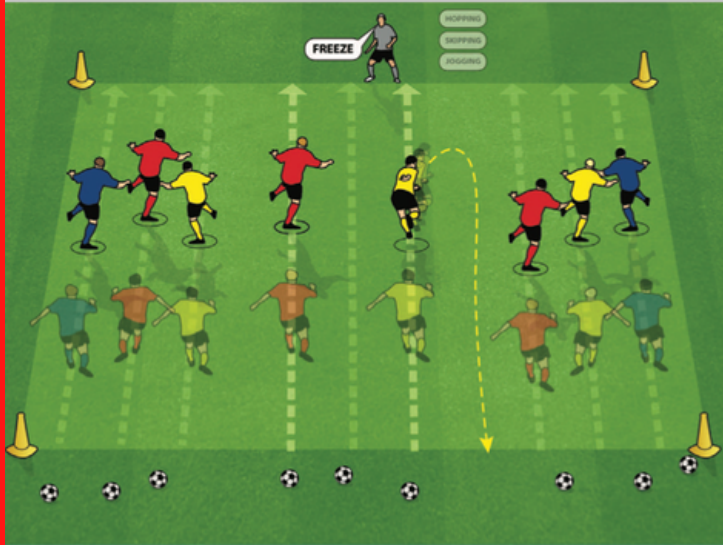


### STATUES

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



#### HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

#### PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

#### OUTCOMES

- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

### FIRST TO FIRE

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal. 2 orange cones (5m apart) in front of coach with 2 footballs in between.
3. All players are numbered on each team.



#### HOW TO PLAY

1. Players perform movements on line as requested by coach (jog on spot, star jumps etc).
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
4. Total team points score is kept by coach.

#### PROGRESSION

- Place cones in the goal – if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball – both players will then need to compete for the one ball.

#### OUTCOMES

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics



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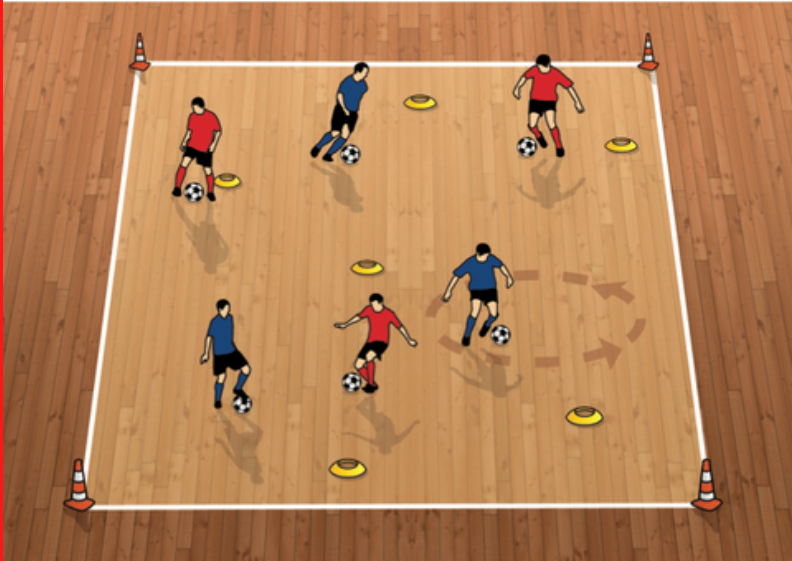
## 5TH - 6TH GRADE



### RACING CARS

#### SETUP

1. Using four cones create an area up to 30m x 20m Modify the size depending on the number of players
2. Set up other cones every 5m along the area
3. Set up other cones randomly inside the area
4. Each player (racing car) has a ball



### FOOTBALL SKILL 15-MINS

#### HOW TO PLAY

1. The players dribble their ball inside the square while you call different instructions:
  - RED LIGHT - stop the ball
  - GREEN LIGHT - dribble without crashing into other cars
  - YELLOW LIGHT - foot tapping on top of the ball
  - ROUNDABOUT - move in a tight circle with the ball
  - REVERSE - players dribble backward
  - FILL UP – dribble to the nearest cone (petrol station) and tap the ball between feet for 10 taps

#### PROGRESSION

- Use different parts of the foot
- Coach calls 'off road' and players dribble around an outside cone and back as quickly as possible
- Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes

#### OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling with different parts of the foot

### 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