

SUMMER HOLIDAY

SETUP

1. Area of up to 20x20m
2. Area borders to be set up with different colour cones and are named "Beach", "Mountains", "Bush" and "City"
3. Players in the area with a ball each. This is their luggage



GENERAL MOVEMENT / WARM UP 10-MINS

HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks
2. When coach calls out a holiday destination, players must dribble their ball to that destination
3. Players must take their luggage with them at all times
4. Play then restarts with players dribbling

PROGRESSION

STEP UP: Add a defender (Passport Controller) who stops players going to a particular holiday destination

STEP DOWN: When holiday destination is called, players can carry ball in hands

OUTCOMES

- Dribbling with close control
- Practicing lots of different turns

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

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



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