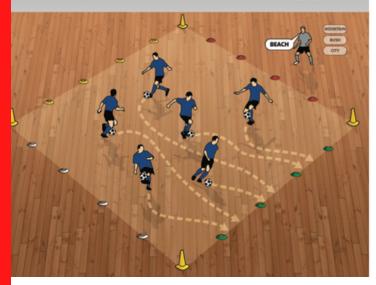




# **SUMMER HOLIDAY**

## **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**

- Players dribble the ball around the area, using both feet and trying new tricks
- 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**

 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

- Set up area 30x20m. Modify area depending on the number and age of players.
- 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

- The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
- 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.
- 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

- 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

- Teams play 2v2 competitive games against each other. Game duration of no more than 2 minutes.
- The player closest to their team's goal can become the GK but can not use their hands.
- Ball can be dribbled or passed in from the restart.
- After a team scores, both players must retreat to halfway for game to restart.
- 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