

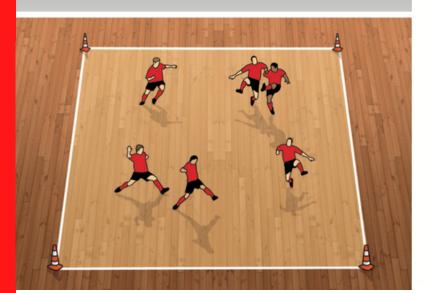
FIRST KICKS 5TH - 6TH GRADE



FREE RUNNING

SETUP

- 1. Set up an area up to up to 30m by 20m or adjust depending on numbers
- 2. All players start inside the square spread out



GENERAL MOVEMENT / WARM UP 10-MINS

HOW TO PLAY

- 1. All players spread out in a defined space
- 2. On your signal ask the players, Who can run...? (or Can you run...?) like a zombie, an elephant, very tall, very small, on your tippy toes, as fast/ slowly/ smoothly as you can, with jerky movements, forwards/ backwards, keeping a certain distance away from everyone else, in front of/ behind a partner

PROGRESSION

- Any of the above
- · Choose animal movements that progressively become more difficult
- Ask the players to give suggestions

OUTCOMES

 Running, space awareness (directions and levels) and body awareness (time and energy)

LOSE YOUR PARTNER

HOW TO PLAY

- Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
- Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
- In addition to trying to lose their shadow, players also try to dribble through as many goals as possible
- After 45 seconds the players swap roles

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

5. The aim is to see which partner can score the most points by dribbling through goals

PROGRESSION

- · On the call 'freeze' all players stop to check how close each 'shadow' is
- Introduce contact and tackling
- · On the call "switch" the players switch roles
- Allocate points to each goal (e.g. 1 5 points). Players to dribble their ball through the goals to add up to a specific value (e.g. "dribble your ball through the goals to add up to 11 points, up to 15 points etc")

OUTCOMES

- · Dribbling and changing direction with close ball control
- · Change of pace while dribbling
- · Keeping head up for awareness of space and other players while dribbling
- · Players ability to use their body to protect the ball while under pressure

SETUP

- 1. Set up an area up to 30m by 20m or adjust depending on numbers
- 2. Inside the area place small 1m by 1m goals around the area using spot markers or cones
- 3. Organise players into pairs and have one ball between each pair





FIRST KICKS 5TH - 6TH GRADE



RETRIEVE & SCORE



FOOTBALL SKILL 15-MINS

SETUP

- Area of up to 20x20m. Modify area depending on the number 1. and age of players.
- 2. Divide the players into 4 teams, bib accordingly and provide each player with a number.
- 3. Players line up next to their goal posts in numerical order.
- 4. Have footballs placed in the centre of the circle.

HOW TO PLAY

- When coach calls a number, those players have to run around 1. the corner cones before entering through their own space.
- 2 The player has to retrieve a football and score in their team goal.
- 3. If team scores, they receive the following points:
- First 5 points
- Second 3 points
- Third 2 points
- Fourth 1 point No Goal - 0 point
- 4 Coach to keep score for each team.

PROGRESSION

- Coach can call two numbers at one time (add more balls)
- Players may exit through any space Coach specify how to dribble (left foot, inside foot)
- Coach places a bib on each goal. Coach calls out a number to specify which goal to score in

OUTCOMES

- Agility and Coordination ٠
- Acceleration
- Turning
- Dribbling and shooting skills

STREET FOOTBALL



SMALL SIDED GAME 15-MINS

SETUP

- 1. Group players into pairs.
- Each area to be 10 15m long x 6 8m wide. Modify area 2. depending on the age & number of players.
- Goals at the end of the each area use smaller goals if possible. 3.

HOW TO PLAY

- Teams play 2v2 competitive games against each other. Game 1. 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.
- Ball can be dribbled or passed in from the restart. 3
- After a team scores, both players must retreat to halfway for 4. game to restart.
- At the end of each game one team from each pitch moves to the 5 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