

FIRST KICKS

5TH - 6TH GRADE

FREE RUNNING

GENERAL MOVEMENT / WARM UP 10-MINS

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



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

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

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



HOW TO PLAY

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

FIRST KICKS

5TH - 6TH GRADE

RETRIEVE & SCORE



FOOTBALL SKILL 15-MINS

SETUP

1. Area of up to 20x20m. Modify area depending on the number 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

1. When coach calls a number, those players have to run around 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
- Acceleration
- Turning
- Dribbling and shooting skills

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