

# FIRST KICKS

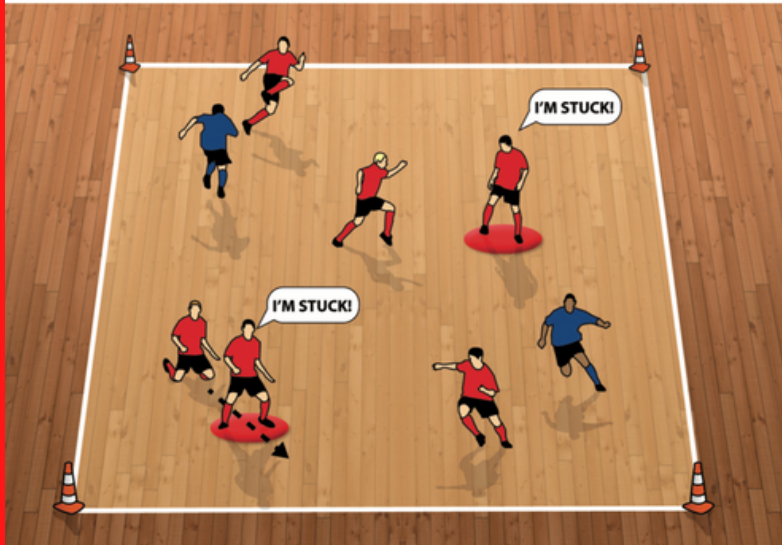
## 5TH - 6TH GRADE

### STUCK IN THE MUD

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. All players start inside the area with one person as a tagger with a bib



#### HOW TO PLAY

1. All players spread out in a defined space.
2. One or two children are taggers and the rest of the class are runners
3. Taggers try to tag the runners. If tagged, a runner becomes stuck in the mud and holds a static position (with feet apart) until released
4. To release a stuck player, a free runner must crawl under a tagged players legs

#### PROGRESSION

- Runners must dribble a ball whilst playing
- The runners explore completing a trick prior to crawling under a tagged players legs
- A tagged player may have to position themselves in different stances

#### OUTCOMES

- Dribbling
- Evasion
- Keeping head up for awareness of space and other players while dribbling

### ROBO-COACH

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS



#### SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Players have a ball each.
3. Cones placed randomly around the area.

#### HOW TO PLAY

1. Coach acts as a robot trying to take over the world. Coach aims to take over the world by picking up all of the cones in the area.
2. Players dribble round and try to kick their ball against the coaches leg.
3. The coach loses a body part each time they get hit.
  - First time they are hit they lose an arm
  - Second time they are hit they lose the other arm
  - Third time they are hit they lose a leg
  - Fourth time they are hit they are destroyed and the players save the world

#### PROGRESSION

- Players must use different parts of the foot to dribble
- Players must use different parts of the foot to shoot

#### OUTCOMES

- Close control when dribbling
- Accuracy of passing/shooting
- Vision & Awareness



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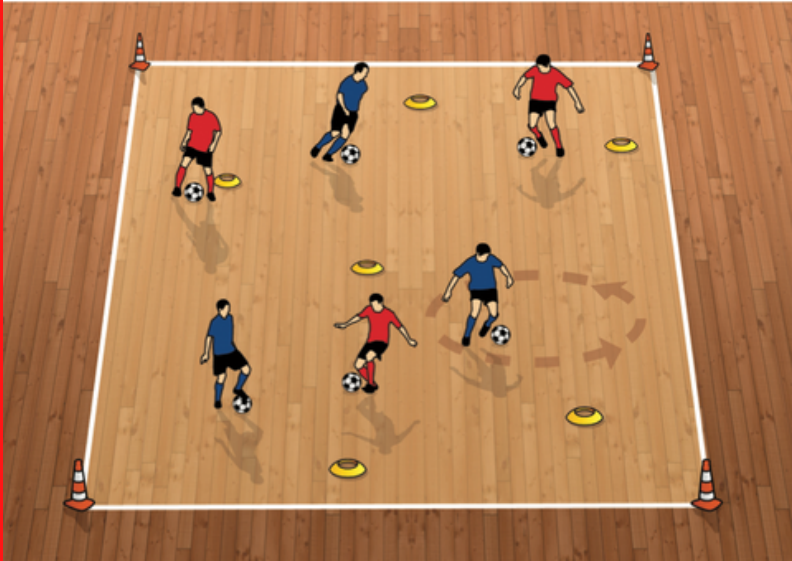
## 5TH - 6TH GRADE



### 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