

FAKE SPRINT RACE

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Create an area up to 20m x 20m
2. Set up 4 cones, close together in the centre of the area
3. Using 2 cones on either side, set up 2 'gates' to run through
4. Divide players into 2 teams and line them up on opposite sides of the area



HOW TO PLAY

1. The first player from the blue team jogs toward the centre cones
2. The opposite player from the red team jogs toward the centre at the same speed, carefully watching the opponent
3. The blue player decides when to switch direction and sprint to the gate, using a fake to try and trick the red player
4. The red player tries to stay with the blue player and then beat them to the gate
5. Alternate to ensure each player gets to lead and chase

PROGRESSION

- Both players have a ball
- Only the lead player has a ball, the chase player tries to win the ball from them

OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed

BULL RUSH

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. All players to set up at one end of the area with a ball each apart from one player who volunteers to be 'it'



HOW TO PLAY

1. Ask for one volunteer/ defender to stand in the middle of a defined area. The rest of the players line up along one of the base lines, each with a ball. On the teachers signal "Football rush" the attackers attempt to dribble their ball past the defender in the middle of the court and stop on the opposite base line. Every time a player successfully completes the task they allocate themselves 1 point. If an attacker has their ball intercepted or taken from them they join the defender(s) in the middle of the court. The last attacker remaining wins the game. If multiple games are played the accumulation of individual points could be celebrated.

PROGRESSION

- Change the size of the court
- Attackers could be asked to complete a fake or trick whilst attempting to reach the other side
- Defenders stay within a defined space
- Attackers could pair up and share a ball whilst completing the task

OUTCOMES

- Ability to use different fakes and turn
- Ability to change the speed of the ball
- Changing direction of play



FIRST KICKS

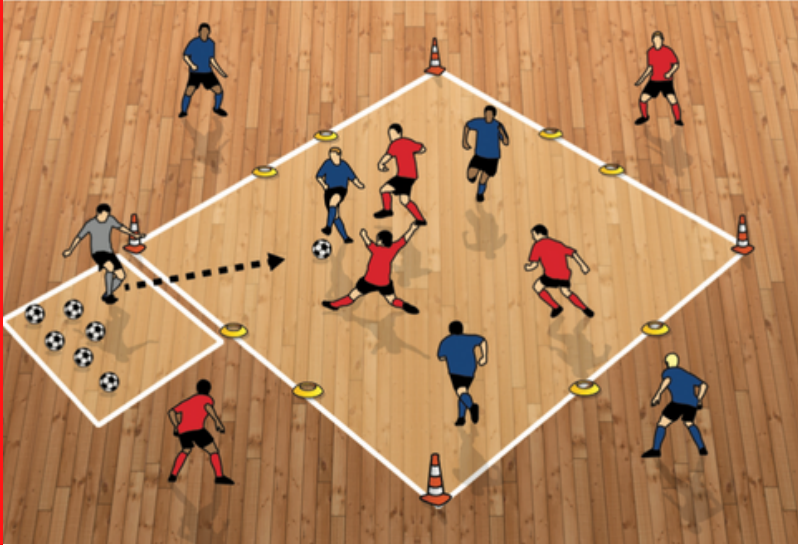
5TH - 6TH GRADE



SHOOTING GALLERY

SETUP

1. Set up an area up to 20m by 20m or adjust depending on numbers.
2. On the outside of the area place four 2m by 2m goals
3. Set up a box 5m by 5m in one corner and place balls in the area
4. Split into two teams with three players from each inside and two players from each team on the outside behind the goals.



FOOTBALL SKILL 15-MINS

HOW TO PLAY

1. The teams play 3v3 in the area and are encouraged to shoot as often as possible. Both teams can score in any goal
2. Every time the ball goes outside the playing area, the coach serves a ball in. The balls are served into different areas each time to keep the players thinking
3. The ball collectors must work hard to retrieve the balls and place them into the square next to the coach so that he has a constant supply of balls
4. Players on the team without the ball must work hard to prevent the shots
5. After each game rotate players in from the outside

PROGRESSION

- Use multiple balls
- Reduce or increase the size of the goals
- Players cannot score in the same goal consecutively

OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances
- Shooting accuracy

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