

FIRST KICKS 5TH - 6TH GRADE



ATTACK

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

- Create an area up to 30m x 30m. Modify the size depending on the number of players
- 2. Organise players in pairs, with one ball between each pair



HOW TO PLAY

- Play begins with all players moving around the area. The player with the ball dribbles, their partner can move anyway they want
- 2. Encourage the pairs to move around well away from each other
- When you call 'fight' the player without the ball gets to their partner as quickly as possible and tries to win the ball from them
- The 'fight' lasts for 30 sec. and if the player with the ball keeps it, they get 1 point
- The players then swap roles, begin moving around the area, and wait for the next 'fight'

PROGRESSION

- . Specify the part of the foot players must use to dribble
- Specify dribbling and protecting the ball only with the players nondominant foot

OUTCOMES

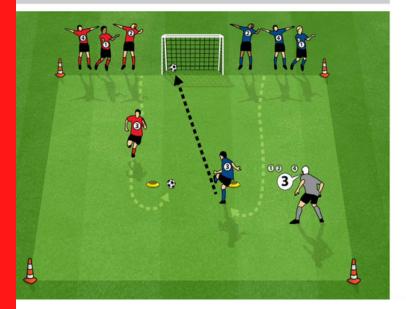
- · Dribbling and changing direction with close ball control
- · Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

FIRST TO FIRE

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

- Area of up to 20 x 20m. Modify area depending on the number and age of players.
- 2 teams of equal numbers stand either side of goal. 2 orange cones (5m apart) in front of coach with 2 footballs in between.
- 3. All players are numbered on each team.



HOW TO PLAY

- Players perform movements on line as requested by coach (jog on spot, star jumps etc).
- 2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
- Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
- 4. Total team points score is kept by coach.

PROGRESSION

- Place cones in the goal if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball both players will then need to compete for the one ball.

OUTCOMES

- Accuracy of shooting
- Decision of type of shot power, curl, chip etc
- · Encourages working as a team / tactics



FIRST KICKS 5TH - 6TH GRADE



PROTECT THE CITY



FOOTBALL SKILL 15-MINS

SETUP

- Set up area 20x20m with 4-6 footballs sitting on cones in the middle.
- Select a group of 4 players who will become the defenders of the city (Blues).
- Reds (Attackers) spread out around the square with 6-8 footballs (missiles) between them.
- 4. Place a ball in a "safe zone" in the corners for defenders to use.

HOW TO PLAY

- Reds must pass the football past the "Defenders" and try and knock over the city in the middle.
- Defenders must block the missiles without entering the city boarder (specify a perimeter that the defenders can not enter, 2-3m diameter).

PROGRESSION

- Reds can pass to other attackers to create an angle to send missiles
- Defenders can retrieve a balls from the safe zone to replace a fallen city building in the middle
- Increase missiles or decrease defenders
- Increase or decrease the size of the area

OUTCOMES

- Compactness in defending
- Passing and Shooting
- Vision and Awareness

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

- 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.
- 3. 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