

FIRST KICKS

5TH - 6TH GRADE

ATTACK

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. 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

1. 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
3. 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
4. The 'fight' lasts for 30 sec. and if the player with the ball keeps it, they get 1 point
5. 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 non-dominant 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

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 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

1. 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.
3. 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

1. Set up area 20x20m with 4-6 footballs sitting on cones in the middle.
2. Select a group of 4 players who will become the defenders of the city (Blues).
3. 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

1. Reds must pass the football past the "Defenders" and try and knock over the city in the middle.
2. 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

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