



FIRST KICKS

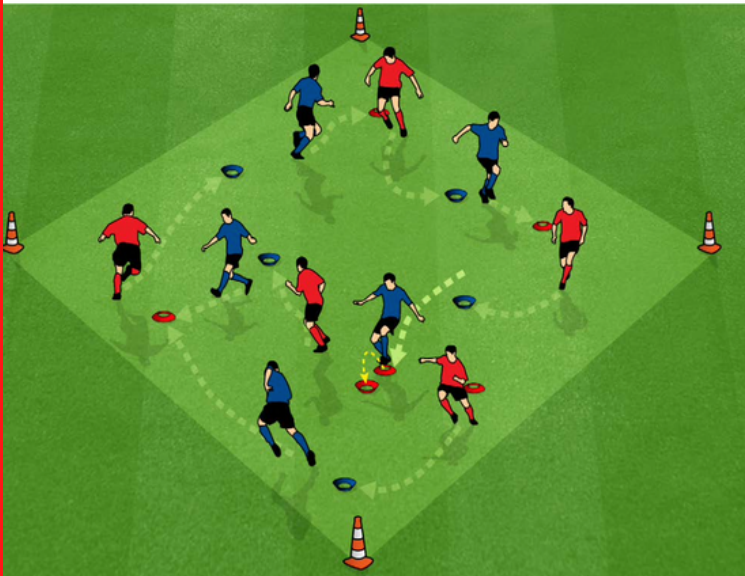
5TH - 6TH GRADE



DOMES & DISHES

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.
3. Each player is given 1 cone each (all same colour).
4. Players are asked to find a space in the square and place their cone on the floor. One team places cone on floor as a "Dome" and the other team place cone upside down as a "Dish".



GENERAL MOVEMENT / WARM UP 10-MINS

HOW TO PLAY

1. Teams have 1 minute to turn as many cones into either Domes or Dishes (which ever their team represents).
2. After 1 minute, coach counts the amount of Domes / Dishes and award a winner.

PROGRESSION

- Encourage players to try different movements by creating new rules. E.g running backwards / side stepping between cones / jumping over cones before turning them over.
- Introduce a ball for each player to dribble.

OUTCOMES

- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

KNOCKOUT

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

1. Area of up to 20x20m
2. Each player has a ball each
3. All players begin inside the area



HOW TO PLAY

1. Players attempt to keep their ball inside the area
2. At the same time players also have to try and kick other people's ball out of the area
3. If a player has their ball kicked out of the area, they must retrieve it and dribble around 2 sides of the area before re-entering
4. At the end of 60 seconds, the remaining people inside the area are the winners

PROGRESSION

STEP UP: If your ball is kicked out of the area, you become a defender

STEP DOWN: Introduce safe zones where you can stay for a while and not be tackled

OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

FIRST KICKS

5TH - 6TH GRADE

SNEAK & STEAL



FOOTBALL SKILL 15-MINS

SETUP

1. Set up area 20x20m with a circle of footballs sitting on cones in the middle.
2. Divide group into four even teams, each with a "home base" in one of the four corners.
3. 1 player is the guard and stands in the middle of the circle of footballs.

HOW TO PLAY

1. First player in each team must attempt to sneak up on the guard to steal a football (without being seen).
2. Player must freeze if the guard turns towards them. If the player is seen moving by the guard he calls their name and they must return to the back of their team line.
3. Once they have reached a ball they are free to dribble back to their "home base".
4. Winning team is those with the most footballs after 2-3 minutes.

PROGRESSION

- Guard can tag players stealing the football. They must return the football to its cone
- Allow the player to pass back to "home base"
- Add a defender outside to tackle players who steal a football
- Allow all the players in the team to sneak at the same time

OUTCOMES

- Reading cues
- Dribbling and Passing
- Accelerating
- 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