

# FIRST KICKS

## 5TH - 6TH GRADE

### SUMMER HOLIDAY

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Area of up to 20x20m
2. Area borders to be set up with different colour cones and are named "Beach", "Mountains", "Bush" and "City"
3. Players in the area with a ball each. This is their luggage



#### HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks
2. When coach calls out a holiday destination, players must dribble their ball to that destination
3. Players must take their luggage with them at all times
4. Play then restarts with players dribbling

#### PROGRESSION

**STEP UP:** Add a defender (Passport Controller) who stops players going to a particular holiday destination

**STEP DOWN:** When holiday destination is called, players can carry ball in hands

#### OUTCOMES

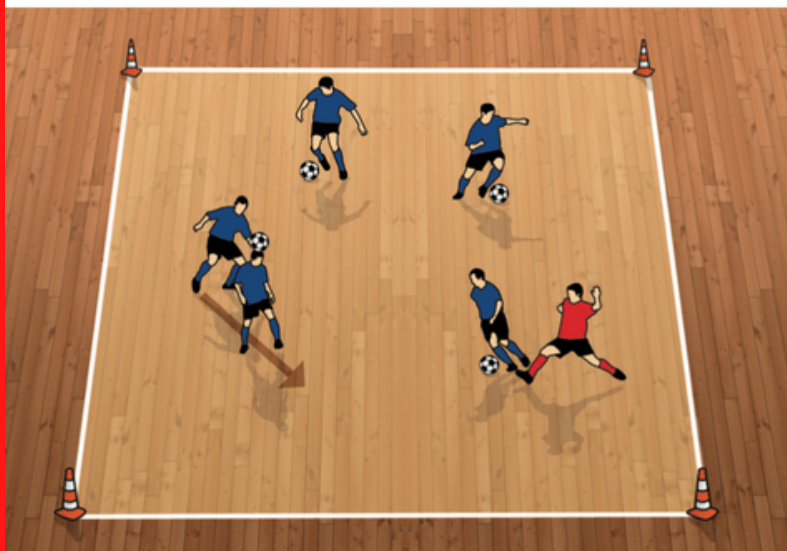
- Dribbling with close control
- Practicing lots of different turns

### TERMINATOR

### FOOTBALL COORDINATION / TECHNIQUE 15-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. Players inside the area with a ball each apart from one player who is the 'terminator'



#### HOW TO PLAY

1. Players with the ball dribble around the area shielding their ball from the 'terminator'
2. The 'terminator' attempts to tackle the other players to take the ball from them
3. If tackled the player must get their ball and stand still with it, with their legs apart
4. The other players can 'free' a tackled player by passing their own ball through their legs, allowing them to re-join the game.
5. After 1 ½ mins. A new terminator is chosen and the game re-starts

#### PROGRESSION

- The terminator must dribble the ball from the square, but not kick it away, after a tackle
- Add another terminator
- If a player shielding their ball away from the terminator is unsuccessful then the player becomes an additional terminator

#### 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 KICKS

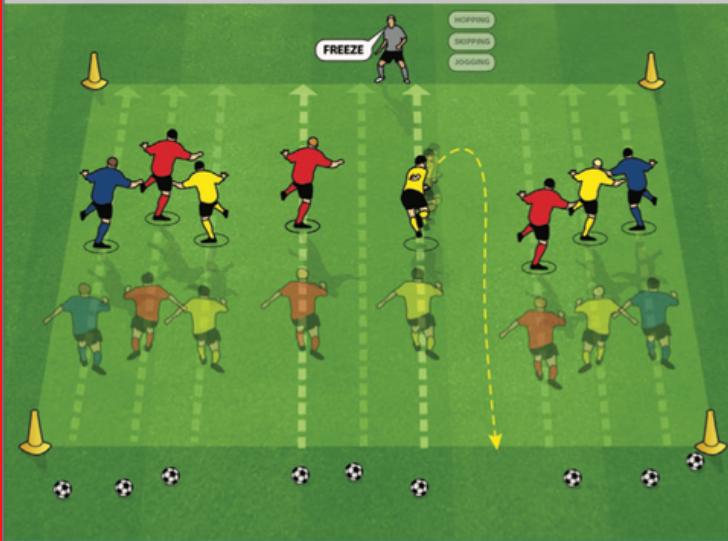
## 5TH - 6TH GRADE

### STATUES

### FOOTBALL SKILL 15-MINS

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



#### HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

#### PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

#### OUTCOMES

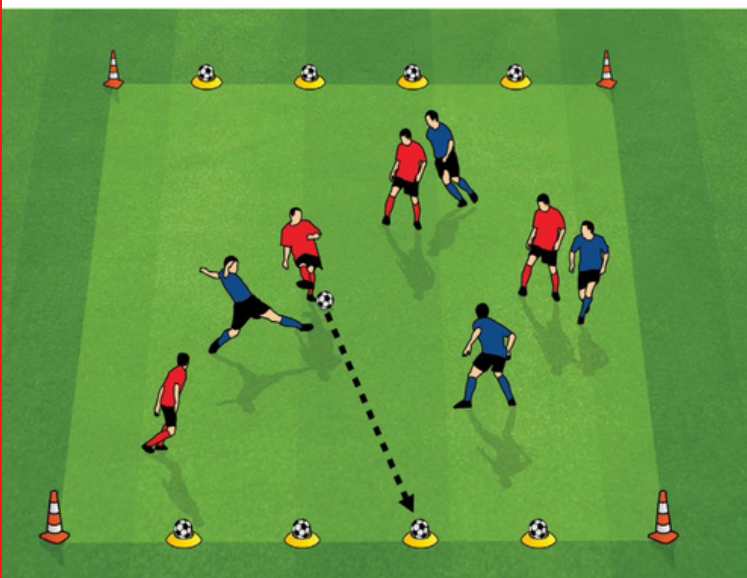
- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

### HIT THE TARGET

### SMALL SIDED GAME 15-MINS

#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have football around the area to restart match.
4. Place four target cones at each end of the pitch, with a football balancing on each.



#### HOW TO PLAY

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones scoring 1 point each time
2. There are no throw ins, instead the ball is kicked in
3. Once a ball is knocked off the target cone it is replaced and match starts again

#### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch
- Once ball is knocked off it is not replaced. First team to knock all four of oppositions footballs off target cone wins
- Place target cones inside the playing area

#### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot