

FIRST KICKS

5TH - 6TH GRADE

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

LOSE YOUR PARTNER

FOOTBALL COORDINATION / TECHNIQUE 15-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. Inside the area place small 1m by 1m goals around the area using spot markers or cones
3. Organise players into pairs and have one ball between each pair



HOW TO PLAY

1. Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
2. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
3. In addition to trying to lose their shadow, players also try to dribble through as many goals as possible
4. After 45 seconds the players swap roles
5. The aim is to see which partner can score the most points by dribbling through goals

PROGRESSION

- On the call 'freeze' all players stop to check how close each 'shadow' is
- Introduce contact and tackling
- On the call "switch" the players switch roles
- Allocate points to each goal (e.g. 1 – 5 points). Players to dribble their ball through the goals to add up to a specific value (e.g. "dribble your ball through the goals to add up to 11 points, up to 15 points etc")

OUTCOMES

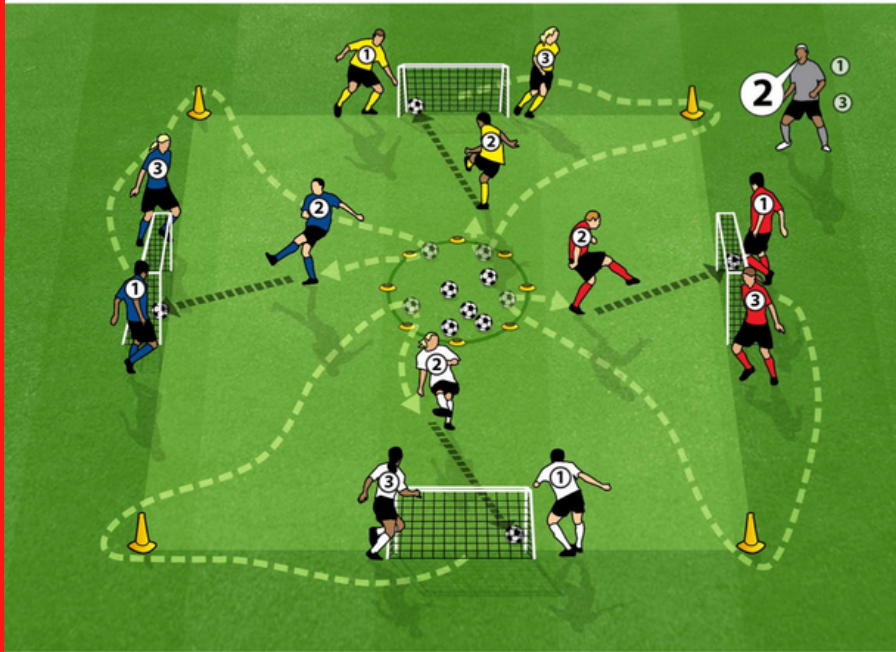
- Dribbling and changing direction with close ball control
- Change of pace while dribbling
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

FIRST KICKS

5TH - 6TH GRADE

RETRIEVE & SCORE

FOOTBALL SKILL 15-MINS



SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Divide the players into 4 teams, bib accordingly and provide each player with a number.
3. Players line up next to their goal posts in numerical order.
4. Have footballs placed in the centre of the circle.

HOW TO PLAY

1. When coach calls a number, those players have to run around the corner cones before entering through their own space.
2. The player has to retrieve a football and score in their team goal.
3. If team scores, they receive the following points:
 - First - 5 points
 - Second - 3 points
 - Third - 2 points
 - Fourth - 1 point
 - No Goal - 0 point
4. Coach to keep score for each team.

PROGRESSION

- Coach can call two numbers at one time (add more balls)
- Players may exit through any space
- Coach specify how to dribble (left foot, inside foot)
- Coach places a bib on each goal. Coach calls out a number to specify which goal to score in

OUTCOMES

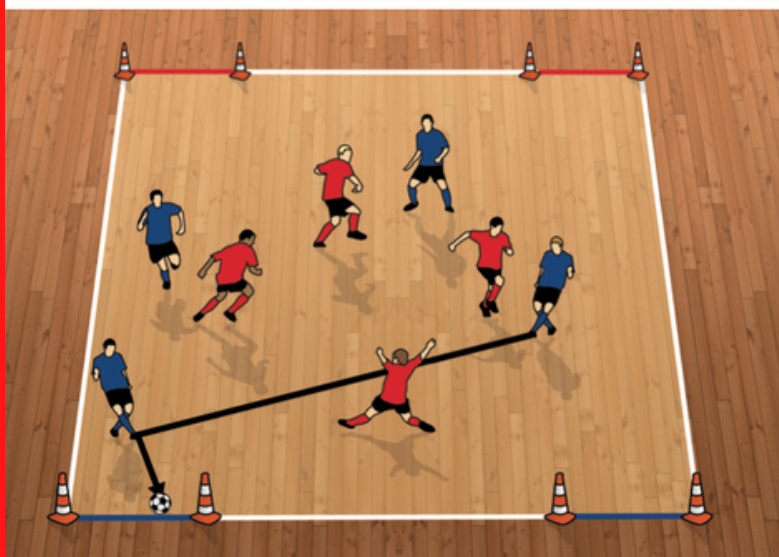
- Agility and Coordination
- Acceleration
- Turning
- Dribbling and shooting skills

2 GOAL GAME

SMALL SIDED GAME 15-MINS

SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- Players can only use their non-dominant foot
- Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play