

# FIRST KICKS

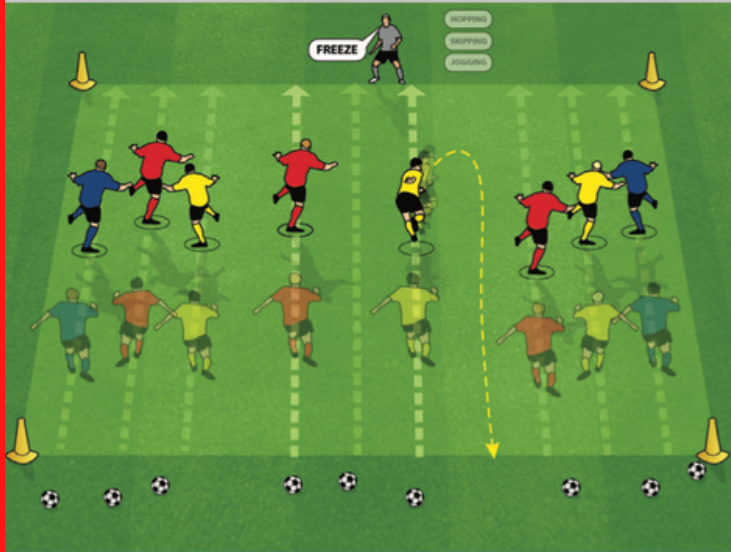
## 5TH - 6TH GRADE

### STATUES

### GENERAL MOVEMENT / WARM UP 10-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

### 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

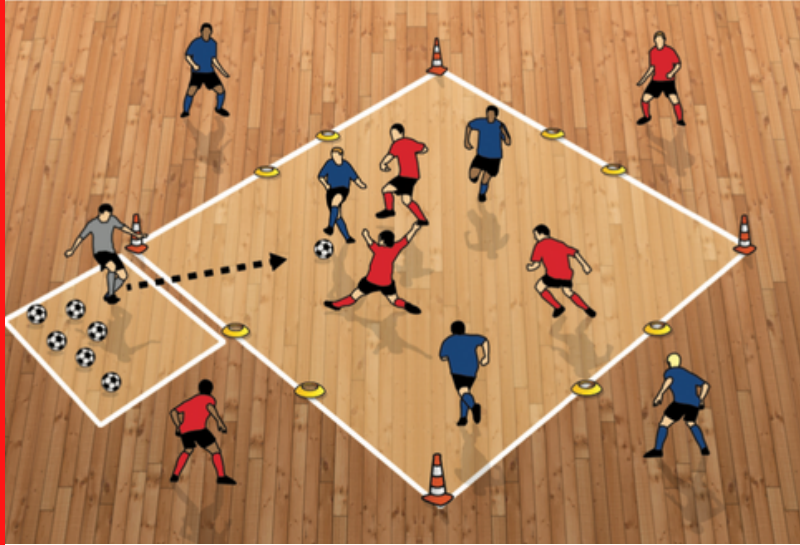
# FIRST KICKS

## 5TH - 6TH GRADE

### SHOOTING GALLERY

#### SETUP

1. Set up an area up to 20m by 20m or adjust depending on numbers.
2. On the outside of the area place four 2m by 2m goals
3. Set up a box 5m by 5m in one corner and place balls in the area
4. Split into two teams with three players from each inside and two players from each team on the outside behind the goals.



### FOOTBALL SKILL 15-MINS

#### HOW TO PLAY

1. The teams play 3v3 in the area and are encouraged to shoot as often as possible. Both teams can score in any goal
2. Every time the ball goes outside the playing area, the coach serves a ball in. The balls are served into different areas each time to keep the players thinking
3. The ball collectors must work hard to retrieve the balls and place them into the square next to the coach so that he has a constant supply of balls
4. Players on the team without the ball must work hard to prevent the shots
5. After each game rotate players in from the outside

#### PROGRESSION

- Use multiple balls
- Reduce or increase the size of the goals
- Players cannot score in the same goal consecutively

#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances
- Shooting accuracy

### 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