

FIRST KICKS

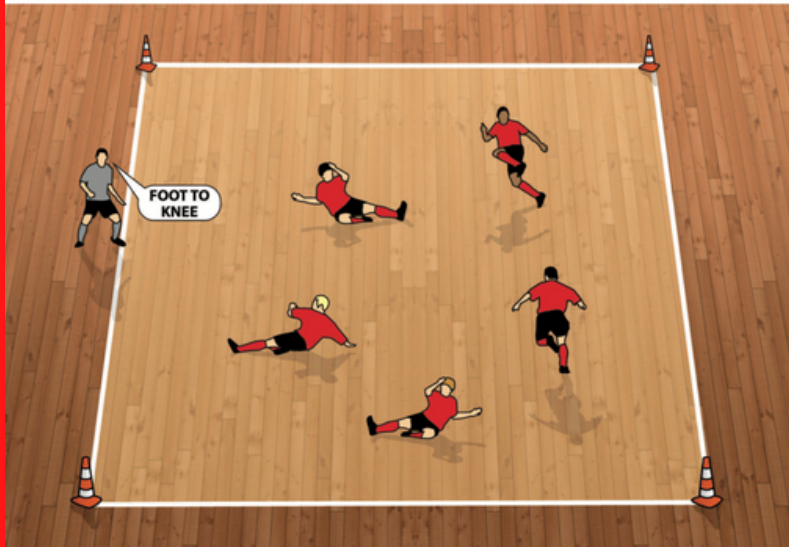
7TH - 8TH GRADE

BODY BREAKS

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. All players spread out in an area with a ball each



HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball free about the area. On a signal, they stop and listen to the teacher calling out two body parts, which each child has to join together, whilst controlling the ball
3. Examples included nose to knee, knee to ankle & foot to head

PROGRESSION

- In pairs the players travel around the area in a designated way (eg. dribbling the ball as they walk, jog or skip) while joined together (linking arms). On a signal, the pairs connect to each other by the body parts called by the teacher. Examples include: two feet, two hands, one foot and one knee, one shoulder and one head, one elbow and one hip, one ankle and one knee
- Vary the way of travelling around the space: Use different dynamic balance activities (e.g. monkey walk, crazy crab...)

OUTCOMES

- Ability to explore static and dynamic balance
- Ability to explore different way to control the ball
- Body awareness
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot

LOSE YOUR PARTNER

FOOTBALL COORDINATION / TECHNIQUE 10-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

7TH - 8TH GRADE

GHOSTBUSTERS

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 seconds
4. The players continue dribbling after the 20 seconds is completed

PROGRESSION

- Change the part of the foot used to dribble
- Players can only 'shoot' with their non-dominant foot
- Reduce the number of balls so the players must pass the ball around their team then on calling ghost-busters the players with the ball "shoot" the "ghost"
- Increase the number of ghosts

OUTCOMES

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

STREET FOOTBALL 2V2 UP TO 5V5



SMALL SIDED GAME 20-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