



FIRST KICKS

7TH - 8TH GRADE



FREE RUNNING

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Set up an area up to up to 30m by 20m or adjust depending on numbers
2. All players start inside the square spread out



HOW TO PLAY

1. All players spread out in a defined space
2. On your signal ask the players, Who can run...? (or Can you run...?) like a zombie, an elephant, very tall, very small, on your tippy toes, as fast/ slowly/ smoothly as you can, with jerky movements, forwards/ backwards, keeping a certain distance away from everyone else, in front of/ behind a partner

PROGRESSION

- Any of the above
- Choose animal movements that progressively become more difficult
- Ask the players to give suggestions

OUTCOMES

- Running, space awareness (directions and levels) and body awareness (time and energy)

ROBO-COACH

FOOTBALL COORDINATION / TECHNIQUE 10-MINS



SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Players have a ball each.
3. Cones placed randomly around the area.

HOW TO PLAY

1. Coach acts as a robot trying to take over the world. Coach aims to take over the world by picking up all of the cones in the area.
2. Players dribble round and try to kick their ball against the coaches leg.
3. The coach loses a body part each time they get hit.
 - First time they are hit they lose an arm
 - Second time they are hit they lose the other arm
 - Third time they are hit they lose a leg
 - Fourth time they are hit they are destroyed and the players save the world

PROGRESSION

- Players must use different parts of the foot to dribble
- Players must use different parts of the foot to shoot

OUTCOMES

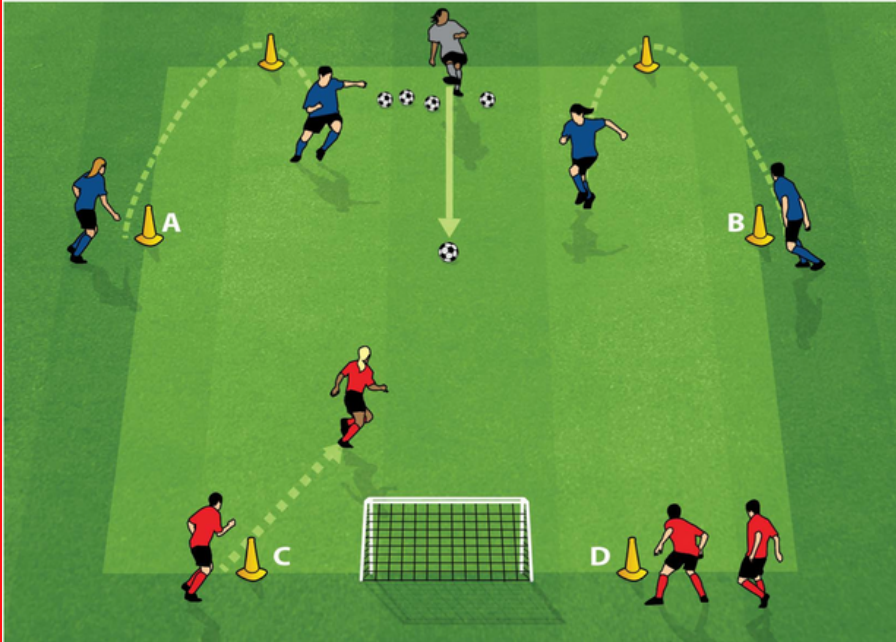
- Close control when dribbling
- Accuracy of passing/shooting
- Vision & Awareness

FIRST KICKS

7TH - 8TH GRADE

2 V 1 BATTLES

FOOTBALL SKILL 20-MINS



SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Set up 5 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B. Red team line up at cones C & D.

HOW TO PLAY

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B (as shown in diagram). Coach then passes a ball to the two attackers.
2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they attempt to pass it back to the coach.
5. Change over defending and attacking teams.

PROGRESSION

- 2 attackers vs 2 defenders
- 3 attackers vs 2 defenders
- Change the size of the pitch (bigger or smaller)
- Decrease the amount of time to score to 8 seconds

OUTCOMES

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making – when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot

STREET FOOTBALL

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