



FIRST KICKS

7TH - 8TH GRADE



SURVIVAL

GENERAL MOVEMENT / WARM UP 10-MINS



SETUP

1. Set up area 30x30m with 5 cones on each of the side lines. Modify area depending on the age & number of players.
2. Divide the group into four teams, with each team nominating players as their "base defenders".
3. Place 2 footballs on two cones on each of the end lines.
4. Place 4-8 more balls in the centre of the square.

HOW TO PLAY

1. On the coaches call the game begins. All players must collect as many footballs from the centre as possible and return them to a cone at their base (Individual players are allowed to take one ball at a time).
2. Once all the balls are gone from the centre then players are allowed to steal from other bases, without being tagged by a base defender.
3. Play 2 minutes games to see who has the most football or race to the first team to fill all 5 cones.

PROGRESSION

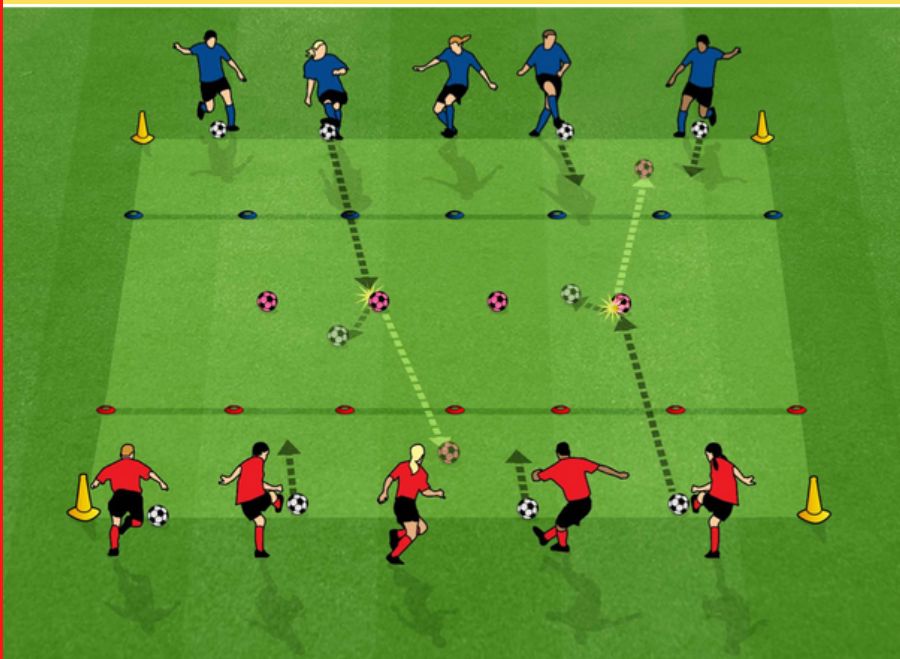
- Players must dribble the ball back to home base
- Players are allowed to tackle the opposition in the middle
- Players are allowed to pass back to team mates at their home base
- Increase or decrease the size of the area

OUTCOMES

- Dodging, weaving, stepping
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities (defense/attack)

PINBALL

FOOTBALL COORDINATION / TECHNIQUE 10-MINS



SETUP

1. Area of up to 25x12m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly.
3. Have 4 balls of different colour to other balls as pinballs. Pinballs are placed in the middle of the playing area.
4. Each player has a ball each.

HOW TO PLAY

1. Each team has to kick their footballs from their line to hit the pinballs so they travel over the opposition line.
2. Teams receive a point for every pin ball that they get over the oppositions line.
3. Players are not allowed to stop the pin balls with their feet
4. Players can not enter the central area to retrieve footballs to dribble back to their line.
5. Reset to the middle, if the pin balls go out of the grid.
6. Play for 2 minutes and see who got the most points.

PROGRESSION

- Increase the distance between the teams
- Remove a pin ball
- Use right or left foot only

OUTCOMES

- Passing accuracy
- Receiving and control
- Teamwork
- Verbal communication

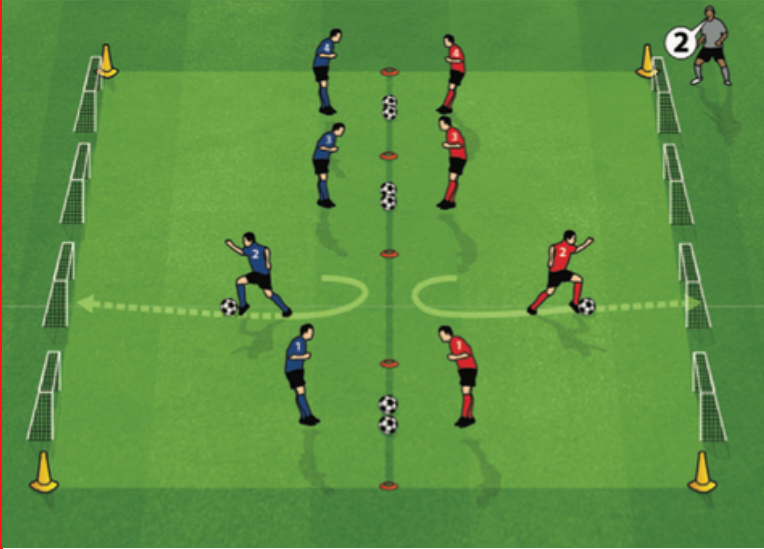
FIRST KICKS

7TH - 8TH GRADE

MAGIC MIRRORS

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.



HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

USE ONE SET OF GOALS IF YOU DON'T HAVE ACCESS TO MULTIPLE GOALS

STREET FOOTBALL 2V2 UP TO 4V4



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