



FIRST KICKS

7TH - 8TH GRADE



DRAG RACING

GENERAL MOVEMENT / WARM UP 10-MINS



SETUP

1. Set up area 20x20m with two rows of cones down the centre. Modify area depending on the age & number of players.
2. Divide the group into two even teams, each player with the ball and standing on in their teams by a cone.
3. Number each paired players on each team.

HOW TO PLAY

1. On the coaches call, that number must run up the outside of their team and then race down the drag strip around the last player and then back to their cone.
2. Players must go up the outside and then down the drag strip.
3. Players carry their footballs whilst running.

PROGRESSION

- Coach can call two numbers at one time
- Players must dribble their football
- Coach can specify how to dribble (left foot, inside foot)
- Players must weave in and out of their own team players as they go down before returning to their cone
- Coach to collect balls and then serve a ball down the drag strip as he calls a number. Those players must run up the outside and then down the drag strip to win possession of the football. Winning team is the team with the most footballs after everyone has had a turn.

OUTCOMES

- Accelerating, turning
- Dribbling
- Ball manipulation

FISHING NETS

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Area of up to 30 x 20m, split into thirds. Modify area depending on the number and age of players.
2. Group divided into 3 teams, bibbed in a different colour.
3. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
4. Nets must be paired together, with each player only allowed to face in one direction only.



HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

FIRST KICKS

7TH - 8TH GRADE

DOCTOR DOCTOR

SETUP

1. Create an area up to 30m x 20m
2. In two corners use 3 cones to make a 'surgery' 2m x 2m
3. Split the players into 2 teams and allocate 1 'doctor' per team
4. All players have a ball except the 'doctor'



FOOTBALL SKILL 20-MINS

HOW TO PLAY

1. The game starts with all players dribbling inside the area. They try to kick away opposition balls while keeping their own
2. If a player's ball is knocked out they must take it to their 'surgery' and wait
3. The 'doctor' can release players from the 'surgery' by tagging them. While inside the 'surgery' the 'doctor' is safe, but they can only go there to release a player
4. The game can be won by a team if they can pass the ball at the opposition 'doctor' and hit them below the knees

PROGRESSION

- Change the part of the foot used to dribble
- Players can only pass the ball at the 'doctor' with their non-dominant foot
- Increase the number of doctors
- Increase or reduce the number of surgeries
- Players have to juggle a certain number of times to release themselves from the surgery

OUTCOMES

- Protecting the ball while dribbling
- 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