



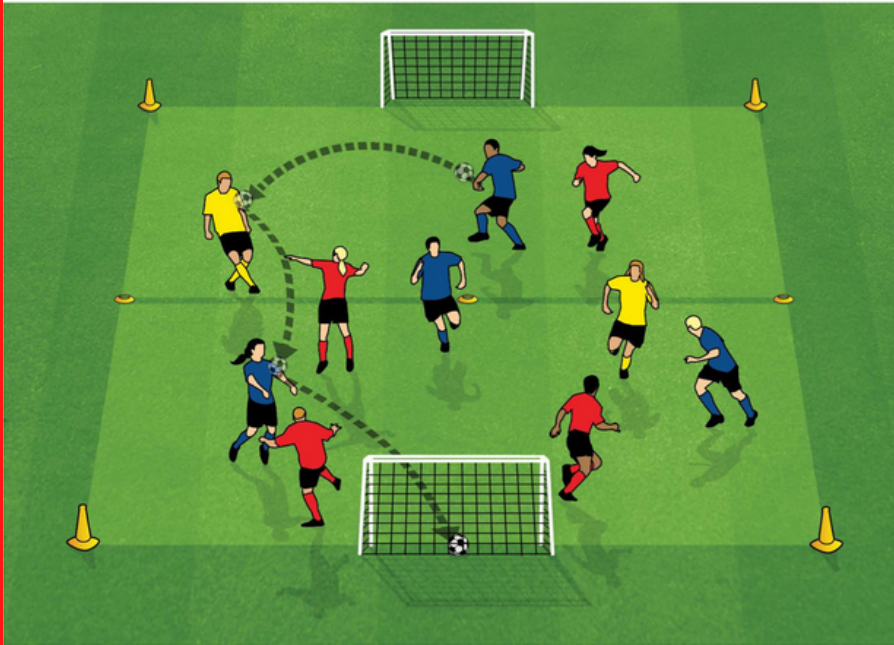
FIRST KICKS

7TH - 8TH GRADE



HANDBALL

GENERAL MOVEMENT / WARM UP 10-MINS



SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams with 2 neutral players (Yellows). Bib accordingly.
3. Have footballs around the area to restart match.
4. Reds defend one goal, blues the other. Neutral players play for team in possession.

HOW TO PLAY

1. Teams attempt to throw the ball into the opposition goal.
2. Players can't move when they have possession of the ball.
3. Defending players can only intercept the ball and can't steal it from players hands.
4. Once a goal is scored, that team needs to retreat to halfway until the first throw is made.

PROGRESSION

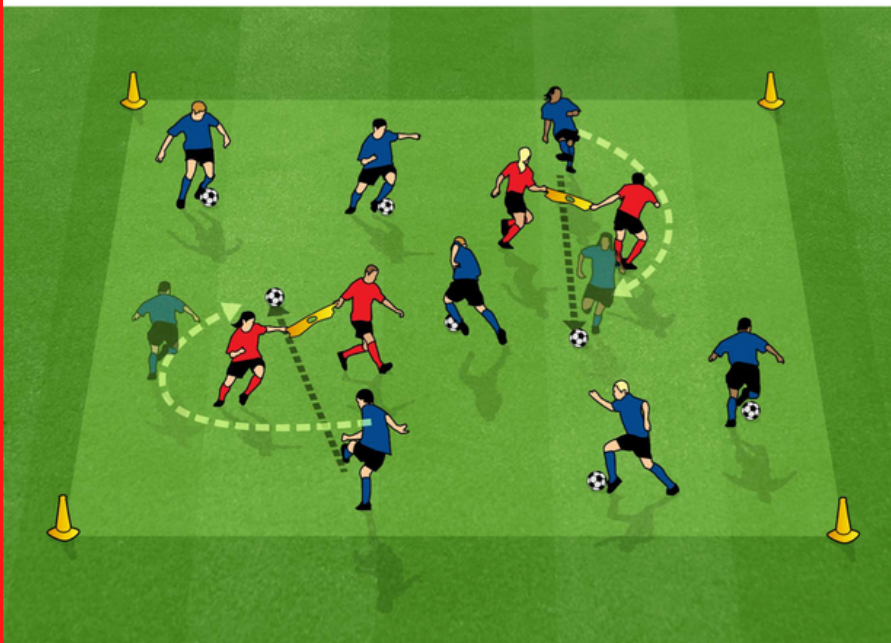
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES

- Awareness and vision of the players around
- Supporting movement
- Decision making
- Verbal and non-verbal communication

MOVING GOALS

FOOTBALL COORDINATION / TECHNIQUE 10-MINS



SETUP

1. Set up area 30x20m. Modify area depending on the number and age of players.
2. 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal.
3. All other players (Blues) have a ball each.
4. Place spare footballs around the perimeter.

HOW TO PLAY

1. The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
2. Players dribble around and try to score by kicking the ball between goal, underneath the bib. Players follow their pass/shot to collect the ball and continue.
3. 1 point for every goal. Try to score as many points as possible in 90 seconds.
4. Change over the Goals after each 90 seconds.

PROGRESSION

- Coach to specify which foot to pass with (left/right)
- Increase or decrease the size of the area
- Goals can defend by stopping the balls using feet

OUTCOMES

- Passing and Shooting
- Timing of the pass/shot
- Weight of pass
- Awareness of passing angles
- Dribbling & Turning



FIRST KICKS

7TH - 8TH GRADE



HUNTING TIME

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Two teams of equal numbers. Individual players are allocated a number on each team.
3. Each player has a ball.
4. Split pitch into two halves, marked by cones.



FOOTBALL SKILL 20-MINS

HOW TO PLAY

1. Players will be dribbling their ball until the coach calls out a number.
2. When a number gets called that player must leave their ball, go into the opposition area and try to get as many footballs off the opposition as possible. When they get one of the opposition balls they try to score in one of the goals.
3. Whoever scores the most goals in a minute wins a point for their team.
4. Players then go back into their own half and the game restarts

PROGRESSION

- Have two numbers called out at once so they work as a team
- First player to score wins an additional point for their team

OUTCOMES

- Dribbling – change of direction / speed
- Closing down players / winning possession
- Team work
- Defending in pairs

STREETFOOTBALL 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