



FIRST KICKS

7TH - 8TH GRADE

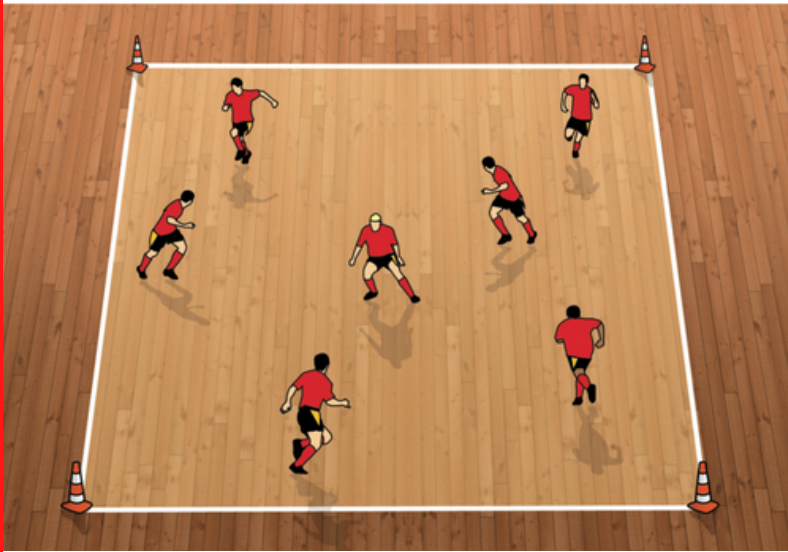


FLAG TAG

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



HOW TO PLAY

1. Each player is given a flag and requested to tuck into the back of their shorts. Players chase each other and try to capture as many flags as possible. The player with the most number of flags after a specific time period wins
2. Players cannot hold onto their flags and must let the others snatch the flag if and when they are caught

PROGRESSION

- Place the flag down the side of the shorts
- Use multiple flags per player
- Determine a points system for different coloured flags
i.e. blue flags = 5 points, red flags = 2 points

OUTCOMES

- Develops turning, rotation, changes of speed and direction
- Can encourage mathematics skills if a points system is introduced

HUNT YOUR PREY

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. Players to spread out inside the square with a ball each



HOW TO PLAY

1. The hunters dribble their balls around the hunting ground and try to protect their own ball whilst looking to pass their ball into their preys'. Every time a hunter hits another ball they get a point

PROGRESSION

- Hunter must pass the ball with a specified part of the foot (inside, outside, left foot, right foot etc.)
- Hunters pair up and stalk their prey in teams
- Increase the number of hunters
- On the teachers command the players switch roles

OUTCOMES

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

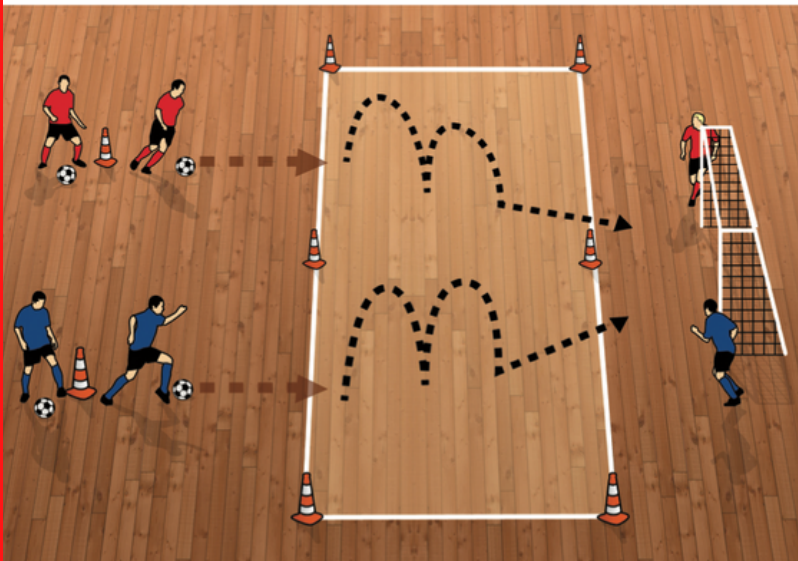
FIRST KICKS

7TH - 8TH GRADE

FIRST TO SCORE

SETUP

1. Set up a goal or two cones if a goal is not available. One player stands next to each goal post
2. Using cones, mark out 2 squares that start 6m away from the goal
3. Place 2 further cones 3m from the back of the 2 squares
4. Line up 2 teams behind the start cones, with a ball each



FOOTBALL SKILL 20-MINS

HOW TO PLAY

1. The aim is for players to race against each other to complete a skill successfully and then score
2. On your signal, the first 2 players dribble to the square, pick up the ball if necessary, complete the skill and shoot
3. The players beside the goal collect the ball, run to the starting cone, and are replaced by the shooter
4. Players waiting in the line can practice the skill

PROGRESSION

- Make the skill more challenging:
 - 2 juggles on the thigh and shoot
 - 1 juggle on each thigh
 - Juggling combining body parts
 - Heading the ball twice
 - Increase the number of juggles

OUTCOMES

- Controlling the ball with different body parts
- Shooting 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