



FIRST KICKS

7TH - 8TH GRADE



SHARKS & ISLANDS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. Place three islands 2m by 2m inside the square using cones or spot markers
3. All players to have a ball except two players who are the sharks



GENERAL MOVEMENT / WARM UP 10-MINS

HOW TO PLAY

1. The players with the ball ('islanders') dribble around the area, while the two without the ball are 'sharks'
4. The 'sharks' try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and vice versa
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave

PROGRESSION

- Reduce the number of islands or increase the number of sharks
- Change the part of the foot allowed to be used to control the ball

OUTCOMES

- Dribbling and changing direction and speed with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

BULL RUSH

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. All players to set up at one end of the area with a ball each apart from one player who volunteers to be 'it'



HOW TO PLAY

1. Ask for one volunteer/ defender to stand in the middle of a defined area. The rest of the players line up along one of the base lines, each with a ball. On the teachers signal "Football rush" the attackers attempt to dribble their ball past the defender in the middle of the court and stop on the opposite base line. Every time a player successfully completes the task they allocate themselves 1 point. If an attacker has their ball intercepted or taken from them they join the defender(s) in the middle of the court. The last attacker remaining wins the game. If multiple games are played the accumulation of individual points could be celebrated.

PROGRESSION

- Change the size of the court
- Attackers could be asked to complete a fake or trick whilst attempting to reach the other side
- Defenders stay within a defined space
- Attackers could pair up and share a ball whilst completing the task

OUTCOMES

- Ability to use different fakes and turn
- Ability to change the speed of the ball
- Changing direction of play

BEAT THE GATEKEEPERS

FOOTBALL SKILL 20-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers.
2. Set up four gates 10m apart and 5m wide
3. Split players into groups with 3 players set up on the gates. The remainder of the players are set up at the bottom of the area with a ball each



HOW TO PLAY

1. Split class into groups of six or seven, 3 defenders and the rest attackers. Using cones set up 4 gates, 5m wide and 10m apart. Defenders must defend a gate, attackers must attempt to get through as many gates in succession as possible. The attacker gets 1 point for each gate they cross. Defenders cannot come off their, they can only move across the width of the gate to defend. Attackers and defenders change places after a 2 minute round

PROGRESSION

- Defenders can defend off their line
 - But only in front of the gate
 - Can go forward but cannot retreat to their initial position
 - The defenders can choose how to defend the three sections i.e. two defenders in section 1, one defender in section two and no defenders in section three
- Rotate the Gate Keepers every 1-2 mins
- Players can attack in pairs i.e. 2 x attackers versus 1x defender

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Changing direction of play
- Turning and exploration of fakes

SUPPORTERS

SMALL SIDED GAME 20-MINS



SETUP

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Divide the players into 3 teams and bib accordingly (Reds / Blues / Yellows).
3. 2 teams take their place on the pitch (Reds & Blues), one team spread around the outside of the pitch (Yellows - Supporters).
4. Have footballs around the area to restart match quickly.

HOW TO PLAY

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
2. Yellows (Supporters) play for the team in possession of the ball. If a Red player passes a Supporter the ball, they must pass it back to a Red player.
3. Supporters can not be tackled and must remain on the outside of the pitch.
4. Supporters are allowed to move up and down the side of the pitch.
5. Rotate teams after a certain period of time.

PROGRESSION

- Supporters are allowed to pass to each other before passing back into the game
- Supporters are allowed to move around to the touchline (next to the goal)

OUTCOMES

- Vision & Awareness
- Movement to receive the ball
- Passing accuracy