

# FIRST KICKS

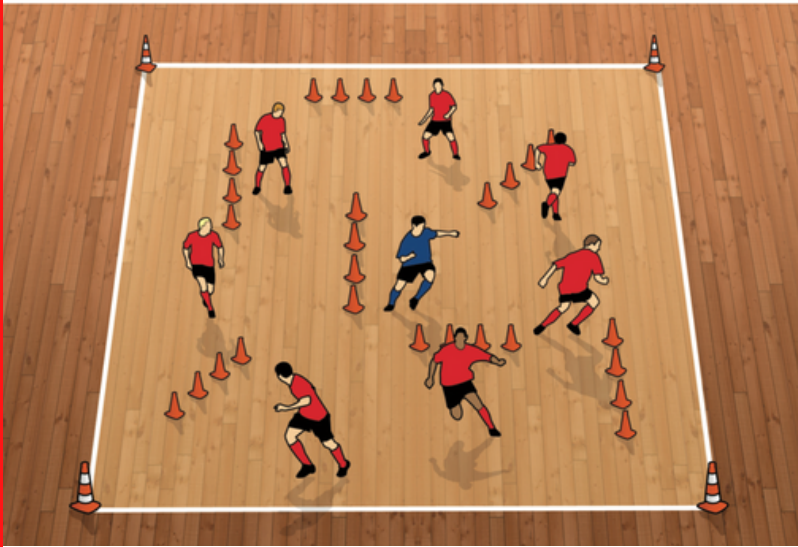
## 7TH - 8TH GRADE

### WALL TAG

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Set up lines of cones ('walls') randomly on the ground inside the area
3. All players start inside the area with 1 being the 'tagger', who has a bib



#### HOW TO PLAY

1. All players move around the area while the 'tagger' tries to catch them. The players use the 'walls' to shield themselves from the 'tagger'
2. The 'tagger' cannot reach or jump across a 'wall' to tag a player
3. The 'tagger' tries to tag other players. When a player is tagged, they take the bib and become 'tagger'

#### PROGRESSION

- Increase the number of 'taggers'
- Make the area smaller or remove 'walls'
- Give all players a ball to dribble
- The 'tagger' has no ball but the other players do

#### OUTCOMES

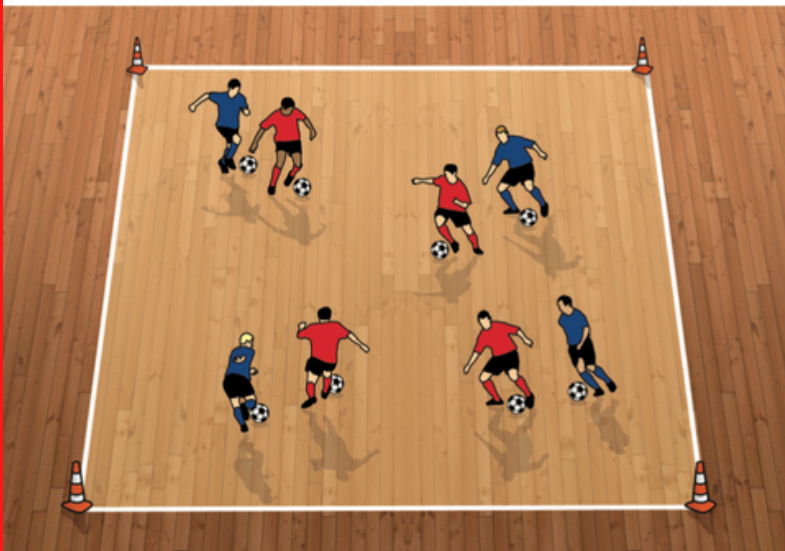
- Ability to change direction at speed
- Dribbling and changing direction with close ball control
- Awareness of space and other players while dribbling

### TRUCKS & TRAILERS

### FOOTBALL COORDINATION / TECHNIQUE 10-MINS

#### SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. Organise players into pairs
3. Each player has a ball



#### HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' dribbling around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

#### PROGRESSION

- Use different parts of the foot to control the ball
- Use different turning techniques
- Trucks have more than one trailer
- Trucks try to lose their trailer
- The trailers chase the truck without a ball
- The trucks run away from the trailer without having a ball
- Swap trucks and trailers on teachers command

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball



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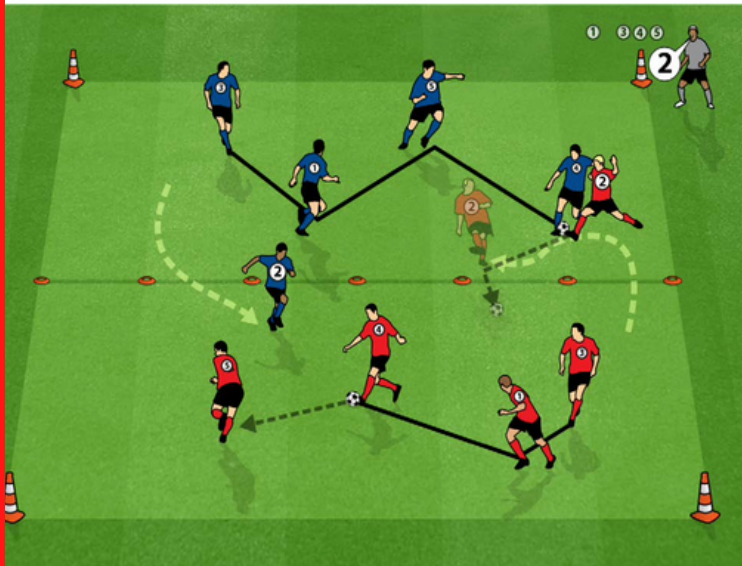
## 7TH - 8TH GRADE



### STEAL

#### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.



### FOOTBALL SKILL 20-MINS

#### HOW TO PLAY

1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the "Snatcher", entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their "Snatcher" touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

#### PROGRESSION

- Limit number of touches for the passers
- Send two "Snatchers" in

#### OUTCOMES

- Defending – closing down opposition
- Passing accuracy, angle and weight
- Decision Making - pass to feet or space
- Movement after a pass has been played

### 3 GOAL GAME - CLOSE RANGE SHOOTING

#### SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 3 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



### SMALL SIDED GAME 20-MINS

#### HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the three goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'. The 2 outside goals are worth 1 point, but the goal in the centre is worth 2 points
3. When a team scores, they retreat, allowing the opposition to start play from the goal line
4. There are no throw ins, rather the ball is passed in

#### PROGRESSION

- Players can only use their non-dominant foot
- Limit the number of touches players can have
- Specify the number of players that have to touch the ball before a 'goal' is scored

#### OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play