



# FIRST KICKS

## 7TH - 8TH GRADE



### KNIGHTS VS DRAGONS

### GENERAL MOVEMENT / WARM UP 10-MINS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.



#### HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

#### PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Footballs) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

#### OUTCOMES

- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

### 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

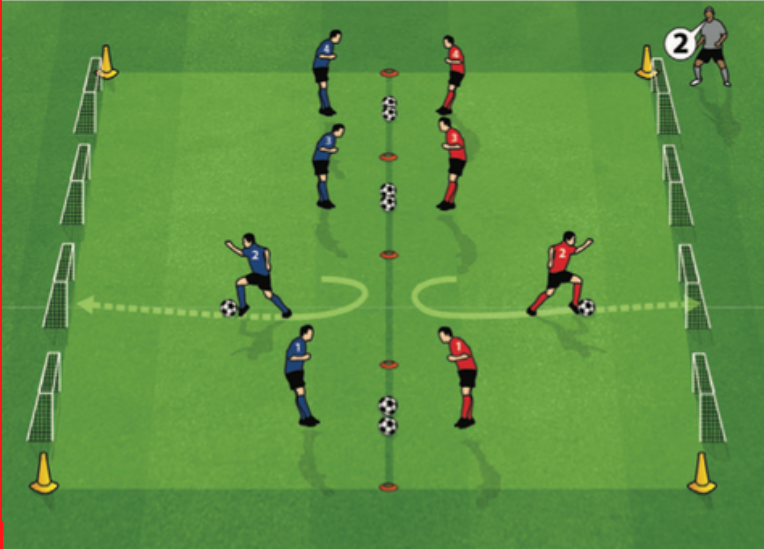
# FIRST KICKS

## 7TH - 8TH GRADE

### MAGIC MIRRORS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.



### FOOTBALL SKILL 20-MINS

#### HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

#### PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

#### OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

### 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