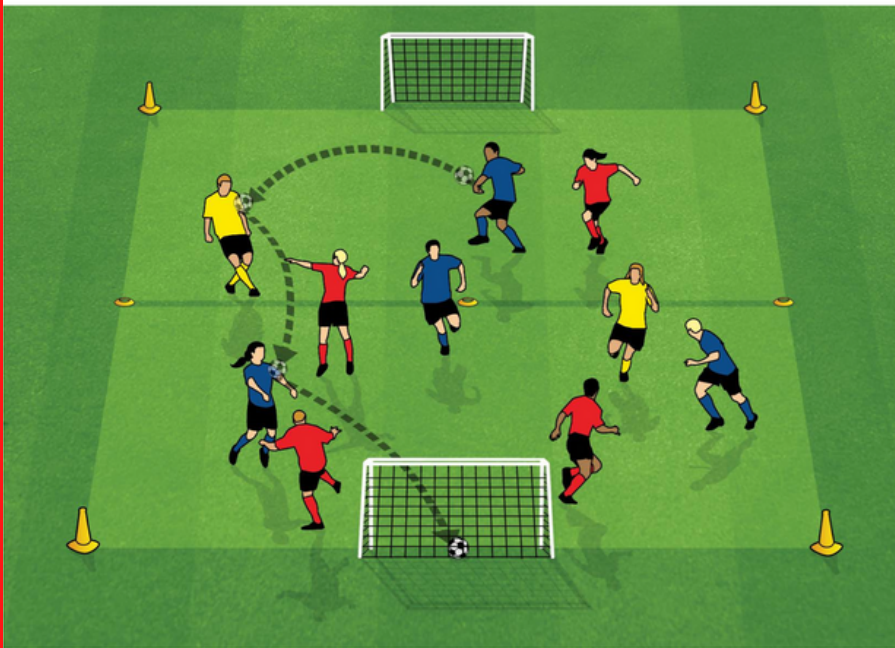


# FIRST KICKS

## 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

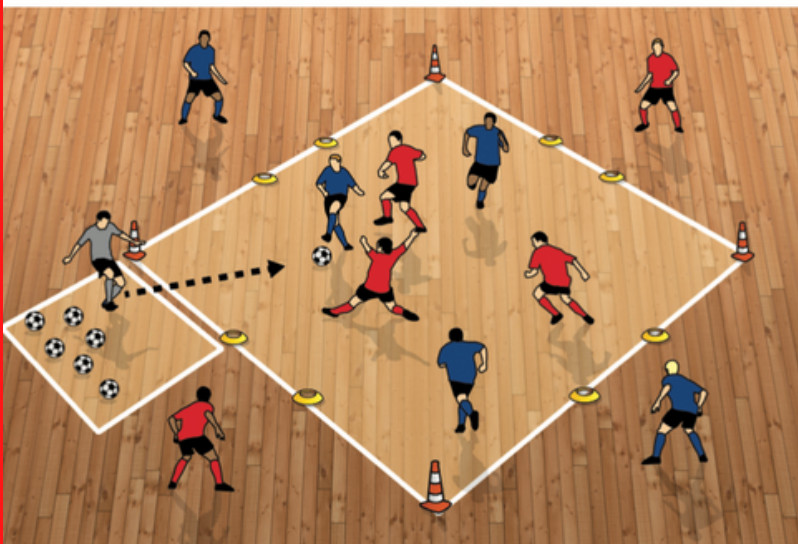
- Awareness and vision of the players around
- Supporting movement
- Decision making
- Verbal and non-verbal communication

### SHOOTING GALLERY

### FOOTBALL COORDINATION / TECHNIQUE 10-MINS

#### SETUP

1. Set up an area up to 20m by 20m or adjust depending on numbers.
2. On the outside of the area place four 2m by 2m goals
3. Set up a box 5m by 5m in one corner and place balls in the area
4. Split into two teams with three players from each inside and two players from each team on the outside behind the goals.



#### HOW TO PLAY

1. The teams play 3v3 in the area and are encouraged to shoot as often as possible. Both teams can score in any goal
2. Every time the ball goes outside the playing area, the coach serves a ball in. The balls are served into different areas each time to keep the players thinking
3. The ball collectors must work hard to retrieve the balls and place them into the square next to the coach so that he has a constant supply of balls
4. Players on the team without the ball must work hard to prevent the shots
5. After each game rotate players in from the outside

#### PROGRESSION

- Use multiple balls
- Reduce or increase the size of the goals
- Players cannot score in the same goal consecutively

#### OUTCOMES

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



# FIRST KICKS

## 7TH - 8TH GRADE

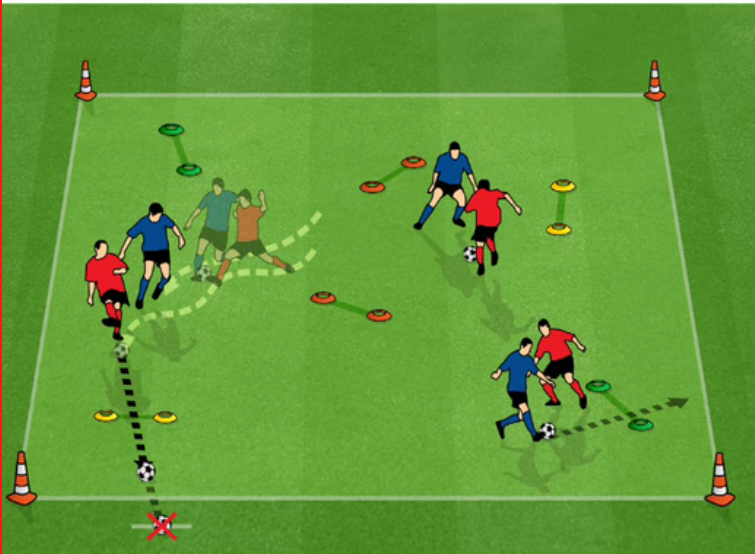


### 1 V 1 MULTI-GOALS

### FOOTBALL SKILL 20-MINS

#### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.
4. Place different coloured gates around the area.



#### HOW TO PLAY

1. Players all play in a 1v1 against each other.
2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.
4. Play for a set time or play till someone gets a set amount of goals.

#### PROGRESSION

- Players can only score through certain colour gates
- If the ball goes out of play the opponent has a free shot
- Different colours of gates are worth different points

#### OUTCOMES

- Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
- Use of body to shield ball
- 1v1 fakes and turns
- Dribbling

### 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