



# FIRST KICKS

## 7TH - 8TH GRADE

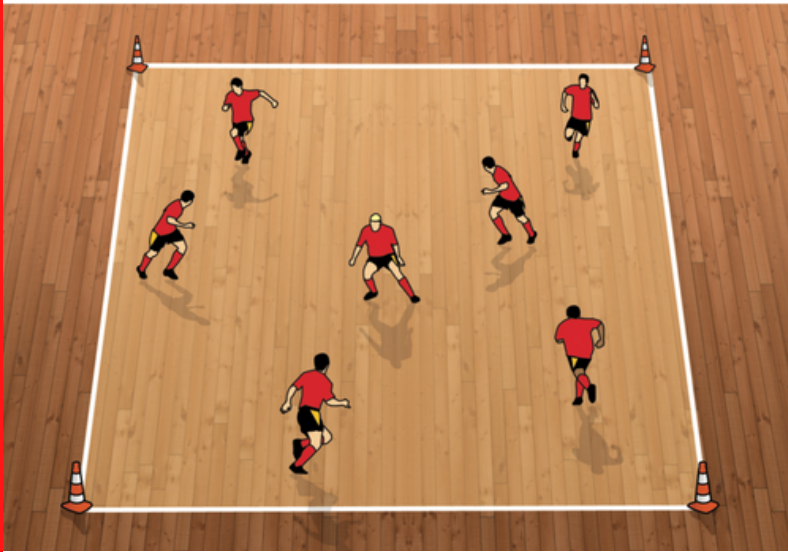


### FLAG TAG

### 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

### FIRST TO FIRE

### FOOTBALL COORDINATION / TECHNIQUE 10-MINS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal. 2 orange cones (5m apart) in front of coach with 2 footballs in between.
3. All players are numbered on each team.



#### HOW TO PLAY

1. Players perform movements on line as requested by coach (jog on spot, star jumps etc).
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
4. Total team points score is kept by coach.

#### PROGRESSION

- Place cones in the goal – if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball – both players will then need to compete for the one ball.

#### OUTCOMES

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics

# FIRST KICKS

## 7TH - 8TH GRADE

### GHOSTBUSTERS

### FOOTBALL SKILL 20-MINS

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



#### HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 seconds
4. The players continue dribbling after the 20 seconds is completed

#### PROGRESSION

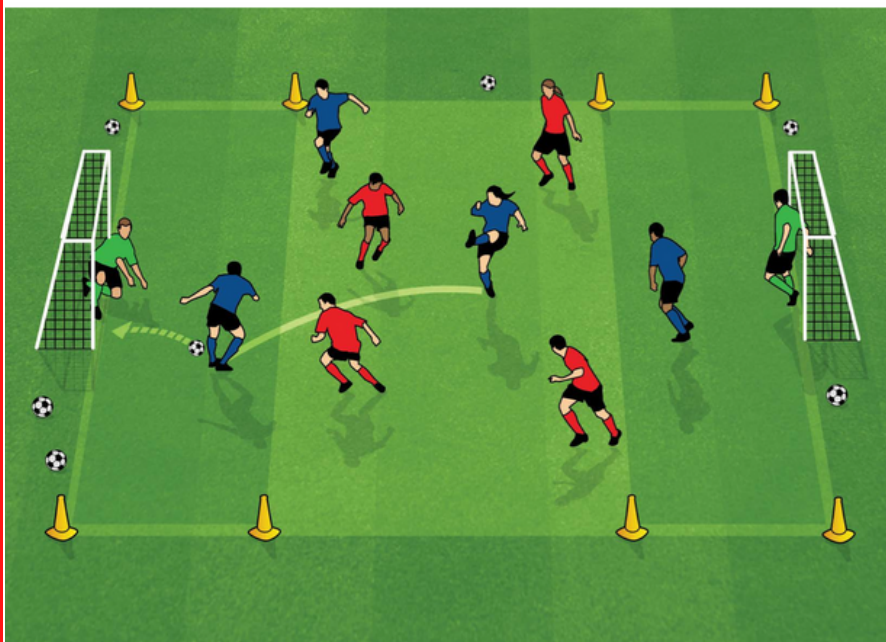
- Change the part of the foot used to dribble
- Players can only 'shoot' with their non-dominant foot
- Reduce the number of balls so the players must pass the ball around their team then on calling ghost-busters the players with the ball "shoot" the "ghost"
- Increase the number of ghosts

#### OUTCOMES

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

### TARGET PLAYERS

### SMALL SIDED GAME 20-MINS



#### SETUP

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Insert two "end zones" at each end of the pitch. This is the areas for target players to play in.
3. Divide the players into 2 teams and bib accordingly (Reds / Blues).
4. 1 target player from each team starts in their team's "end zone".
5. 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. In order to score, teams must pass the ball to their target player, who lays off for a team mate to shoot unopposed.
3. Defenders are not allowed to enter their defensive end zone.
4. Rotate target players on a regular basis.

#### PROGRESSION

- One defender is allowed to follow an attacker, once a target player has laid the ball off
- Target players are not allocated but any team player can move into the end zone at any point
- If team score a goal without using a target player = 1pt
- If team score a goal using a target player = 3pts

#### OUTCOMES

- Short and long passing
- Supporting runs
- Receiving to play forwards
- Shooting with power or accuracy