

FIRST KICKS

7TH - 8TH GRADE

CHAIN TAG

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. All players start inside the square with two or three pairs as taggers



HOW TO PLAY

1. Two to three pairs with their inside hands joined are the taggers. While keeping their hands joined, the pair tries to tag the free players with their free hands. Everyone runs around while the taggers chase the free players. When a free player is tagged they join the pair, which becomes a threesome or a 'chain of three'. The three continue to chase and when a fourth person is tagged, they break into two chains of two and both chains continue to chase and tag. The game is completed when everyone is in a chain.

PROGRESSION

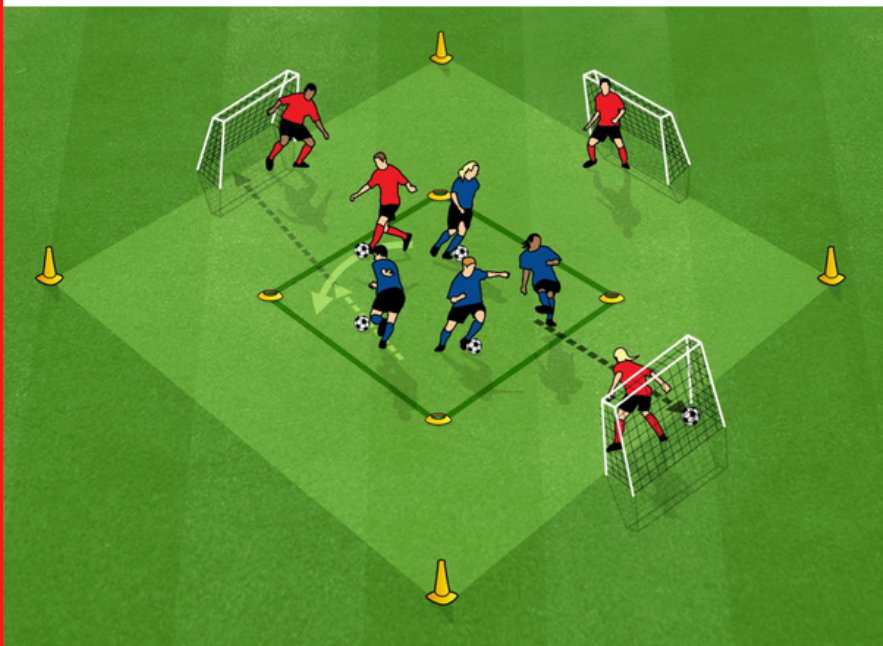
- Investigate different movements i.e. walking, jogging, skipping, hopping

OUTCOMES

- Exploration of locomotor skills

SHOOTING STARS

FOOTBALL COORDINATION / TECHNIQUE 10-MINS



SETUP

1. Area of 20x20m with a 5x5m square in the centre. Modify area depending on the number and age of players. Three small goals on 3 sides of the area.
2. Divide the players into 2 teams and bib accordingly .
3. Reds begin with players in each goal, with the rest in the middle square. Reds in the middle square have a ball each.
4. Blues all begin inside the middle area with a ball each.

HOW TO PLAY

1. Blues have 1 minute to score as many goals as possible.
2. Reds can't tackle, rather they try to block blue players from shooting by dribbling in front of them.
3. If ball goes out, blue player retrieves ball and dribbles in from where it went out.
4. If GK saves a shot, they look to serve ball back into the square for blue to receive.
5. Blues are not allowed to shoot at the same goal twice in a row.
6. Play for 1 minute then switch roles.

PROGRESSION

- Defenders are allowed to tackle opponent – if they gain possession, dribble to cone and leave ball there
- Remove or add another goal (two or four goals)
- Shooting player can follow up shot and look to score from rebound/ save within 3 seconds
- Remove 1 or 2 balls so passes can be made to open shooting opportunities

OUTCOMES

- Shooting – power and accuracy
- Vision & Awareness – position of GK / Defender
- 1st touch control – receiving to shoot / pass / dribble

FIRST KICKS

7TH - 8TH GRADE

DOCTOR DOCTOR

SETUP

1. Create an area up to 30m x 20m
2. In two corners use 3 cones to make a 'surgery' 2m x 2m
3. Split the players into 2 teams and allocate 1 'doctor' per team
4. All players have a ball except the 'doctor'



FOOTBALL SKILL 20-MINS

HOW TO PLAY

1. The game starts with all players dribbling inside the area. They try to kick away opposition balls while keeping their own
2. If a player's ball is knocked out they must take it to their 'surgery' and wait
3. The 'doctor' can release players from the 'surgery' by tagging them. While inside the 'surgery' the 'doctor' is safe, but they can only go there to release a player
4. The game can be won by a team if they can pass the ball at the opposition 'doctor' and hit them below the knees

PROGRESSION

- Change the part of the foot used to dribble
- Players can only pass the ball at the 'doctor' with their non-dominant foot
- Increase the number of doctors
- Increase or reduce the number of surgeries
- Players have to juggle a certain number of times to release themselves from the surgery

OUTCOMES

- Protecting the ball while dribbling
- Passing accuracy over different distances

STREET FOOTBALL



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