

# FIRST KICKS

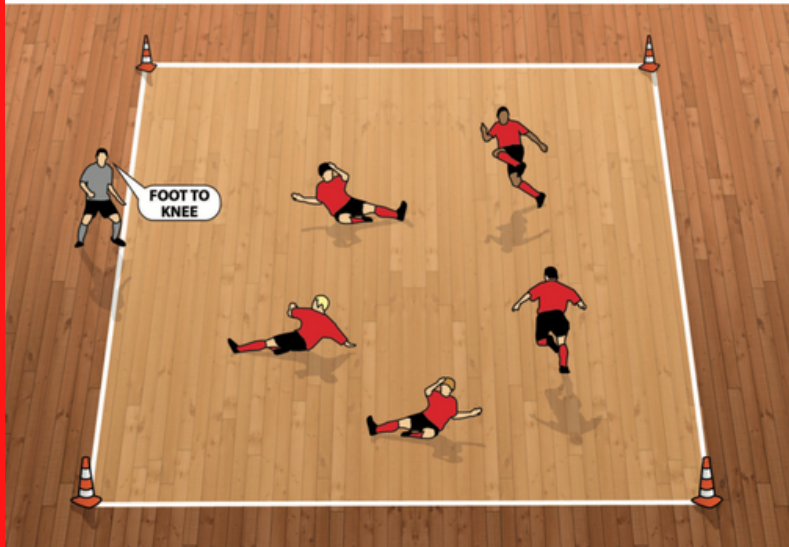
## 7TH - 8TH GRADE

### BODY BREAKS

### 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 spread out in an area with a ball each



#### HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball free about the area. On a signal, they stop and listen to the teacher calling out two body parts, which each child has to join together, whilst controlling the ball
3. Examples included nose to knee, knee to ankle & foot to head

#### PROGRESSION

- In pairs the players travel around the area in a designated way (eg. dribbling the ball as they walk, jog or skip) while joined together (linking arms). On a signal, the pairs connect to each other by the body parts called by the teacher. Examples include: two feet, two hands, one foot and one knee, one shoulder and one head, one elbow and one hip, one ankle and one knee
- Vary the way of travelling around the space: Use different dynamic balance activities (e.g. monkey walk, crazy crab...)

#### OUTCOMES

- Ability to explore static and dynamic balance
- Ability to explore different way to control the ball
- Body awareness
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot

### KNOCKOUT

### FOOTBALL COORDINATION / TECHNIQUE 10-MINS

#### SETUP

1. Area of up to 20x20m
2. Each player has a ball each
3. All players begin inside the area



#### HOW TO PLAY

1. Players attempt to keep their ball inside the area
2. At the same time players also have to try and kick other people's ball out of the area
3. If a player has their ball kicked out of the area, they must retrieve it and dribble around 2 sides of the area before re-entering
4. At the end of 60 seconds, the remaining people inside the area are the winners

#### PROGRESSION

**STEP UP:** If your ball is kicked out of the area, you become a defender

**STEP DOWN:** Introduce safe zones where you can stay for a while and not be tackled

#### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender



# FIRST KICKS

## 7TH - 8TH GRADE



### WAVES

#### SETUP

1. Area of up to 30x15m
2. 1 goal at the end of the area
3. Players behind starting cones in groups of increasing numbers. 1 player, then 2, then 3, then 4
4. 1 ball with each group



### FOOTBALL SKILL 20-MINS

#### HOW TO PLAY

1. Group 1 (1 attacker) dribbles ball and shoots at the goal
2. After Group 1 have their shot, they turn and defend against Group 2 (2 attackers)
3. After Group 2 have their shot, they turn and defend against Group 3
4. After Group 3 have their shot, they turn and defend against Group 4
5. Once all groups have completed their attacks, the game is restarted

#### PROGRESSION

STEP UP: Groups are provided with a time limit in which to score

STEP DOWN: Group 1 defends for each attack - (2v1 / 3v1 / 4v1)

#### OUTCOMES

- Dribbling with close control
- Passing weight & accuracy
- Receiving the ball towards the goal

### HIT THE TARGET

#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have balls around the area to restart match.
4. Place four target cones at each end of the pitch, with a ball balancing on each.



### SMALL SIDED GAME 20-MINS

#### HOW TO PLAY

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones scoring 1 point each time
2. There are no throw ins, instead the ball is kicked in
3. Once a ball is knocked off the target cone it is replaced and match starts again

#### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch
- Once ball is knocked off it is not replaced. First team to knock all four of oppositions balls off target cone wins
- Place target cones inside the playing area

#### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot