



FIRST KICKS

7TH - 8TH GRADE

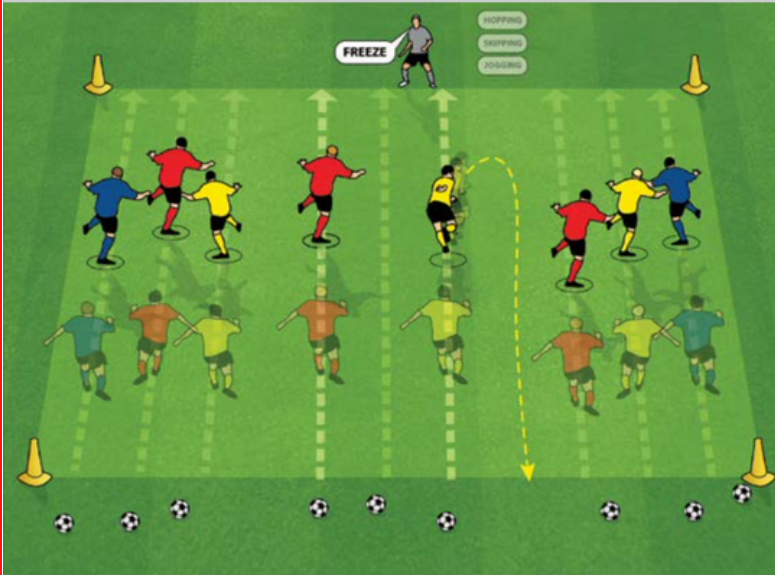


STATUES

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



HOW TO PLAY

1. Coach calls out a method of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position without moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

OUTCOMES

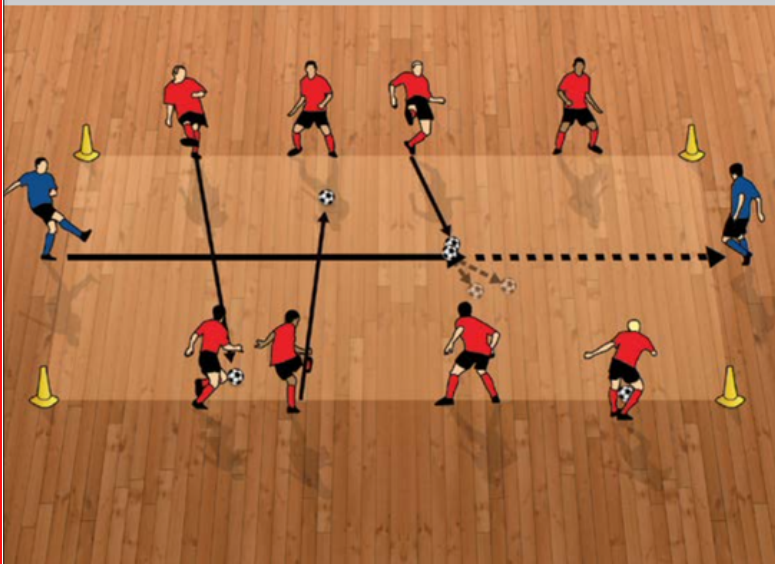
- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

TORPEDOS

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Area of up to 10 x 20m. This is "The Sea". Modify area depending on the number and age of players.
2. Players (Patrol Boats) are in pairs, with one ball (Missile) between two. Players are lined up on opposite sides of the sea.
3. One pair of "Destroyer Boats" start at the narrow ends of the sea with a ball (Torpedo).



HOW TO PLAY

1. Destroyer Boats send their torpedo (pass their ball) to each other with each successful pass resulting in a point.
2. Patrol Boats fire their missile (pass their ball) at the Destroyer Boat's torpedo whilst it is in the sea. If they successfully hit the torpedo then they become the Destroyer boats.
3. The Pair of destroyer boats that completes the most passes wins.

PROGRESSION

- Players must use their right / left foot
- Destroyer boats must complete two successful Torpedo launches to get a point

OUTCOMES

- Surface of ball use for the pass
- Weight / Accuracy of passing
- Receiving the Ball



FIRST KICKS

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POKEMON GO

SETUP

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".



FOOTBALL SKILL 20-MINS

HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
 - "Green Light" – Player begins to move
 - "Red Light" – Player stops
 - "1st Gear" – Player dribbles ball at slow pace
 - "2nd Gear" – Player dribbles ball at medium pace
 - "3rd Gear" – Player dribbles ball at fast pace
 - "U-Turn" – Player performs turn to face opposite way
 - "Somebody's in the way!" – Players make beeping noise

PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure

SUPPORTERS

SETUP

1. Area of up to 40x30m
2. 2 Goals at each end of area
3. 3 teams
4. 1 of the teams start around the outside of the pitch. These are the "Supporters"



SMALL SIDED GAME 20-MINS

HOW TO PLAY

1. Teams take part in a regular Small Sided Game
2. "Supporters" play for the team in possession
3. "Supporters" can not be tackled and must remain on the outside of the pitch

PROGRESSION

- STEP UP: "Supporters" can be tackled by players from the inside
- STEP DOWN: 2 "Supporters" can play inside the pitch

OUTCOMES

- Receiving the ball with different parts of the body
- Receiving the ball towards the goal
- Receiving the ball away from defender