

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

LOSE YOUR PARTNER

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Set up an area up to 30m by 20m or adjust depending on numbers
2. Inside the area place small 1m by 1m goals around the area using spot markers or cones
3. Organise players into pairs and have one ball between each pair



HOW TO PLAY

1. Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
2. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
3. In addition to trying to lose their shadow, players also try to dribble through as many goals as possible
4. After 45 seconds the players swap roles
5. The aim is to see which partner can score the most points by dribbling through goals

PROGRESSION

- On the call 'freeze' all players stop to check how close each 'shadow' is
- Introduce contact and tackling
- On the call "switch" the players switch roles
- Allocate points to each goal (e.g. 1 – 5 points). Players to dribble their ball through the goals to add up to a specific value (e.g. "dribble your ball through the goals to add up to 11 points, up to 15 points etc")

OUTCOMES

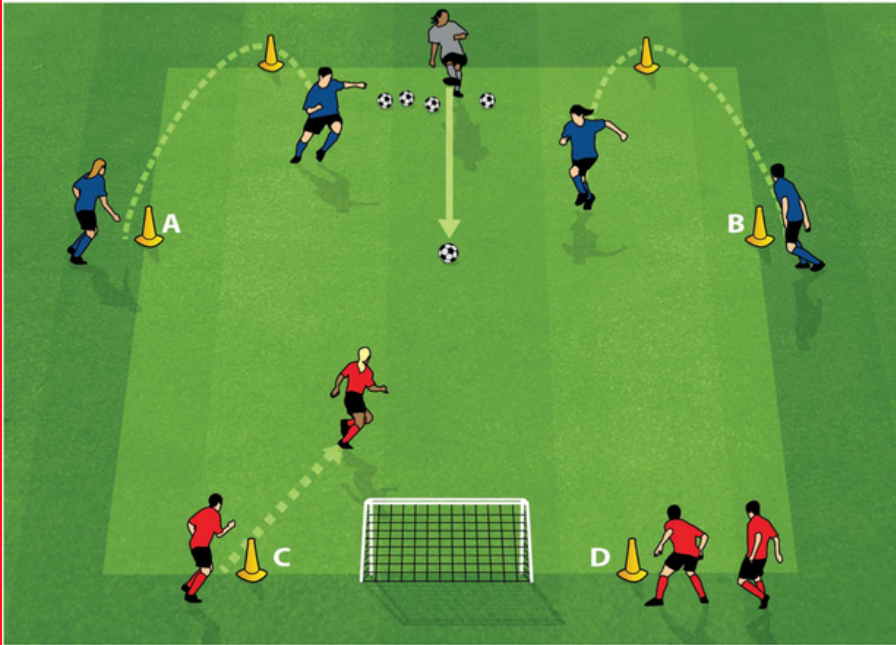
- Dribbling and changing direction with close ball control
- Change of pace while dribbling
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

FIRST KICKS

7TH - 8TH GRADE

2 V 1 BATTLES

FOOTBALL SKILL 20-MINS



SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Set up 5 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B. Red team line up at cones C & D.

HOW TO PLAY

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B (as shown in diagram). Coach then passes a ball to the two attackers.
2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they attempt to pass it back to the coach.
5. Change over defending and attacking teams.

PROGRESSION

- 2 attackers vs 2 defenders
- 3 attackers vs 2 defenders
- Change the size of the pitch (bigger or smaller)
- Decrease the amount of time to score to 8 seconds

OUTCOMES

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making – when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot

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