



FIRST KICKS

7TH - 8TH GRADE

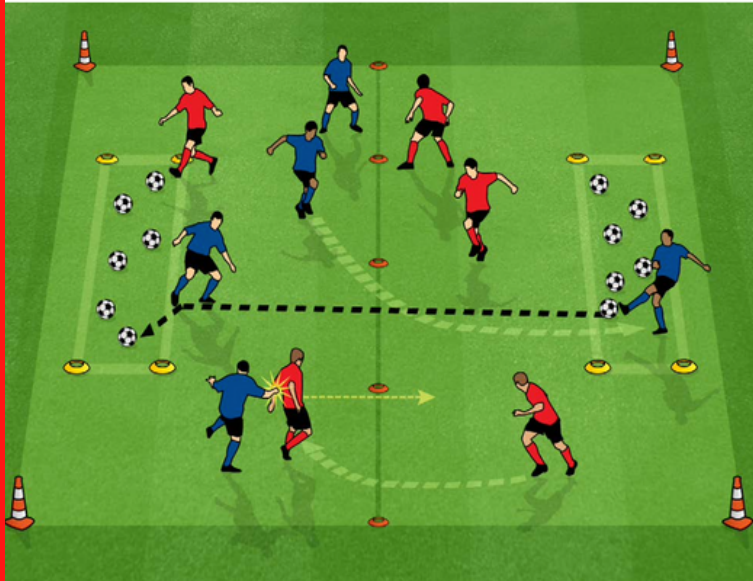


TREASURE ISLAND

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the footballs (treasure) within the grid.
3. Split into even teams with bibs.



HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing footballs back to their treasure chest

OUTCOMES

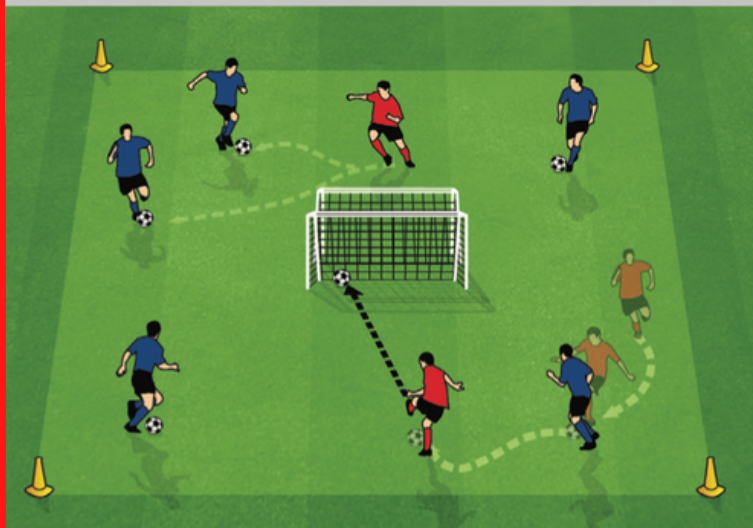
- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

BUZZ OFF

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP

1. Area of up to 25x25m
2. 2 goals in the middle of the area, facing away from each other. This is the "Honey pot"
3. 2 players in bibs, without a ball. These are the "Bee Keepers"
4. All other players in area with a ball ("Bees"). The ball is their "Honey"



HOW TO PLAY

1. Bees dribble their ball (Honey) around the area
2. Bee Keepers try to steal the honey and put it in the Honey Pot
3. If a Bee loses their honey, they become a Bee Keeper
4. At the end of 1 minute, the Bees with honey are the winners

PROGRESSION

STEP UP: Increase the number of Bee Keepers

STEP DOWN: If a Bee loses its honey, it is able to get some more from the coach

OUTCOMES

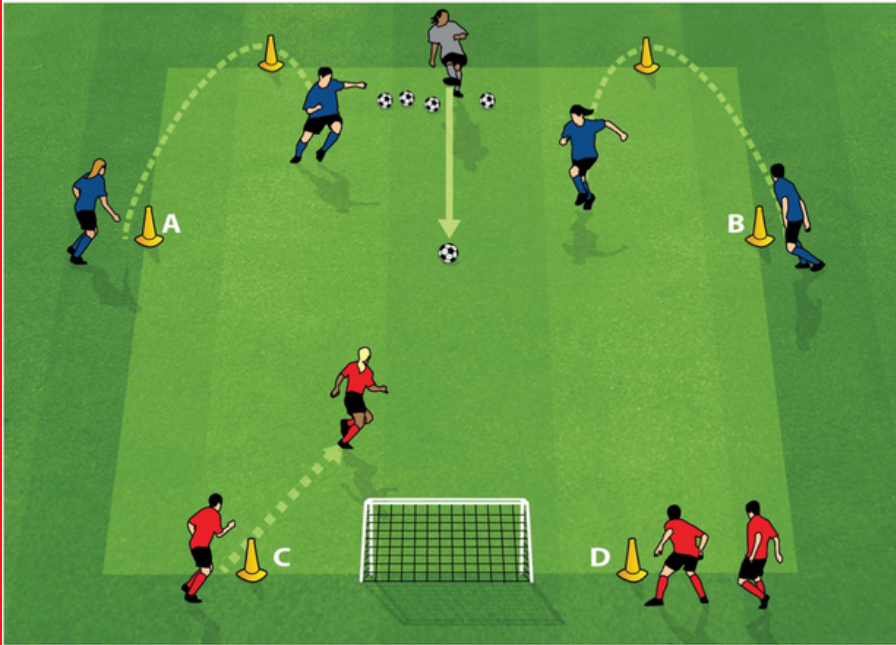
- Dribbling with close control
- Passing weight & accuracy
- Receiving the ball away from a defender

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

3 GOAL SHOOTING GAME

SMALL SIDED GAME 20-MINS

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 3 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the three goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'. The 2 outside goals are worth 1 point, but the goal in the centre is worth 2 points
3. When a team scores, they retreat, allowing the opposition to start play from the goal line
4. There are no throw ins, rather the ball is passed in

PROGRESSION

- Players can only use their non-dominant foot
- Limit the number of touches players can have
- Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

