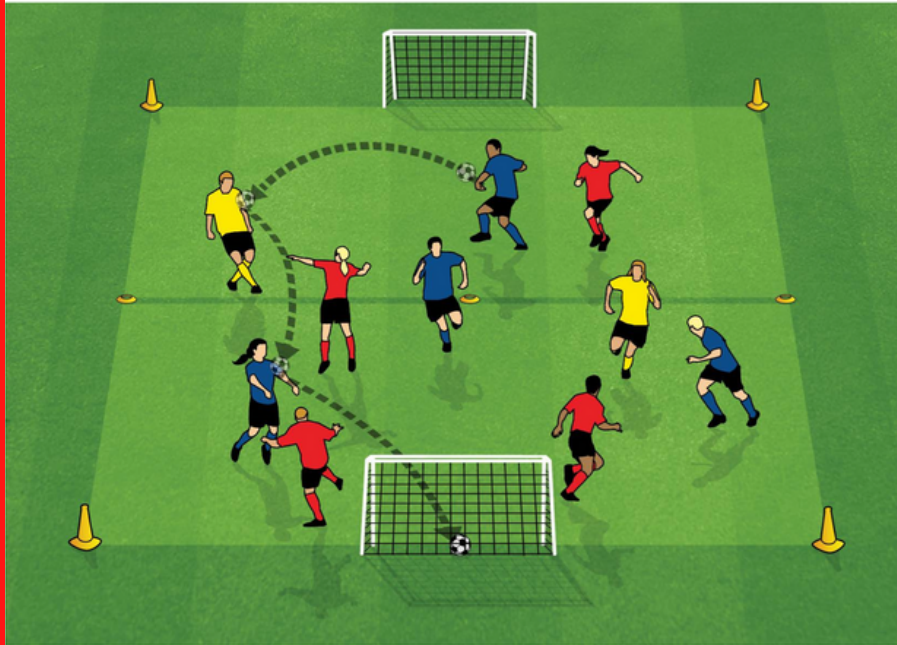# FIRST KICKS
7TH - 8TH GRADE

HANDBALL

GENERAL MOVEMENT / WARM UP 10-MINS

SETUP
1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams with 2 neutral players (Yellows). Bib accordingly.
3. Have footballs around the area to restart match.
4. Reds defend one goal, blues the other. Neutral players play for team in possession.

HOW TO PLAY
1. Teams attempt to throw the ball into the opposition goal.
2. Players can't move when they have possession of the ball.
3. Defending players can only intercept the ball and can't steal it from players hands.
4. Once a goal is scored, that team needs to retreat to halfway until the first throw is made.

PROGRESSION
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES
- Awareness and vision of the players around
- Supporting movement
- Decision making
- Verbal and non-verbal communication

SHADOW SHOOTING

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

SETUP
1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Each player has a partner in a different colour bib.
3. Pairs have a ball between them.
4. Red player begins with the ball.
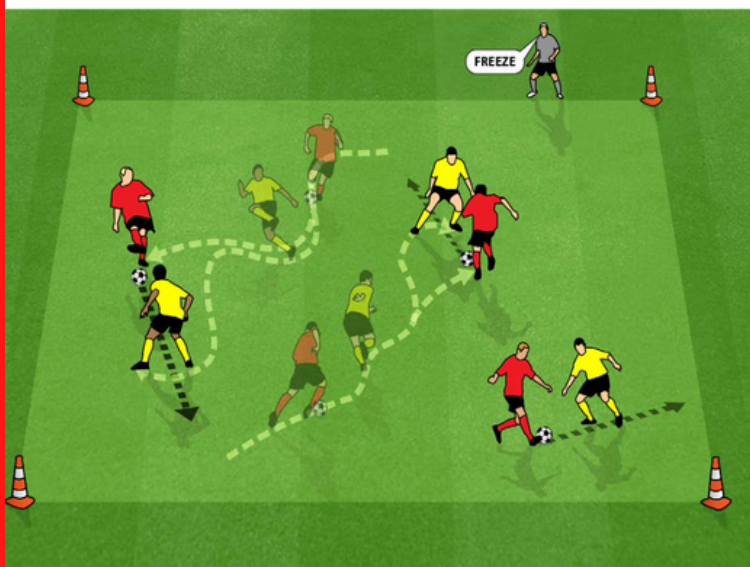
HOW TO PLAY
1. Players in yellow move around the area. Players in red tries to keep up with them whilst dribbling.
2. When the coach shouts "freeze" the two players stop. The yellow player faces their partner and makes a goal using their legs. The red player tries to pass the ball between their legs to score a goal.
3. Players then change roles.
4. Play for a set time and see how many goals are scored.

PROGRESSION
- Players to dribble with left/right foot
- Use different surface of foot to shoot
- Rotate partners
- Players have to score between another partners legs

OUTCOMES
- Dribbling whilst changing direction
- Shooting Accuracy
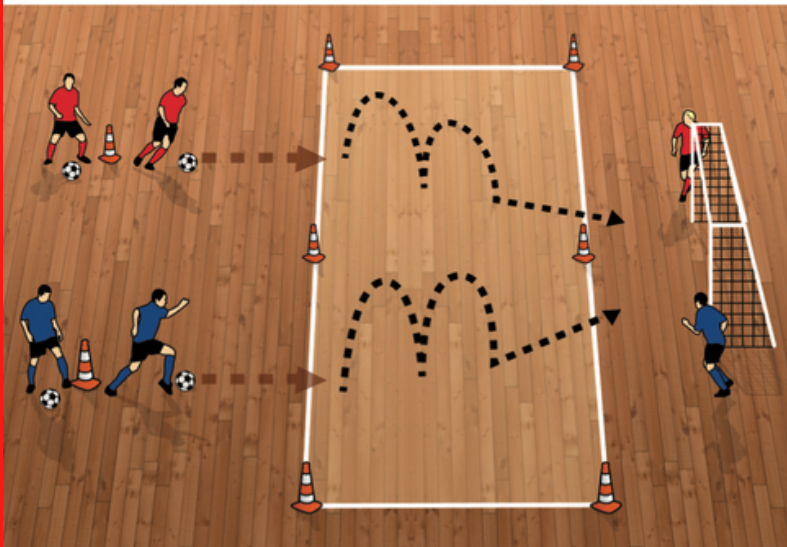- Decision Making – Shot Selection

FIRST KICKS
7TH - 8TH GRADE

SETUP

1. Set up a goal or two cones if a goal is not available. One player stands next to each goal post
2. Using cones, mark out 2 squares that start 6m away from the goal
3. Place 2 further cones 3m from the back of the 2 squares
4. Line up 2 teams behind the start cones, with a ball each

HOW TO PLAY

1. The aim is for players to race against each other to complete a skill successfully and then score
2. On your signal, the first 2 players dribble to the square, pick up the ball if necessary, complete the skill and shoot
3. The players beside the goal collect the ball, run to the starting cone, and are replaced by the shooter
4. Players waiting in the line can practice the skill

PROGRESSION

- Make the skill more challenging:
  - 2 juggles on the thigh and shoot
  - 1 juggle on each thigh
  - Juggling combining body parts
  - Heading the ball twice
  - Increase the number of juggles

OUTCOMES

- Controlling the ball with different body parts
- Shooting accuracy over different distances

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