

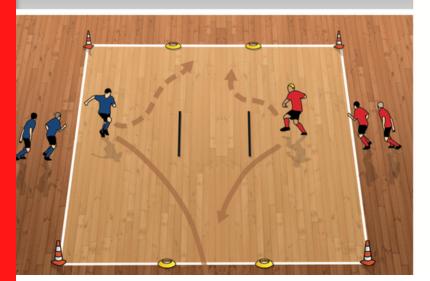
# **FIRST KICKS** 7TH - 8TH GRADE



## FAKE & SPRINT

## SETUP

- 1. Create an area up to 20m x 20m
- 2. Set up 4 cones, close together in the centre of the area
- 3. Using 2 cones on either side, set up 2 'gates' to run through
- 4. Divide players into 2 teams and line them up on opposite sides of the area



## **GENERAL MOVEMENT / WARM UP 10-MINS**

## HOW TO PLAY

- 1. The first player from the blue team jogs toward the centre cones
- 2. The opposite player from the red team jogs toward the centre at the same speed, carefully watching the opponent
- 3. The blue player decides when to switch direction and sprint to the gate, using a fake to try and trick the red player
- The red player tries to stay with the blue player and then beat them to the gate
- 5. Alternate to ensure each player gets to lead and chase

### PROGRESSION

- · Both players have a ball
- Only the lead player has a ball, the chase player tries to win the ball from them

#### OUTCOMES

· Develops faking skills, speed, change of direction and change of speed

1. Split class into groups of six or seven, 3 defenders and the rest attackers.

Using cones set up 4 gates, 5m wide and 10m apart. Defenders must

defend a gate, attackers must attempt to get through as many gates in

succession as possible. The attacker gets 1 point for each gate they cross.

- · Develops careful observation of an opposite players movement
- · Develops close ball control at speed

**FOOTBALL COORDINATION / TECHNIQUE 10-MINS** 

## **BEAT THE GATEKEEPER**

HOW TO PLAY

## SETUP

- 1. Set up an area up to 30m by 20m or adjust depending on numbers.
- 2. Set up four gates 10m apart and 5m wide
- 3. Split players into groups with 3 players set up on the gates. The remainder of the players are set up at the bottom of the area with a ball each



#### Defenders cannot come off their, they can only move across the width of the gate to defend. Attackers and defenders change places after a 2 minute round

- PROGRESSION
  Defenders can defend off their line
  - But only in front of the gate
  - But only in none of the gate
  - Can go forward but cannot retreat to their initial position
  - The defenders can choose how to defend the three sections i.e. two defenders in section 1, one defender in section two and no defenders in section three
- · Rotate the Gate Keepers every 1-2 mins
- Players can attack in pairs i.e. 2 x attackers versus 1x defender

### OUTCOMES

- · Dribbling and changing direction with the head up
- · Dribbling using different parts of the foot
- · Changing direction of play
- · Turning and exploration of fakes



# **FIRST KICKS** 7TH - 8TH GRADE



## **DOCTOR DOCTOR**

## SETUP

- 1. Create an area up to 30m x 20m
- 2. In two corners use 3 cones to make a 'surgery' 2m x 2m
- 3. Spilt the players into 2 teams and allocate 1 'doctor' per team
- 4. All players have a ball except the 'doctor'



## FOOTBALL SKILL 20-MINS

## HOW TO PLAY

- The game starts with all players dribbling inside the area. They try to kick away opposition balls while keeping their own
- 2. If a players ball is knocked out they must take it to their 'surgery' and wait
- The 'doctor' can release players from the 'surgery' by tagging them. While inside the 'surgery' the 'doctor' is safe, but they can only go there to release a player
- The game can be won by a team if they can pass the ball at the opposition 'doctor' and hit them below the knees

## PROGRESSION

- · Change the part of the foot used to dribble
- · Players can only pass the ball at the 'doctor' with their non-dominant foot
- Increase the number of doctors
- Increase or reduce the number of surgeries
- Players have to juggle a certain number of times to release themselves from the surgery

## OUTCOMES

- · Protecting the ball while dribbling
- · Passing accuracy over different distances

## **STREET FOOTBALL**



## **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.
- 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