



FIRST KICKS

7TH - 8TH GRADE



FAKE & SPRINT

GENERAL MOVEMENT / WARM UP 10-MINS

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



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
4. 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
- Develops careful observation of an opposite players movement
- Develops close ball control at speed

BEAT THE GATEKEEPER

FOOTBALL COORDINATION / TECHNIQUE 10-MINS

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



HOW TO PLAY

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. 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
 - 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. Split 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

1. The game starts with all players dribbling inside the area. They try to kick away opposition balls while keeping their own
2. If a player's ball is knocked out they must take it to their 'surgery' and wait
3. 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
4. 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.
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