

Welcome

"McDonald's has supported junior football in New Zealand for over a decade, and globally has been a sponsor of the FIFA World Cup for over 20 years. Our focus has always been to help Kiwi kids and their parents enjoy football with programmes such as Small Whites, and the development of coaches and players through the McDonald's Skills Zone. We even sent a Kiwi to walk onto the pitch with the players at the FIFA World Cup Final!

We have increased our involvement with New Zealand's most popular game further with McDonald's Junior Football. McDonald's shares New Zealand Football's goal to get more kiwi kids registered and playing club football. We believe that through increased investment at a national level, and by connecting McDonald's restaurants and franchisees with even more clubs we can achieve this goal, and help children live active and balanced lives.

Whether kids enjoy football because it's a fun way to make friends, or they're inspired to follow in the footsteps of their heroes and play on the world stage, McDonald's Junior Football has been developed to kick-start their dreams."



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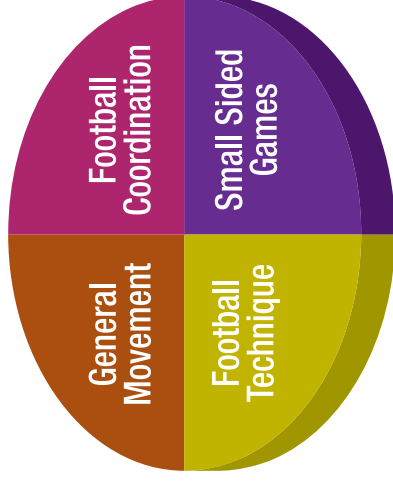
How to Use the McDonald's Junior Football Coaches Handbook

Our goal is to enthuse young players so they fall in love with our sport and stay in it for life. To help achieve this, the McDonald's Junior Football Coaches Handbook offers coaches games and activities for 4-12 year olds, each focusing on a particular technical outcome. Every activity is an opportunity for young children to take part in fun, enjoyable football games which develop them as players and as people.

This handbook contains five sections of coaching activities, each focusing on a specific skill:

passing – dribbling – turning – shooting – ball control.

Aligned to the NZF Whole of Football Plan, the skills are explored via four training components;



All four training components could be used consecutively to create a full game day or training day schedule and only basic equipment is required; balls, bibs and cones or markers.

At the top of each activity you'll see the recommended age group for the activity. Most activities can also be easily adapted to suit your player's needs depending on their age, experience and ability. For example the size of the playing area may be made smaller in order to suit younger players.

MCDONALD'S SKILLS ZONE

If you flip to the back of the book, you'll find the McDonald's Skills Zone section.

The McDonald's Skills Zone is a fun opportunity for young players to improve specific techniques relevant to the modern game, as well as giving them a sense of personal achievement and development.

The McDonald's Skills Zone is made up of five challenges; passing, dribbling, turning, shooting and ball control. Jump to the back of the book to find out more.

McDonald's Junior Framework Stages

DEVELOPMENT STAGE



FOOTBALL SPECIFIC BASIC TRAINING

Playing together with Purpose



PLAYFUL TECHNICAL TRAINING

Mastering the Ball



FUNDAMENTALS

Falling in love with Football

AGE

11-12
YEARS

9-10
YEARS

7-8
YEARS

4-6
YEARS

PLAYING FORMAT

7v7*
9v9
(with GKs)

5v5*
7v7
(with GKs)

4v4
5v5
(without GKs)

3v3
4v4
(without GKs)

GAME TIME

2x
30mins

2x
25mins

4x
10mins

3x
10mins

OBJECTIVE

Developing the football specific movement and technical capabilities to support an effective lifelong participation

Developing physical literacy and laying down the technical foundations for future football competency in a fun motivational environment

The first introduction to football: developing physical literacy through a safe, fun and rewarding environment

RECOMMENDED TRAINING MODEL

TEAM-BASED TRAINING



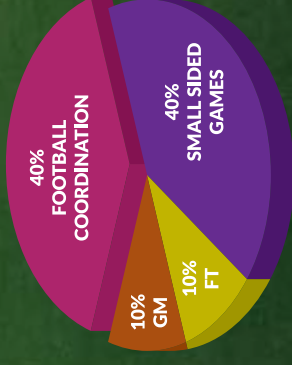
STATION ROTATION



STATION ROTATION



TRAINING FOCUS



*Refers to Girls Only Framework

Focus on Passing General Movement

NETBALL TAG

Set Up

1. Area of up to 15x15m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams with one team having possession of two footballs (Blues).
3. Have footballs around the area to restart match.

How to Play

1. Blue team use the footballs to tag Red players. Ball must be in their hands when tagging, not thrown.
2. Blues can throw ball to each other but player in possession can not move.
3. Once tagged, players must exit the area and perform 10x juggles to re-enter the game (modify depending on ability).

4. Play for one minute then red's have a turn in possession.
5. See which team tags the most players in shortest time.

Progression

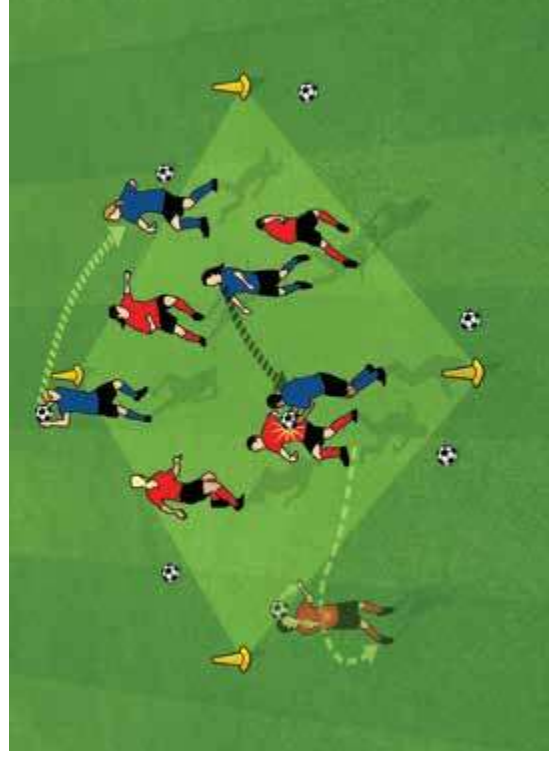
1. Reduce the area size
2. Add additional ball
3. Constrain the dodging players to skipping, hopping etc



PASSING



5



Outcomes

- Awareness and vision of the players around
- Agility and coordination
- Acceleration

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Focus on Passing Football Technique

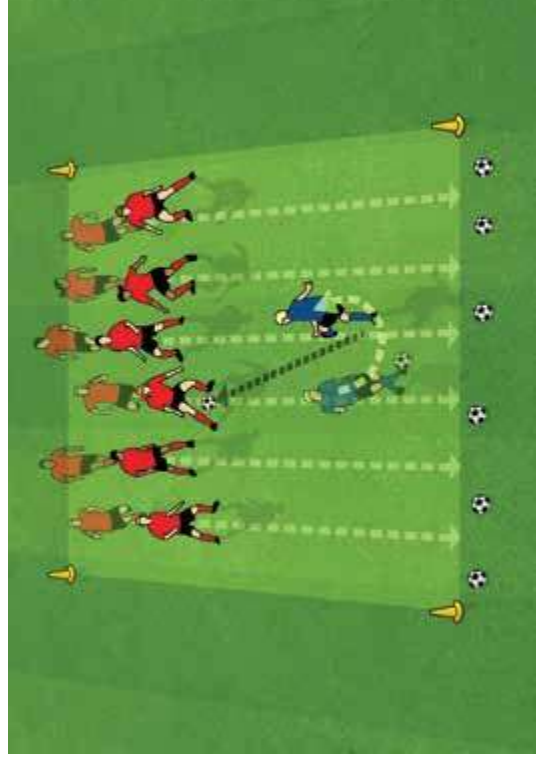
SPACE INVADERS

Set Up

1. Set up area 30x20m. Modify area depending on the number and age of players.
 2. Select a player (Blue) who will be the "Mother ship" to fight the Alien Invasion, they will stand at one end of the area with a ball.
 3. The rest of the players line up across the other end of the area facing the Spaceship (Reds).
- How to Play**
1. The Mother ship must face away from the Alien Invasion.

ships team.

3. If the mother ship sees any alien moving they are sent back to the start line.
 4. Winner is the first alien to get to the mother ships goal line.
- Progression**
1. Mother ship can move across end line to create a better angle to shoot
 2. Coach to specify which foot to shoot with (left/right)
 3. Increase or decrease the size of the area



Outcomes

- Passing accuracy
- Shooting accuracy
- Dribbling to shoot or pass



Focus on Passing Football Coordination

PROTECT THE CITY

Set Up

1. Set up area 20x20m with 4-6 footballs sitting on cones in the middle.
2. Select a group of 4 players who will become the defenders of the city (Blues).
3. Reds (Attackers) spread out around the square with 6-8 footballs (missiles) between them.
4. Place a ball in a "safe" zone" in the corners for defenders to use.

zone" in the corners for defenders to use.

How to Play

1. Reds must pass the football past the "Defenders" and try and knock over the city in the middle.
2. Defenders must block the missiles without entering the city boarder (specify a perimeter that the defenders can not enter, 2-3m diameter).

Progression

1. Reds can pass to other attackers to create an angle to send missiles
2. Defenders can retrieve a balls from the safe zone to replace a fallen city building in the middle
3. Increase missiles or decrease defenders
4. Increase or decrease the size of the area



Outcomes

- Compactness in defending
- Passing and Shooting
- Vision and Awareness



Focus on Passing Small Sided Games

HIT THE TARGET

Set Up

1. Area up to 25x20m.
2. Divide the players into 2 teams.
3. Have spare balls ready around the area to restart match.
4. Place three or four target cones at each end of the pitch, with a football balancing on each.

How to Play

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones, scoring 1 point each time.
2. There are no throw ins, instead the ball is kicked in.
3. Once a ball is knocked off the target cone it is replaced and the game starts again.

Progression

1. Teams are only allowed to score in the attacking third of the pitch.
2. Once a ball is knocked off it is not replaced. First team to knock off all three or four of the oppositions footballs off the target cone wins.
3. Place target cones inside the playing area.



Outcomes

- Passing over short distances
- Basic awareness of other players
- Movement to receive a pass

TURN TO
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FOR THE
MCDONALD'S
SKILLS ZONE
PASSING
CHALLENGE



DRIBBLING



Focus on Dribbling General Movement

CAPTURE THE FLAG

Set Up

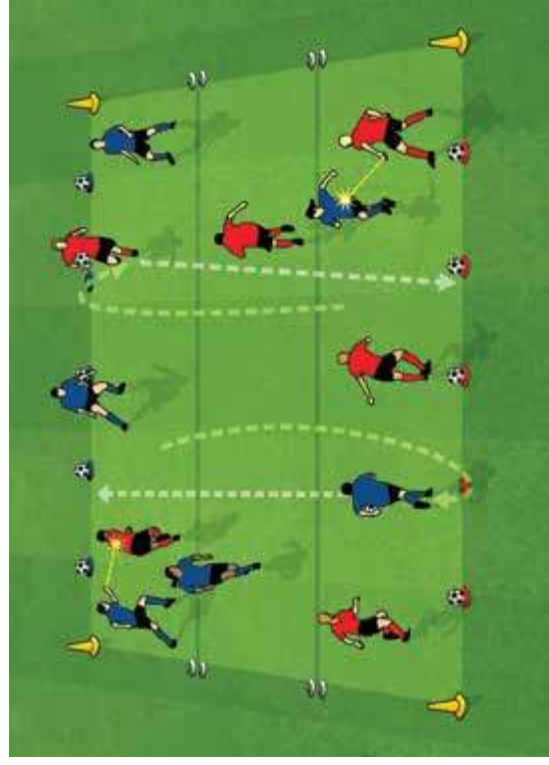
1. Set up area 30x20m, split into 10x20m thirds. Modify area depending on the age & number of players.
2. Split group into 2 even teams.
3. Place footballs (flags) on cones on each of the end lines. Ensure that there are more flags than there are defenders.
4. Use double cones to show thirds.

How to Play

1. Each team must enter the other teams defensive zone and then capture a flag. Once player has the flag they are safe to return to home base.
2. Opposition players can stop the other team by tagging them in their defensive third. The attacking player must then return to their goal line before they can attack again.
3. 3 minute games, who can steal the most opposition flags?

Progression

1. Players can dribble the ball back to home base
2. Give players defensive or attacking roles
3. Players are allowed the tackle the opposition in the middle zone (third)
4. Players are allowed to pass back to team mates in their home base (Defensive third)
5. Increase or decrease the size of the area



Outcomes

- Dodging, weaving, acceleration
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities (defense/attack)



Focus on Dribbling Football Technique

MOVING GOALS

Set Up

1. Set up area 30x20m. Modify area depending on the number and age of players.
2. 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal.
3. All other players (Blues) have a ball each.
4. Place spare footballs around the perimeter.

How to Play

1. The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
2. Players dribble around and try to score by kicking the ball between goal, underneath the bib. Players follow their pass/shot to collect the ball and continue.

3. 1 point for every goal. Try to score as many points as possible in 90 seconds.
4. Change over the Goals after each 90 seconds.

Progression

1. Coach to specify which foot to pass with (left/right)
2. Increase or decrease the size of the area
3. Goals can defend by stopping the balls using feet



Outcomes

- Passing and Shooting
- Timing of the pass/shot
- Weight of pass
- Awareness of passing angles
- Dribbling & Turning



Focus on Dribbling Football Coordination

LAND AHOY

Set Up

1. Overall area of 30x30m. Set up 3 "Islands" using circles of cones and a "Pirate Ship" with a rectangle of cones. Vary the size of islands.
2. Scatter cones, bibs and footballs within the circles.
3. Footballs = cannonballs, bibs = silk, cones = precious gems.
4. 2 Blue defenders start on the islands. All other players

have a ball & start on the 'ship'.

How to Play

1. Players dribble ball to islands and try to steal the treasure and take it back to their ship.
2. The 2 defenders try to stop them by tagging players. If tagged players must drop what ever treasure they have and leave the island immediately.
3. Players can only be tagged on the islands,

but defenders can move between islands to defend all 3.

Progression

1. Decrease size of the islands to make them easier to defend
2. Add more defenders
3. Give a time limit
4. Defenders can tackle players and kick their ball away



Outcomes

- Dribbling & turning
- Vision & awareness
- Shielding
- Awareness of roles and responsibilities (defence/attack)

Focus on Dribbling Small Sided Games

STREET FOOTBALL

Set Up

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

1. Teams can only score in attacking 1/3 of pitch
1. GK can use hands in defending 1/3 of pitch
1. Coach calls out two colours to switch pitch while games being played



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FOR THE
MCDONALD'S
SKILLS ZONE
DRIBBLING
CHALLENGE

Outcomes

- Dribbling 1v1s
- Decision Making - when to pass / shoot / dribble
- Defending - Tackling
- Communication

Focus on Turning General Movement

DRAG RACING

Set Up

1. Set up area 20x20m with two rows of cones down the centre. Modify area depending on the age & number of players.
2. Divide the group into two even teams, each player with the ball and standing on in their teams by a cone.
3. Number each paired players on each team.

How to Play

1. On the coaches call, that number must run up the outside of their team and

then race down the drag strip around the last player and then back to their cone.

2. Players must go up the outside and then down the drag strip.

3. Players carry their footballs whilst running.

Progression

1. Coach can call two numbers at one time
2. Players must dribble their football
3. Coach can specify how to dribble (left foot, inside foot)

4. Players must weave in and out of their own team players as they go down before returning to their cone
5. Coach to collect balls and then serve a ball down the drag strip as he calls a number. Those players must run up the outside and then down the drag strip to win possession of the football. Winning team is the team with the most footballs after everyone has had a turn.



TURNING



Outcomes

- Accelerating, turning
- Dribbling
- Ball manipulation

Focus on Turning Football Technique

ROBOCOACH

Set Up

1. Area of up to 20x20m.
Modify area depending on the number and age of players.

2. Players have a ball each.
3. Cones placed randomly around the area.

How to Play

1. Coach acts as a robot trying to take over the world by picking up all of the cones in the area.

2. Players dribble round and try to kick their ball against the coaches leg.

3. The coach loses a body part each time they get hit.
- First time they are hit they lose a arm
- Second time they are hit they lose the other arm

- Third time they are hit they lose a leg
- Fourth time they are hit they are destroyed and the players save the world

Progression

1. Players must use different parts of the foot to dribble

2. Players must use different parts of the foot to shoot



Outcomes

- Close control when dribbling
- Accuracy of passing/shooting

Focus on Turning Football Coordination

SHOW ME THE MONEY

Set Up

1. Area of up to 20x20m.
Modify area depending on the age & number of players. Two cones placed 2metres apart represent "Banks", and are placed on each side of the area.

2. Divide the players into 2 uneven groups and bib accordingly.

3. Blues begin with a ball each (1 ball = 1 Dollar).

4. Place footballs in each corner of the area.

How to Play

1. Reds start practice as defenders, Blues as attackers.

2. Reds have to steal a ball from a Blue and dribble it to the Bank.

3. If an attacker loses their ball, they get another one from the piggy banks in one of the corners and re enter the game.

4. Keep count of how many dollars the defenders get,

then change defenders after 60 seconds.

Progression

1. Add one or more defenders

2. Remove one or more balls so attackers can pass to help retain the ball

3. Attackers have one ball between the team and attempt to keep possession through passing



Outcomes

- Awareness and vision of defenders / team mates
- Dribbling to protect the ball
- Proactive defending / tackling
- Turning away from defenders

Focus on Turning Small Sided Games

SUPPORTERS

Set Up

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Divide the players into 3 teams and bib accordingly (Reds / Blues / Yellows).
3. 2 teams take their place on the pitch (Reds & Blues), one team spread around the outside of the pitch (Yellows - Supporters).
4. Have footballs around the area to restart match quickly.

How to Play

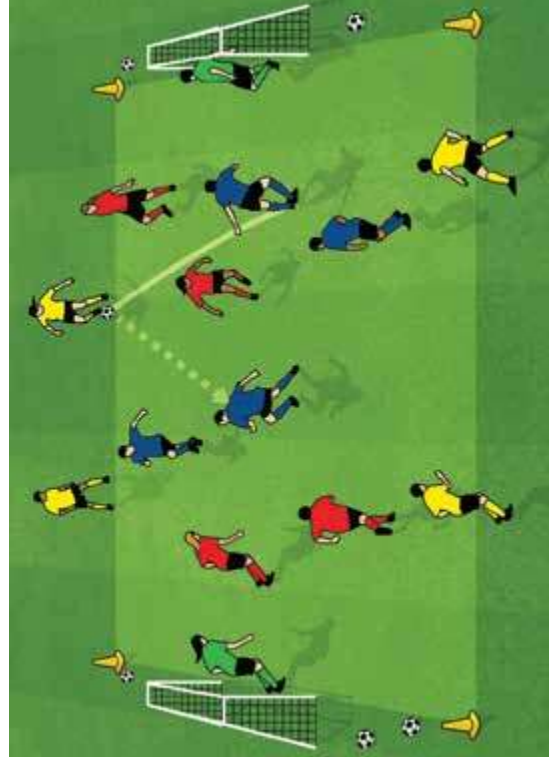
1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
2. Yellows (Supporters) play for the team in possession of the ball. If a Red player passes a Supporter the ball, they must pass it back to a Red player.
3. Supporters can not be tackled and must remain on the outside of the pitch.

4. Supporters are allowed to move up and down the side of the pitch.

5. Rotate teams after a certain period of time.

Progression

1. Supporters are allowed to pass to each other before passing back into the game
2. Supporters are allowed to move around to the touchline (next to the goal)



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MCDONALD'S
SKILLS ZONE
TURNING
CHALLENGE

Outcomes

- Vision & Awareness
- Movement to receive the ball
- Passing accuracy



SHOOTING

Focus on Shooting General Movement

HANDBALL

Set Up

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

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



Outcomes

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

Focus on Shooting Football Technique

POWER AND FINESSE

Set Up

1. Area of up to 40x20m.
2. Goal is in the middle in the middle of the area.
3. Coach is by the side of the goal with all footballs.
4. Players are split into two teams and bibbed accordingly.
5. Players are lined behind cones as shown in diagram.

How to Play

1. Coach passes a ball to the first Red player. Ball is passed for the player to shoot with a first time

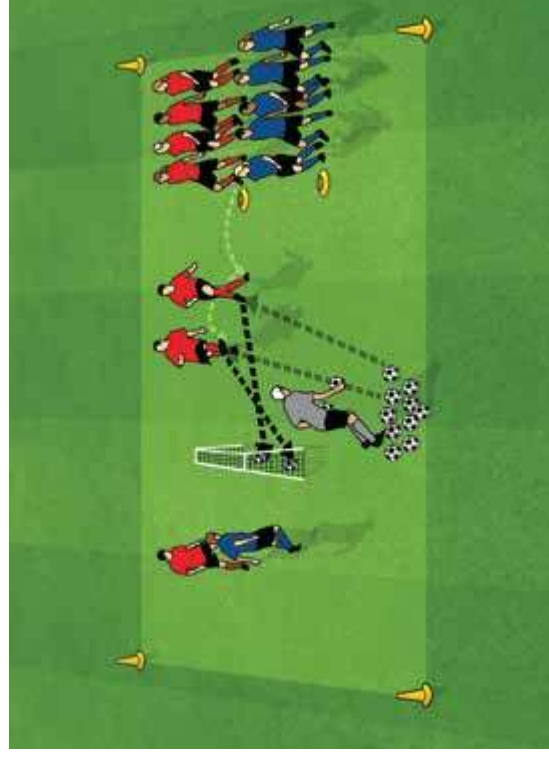
finish. Red player must shoot at goal with Power (using laces). Straight after the first shot, coach passes another ball to the same player and they shoot with finesse (inside of foot).

- If they score 0 goals they move behind the goal in jail
- If they score 1 goal they are safe and go to the back of their team line
- If they score 2 goals they are safe, go to the back of their team line and can also release a team mate from jail

1. Coach then roles a ball to the first Blue player and repeat the process.
1. A team wins when all of the opposition is in jail.

Progression

1. Must take one shot with left foot and 1 with right
2. If a shot goes over or wide and players in jail catch it, they can join back in the shooting line
3. If players in jail complete a number of kick ups, they can return to the shooting line



Outcomes

- First time finishing – power and accuracy
- Quick reactions to shoot

Focus on Shooting Football Coordination

BOWLING BALL

Set Up

1. Circular area of up to 25m, with a 5x5m square in the middle. Modify area depending on the age & number of players.
2. Blues on the outside with a football (bowling ball) each.
3. 2 Reds in the middle square.
4. Tall cones (Pins) placed in the middle square.

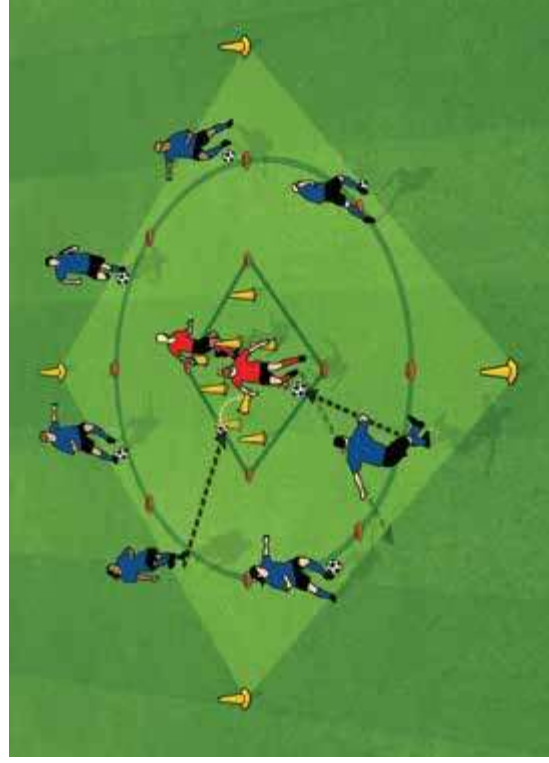
How to Play

1. Blues attempt to knock the taller cones over by passing the ball into the middle area. Blues have 1 minute to knock over as many cones as possible.
2. Reds in the middle square protect the Pins by block passes. If they block a pass they pass it to the outside of the area.
3. Blues are allowed to dribble around the outside of the area before passing.

4. After one minute Blues count up how many Pins they have knocked over. Change over Red defenders.

Progression

1. One ball between two Blue players. A pass must be made between them before attempting to knock down Pins
2. Players are only allowed to pass with their right / left foot



Outcomes

- Dribbling with close control
- Shooting – power & accuracy
- Vision and awareness of defenders

Focus on Shooting Small Sided Games

WINGS

Set Up

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Insert two channels running down the sides of the pitch. This is the areas for wingers to play in.
3. Divide the players into 2 teams and bib accordingly (Reds / Blues).
4. 1 player from each team plays in the wide channels – these are the wingers.
5. Have footballs around the area to restart match quickly.

How to Play

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
 2. Wingers play for their team when they are in possession of the ball.
 3. Wingers can not be tackled and must remain in the channels.
 4. Wingers are allowed to move up and down the side of the pitch
- If team score a goal without using a winger = 1pt

-If team score a goal using a winger = 3pts

5. Rotate wingers on a regular basis.

Progression

1. Defending wingers can provide an obstacle for winger in possession
2. Wingers are allowed to tackle each other
3. Wingers are not allocated but any team player can move into the wide channel at any point



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SKILLS ZONE
SHOOTING
CHALLENGE

Outcomes

- Switching play
- Crossing from wide areas
- Movement to receive and play forwards
- Shooting from crosses

Focus on Ball Control

General Movement

SURVIVAL

Set Up

1. Set up area 30x30m with 5 cones on each of the side lines. Modify area depending on the age & number of players.
2. Divide the group into four teams, with each team nominating players as their "base defenders".
3. Place 2 footballs on two cones on each of the end lines.
4. Place 4-8 more balls in the centre of the square.

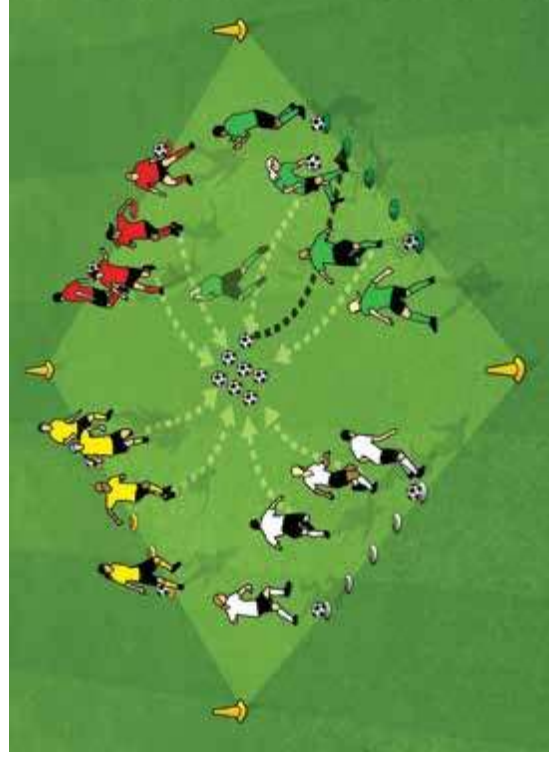
How to Play

1. On the coaches call the game begins. All players must collect as many footballs from the centre as possible and return them to a cone at their base (Individual players are allowed to take one ball at a time).
2. Once all the balls are gone from the centre then players are allowed to steal from other bases, without being tagged by a base defender.
4. Play 2 minutes games

to see who has the most football or race to the first team to fill all 5 cones.

Progression

1. Players must dribble the ball back to home base
2. Players are allowed to tackle the opposition in the middle
3. Players are allowed to pass back to team mates at their home base
4. Increase or decrease the size of the area



Outcomes

- Dodging, weaving, stepping
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities (defense/attack)



BALL CONTROL

Focus on Ball Control Football Technique

PINBALL

Set Up

1. Area of up to 25x12m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly.
3. Have 4 balls of different colour to other balls as pinballs. Pinballs are placed in the middle of the playing area.
4. Each player has a ball each.

How to Play

1. Each team has to kick their footballs from their line to hit the pinballs so they travel over the opposition line.
2. Teams receive a point for every pin ball that they get over the oppositions line.
3. Players are not allowed to stop the pin balls with their feet
4. Players can only enter the central area to retrieve footballs to dribble back to their line.

5. Reset to the middle, if the pin balls go out of the grid.
6. Play for 2 minutes and see who got the most points.

Progression

1. Increase the distance between the teams
2. Remove a pin ball
3. Use right or left foot only



Outcomes

- Passing accuracy
- Receiving and control
- Teamwork
- Verbal communication

Focus on Ball Control Football Coordination

2 V 1

Set Up

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

1. 2 attackers vs 2 defenders
2. 3 attackers vs 2 defenders
3. Change the size of the pitch (bigger or smaller)
4. 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

Focus on Ball Control

Small Sided Games

TARGET PLAYERS

Set Up

1. Area of up to 30x20m. Modify area depending on the number and age of players.

2. Insert two "end zones" at each end of the pitch. This is the areas for target players to play in.

3. Divide the players into 2 teams and bib accordingly (Reds / Blues).

4. 1 target player from each team starts in their team's "end zone".

5. Have footballs around the area to restart match quickly.

How to Play

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.

2. In order to score, teams must pass the ball to their target player, who lays off for a team mate to shoot unopposed.

3. Defenders are not allowed to enter their defensive end zone.

4. Rotate target players on a regular basis.

Progression

1. One defender is allowed to follow an attacker, once a target player has laid the ball off

2. Target players are not allocated but any team player can move into the end zone at any point

3. If team score a goal without using a target player = 1pt

4. If team score a goal using a target player = 3pts



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FOR THE
MCDONALD'S
SKILLS ZONE
BALL CONTROL
CHALLENGE

Outcomes

- Short and long passing
- Supporting runs
- Receiving to play forwards
- Shooting with power or accuracy



SKILLS ZONE CHALLENGES



Focus on Passing McDonald's Skills Zone Challenge #1

"The McDonald's Skills Zone is a fun opportunity for young players to improve specific techniques relevant to the modern game, as well as giving them a sense of personal achievement and development. It provides age appropriate challenges for junior footballers and is made up of five challenges; passing, dribbling, turning, shooting and ball control. These can be provided within a club environment or can be practiced with a parent at home - one advantage of the McDonald's Skills Zone is that children can play and practice anywhere and at any time. Thank you for taking the time to coach and inspire the next generation of footballers. We hope that you and your players enjoy the McDonald's Skill Zone and wish you a fantastic year in football."



This challenge is used to develop passing over short distances. Short passing is a great way of getting the ball towards the opponents goal and reduces the risk of giving the ball away.

Minimum Equipment Required

- 2 balls.
- 3 - 8 cones or markers (drink bottles, sweatshirts, bags etc) to make a goal.

Challenge

- You have 5 passes at the goal.
- You are allowed to choose which target you decide to pass at.

Set Up

- Set up 3 targets as below (ask your coach or parent to show you how to set this up):

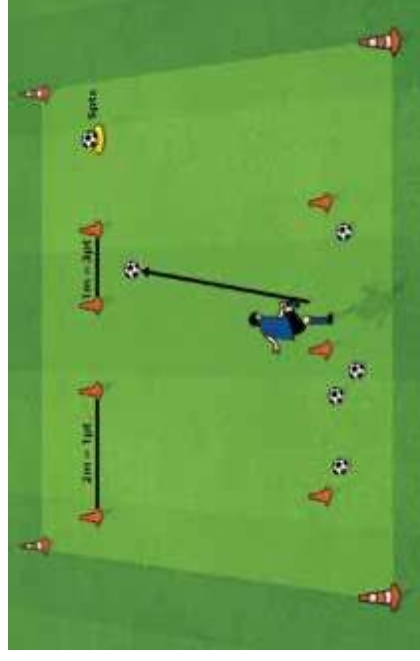
Goal	Width	Points
1	2m	1
2	1m	3
3	Ball on cone	5

Place a starting cone on the ground (this is where you will pass the ball from). Distances are below:

- 4-6 years old **5 metres away**
- 7-8 years old **8 metres away**
- 9-12 years old **10 metres away**

Scoring

- You score points for each successful pass made, and the points add up to your total score.
- For example, if you had 5 successful passes at Goal 1, your total score would be 5.
- If you scored through Goal 1 twice (1+1), at Goal 2 twice (3+3) and missed with your last effort your total score is 8.



Players can download each Skills Zone Challenge and score sheets from www.nzfootball.co.nz

Focus on Dribbling McDonald's Skills Zone Challenge #2



This challenge is used to develop dribbling in different directions and works on your touch and balance on the ball. Players like All White Marco Rojas and Football Fern Sarah Gregorius have been so successful because defenders find it difficult to play against players that can run at them with the ball.

Minimum Equipment Required

- 1 ball.
- 6 cones or markers (drink bottles, sweatshirts, bags etc).

Set Up

- Put one cone/marker in the centre and the other cones in a diamond shape around it (4 metres away from the centre cone).

- At the bottom of the diamond use two cones instead of one, to make a "Starting Gate" (marked on the diagram with an "S").

Scoring

- Your score is the time that it takes you to complete the challenge.

Challenge

- Begin at the starting gate.
- Start timing when you leave the starting gate – ask a friend, coach or parent to time, or count out loud yourself.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz

Focus on Turning McDonald's Skills Zone Challenge #3



This challenge is used to develop turning in a small space and works on your ability to change direction quickly. There are lots of different turns you can do that will help you get away from defenders and here is a great opportunity to practice them.

Minimum Equipment Required

- 1 ball.
- 4 cones or markers (drink bottles, sweatshirts, bags etc).

Set Up

- Use the cones to set up a 3x3 metre square (ask your coach or parent to help).

- Start on one side of the square. Start timing and dribble across to the other side.
- Turn around and dribble back.
- Repeat this twice – so you have turned and crossed a line 6 times (including the finish line).

Scoring

- Your score is the time that it takes you to complete the challenge.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz

Focus on Shooting McDonald's Skills Zone Challenge #4



This challenge is used to develop shooting over short distances. To be a great goal scorer like All White Chris Wood or Football Fern Hannah Wilkinson you've got to develop your shooting with accuracy.

Minimum Equipment Required

- 1 ball.
 - 10 cones or markers (drink bottles, sweatshirts, bags etc).
- Set Up**
- Put 6 cones in a line, with 1 metre gap between each one (ask your coach or parent to show you set this up).
- Place a starting gate (blue) on the floor (this is where you will shoot from). Distances are below:

- 4-6 years old **5 metres away**
- 7-8 years old **8 metres away**
- 9-12 years old **10 metres away**

- Put another starting cone (yellow) 2m behind the shooting gate.

Challenge

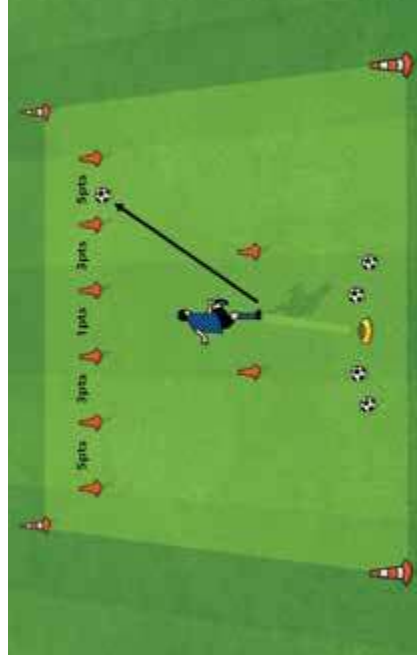
- You have 5 shots in total.
- Start dribbling at the starting cone.
- Shoot at goal from before the shooting gate (try not to stop the ball moving).
- Retrieve your ball and start at the starting cone again.

Scoring

- You get points for each scoring shot. Points awarded are as below: (points get higher towards the outside of the targets).

- Centre of the goal = **1pt**
- Mid range of the goal = **3pts**
- Corner of the goal = **5pts**

- For example, if you get two shots in the centre of the goal (1+1), two in the corner (5+5) and miss with the other your total score is 12.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz

Focus on Ball Control McDonald's Skills Zone Challenge #5



This challenge is used to develop your control of the ball. The more comfortable you are on the ball, the more your game will improve.

Minimum Equipment Required

- 1 ball.

Challenge

- Have 3 goes at juggling the football, using any part of your body (except hands!). Use your feet, thighs, even your head!
- 4-6 years old: Start with the ball in your hands. You can have one bounce on the ground between each keepy up.
- 7-8 years old: Start with ball at feet, the ball can bounce once but attempt finishes if it bounces twice in a row.

- 9-12 years old: Start with ball at feet and attempt finishes when ball bounces once.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz

McDonald's Skills Zone Scoring

The below scores are benchmarked per age group.
Players must reach a level across all 5 challenges to receive a certificate and relevant sticker.

	ASB First Kicks (4-6 years)	ASB Fun Football (7-8 years)	ASB Mini Football (9-12 years)
PASSING [points]	GOLD	14	18
	SILVER	9	13
	BRONZE	6	8
DRIBBLING [seconds]	GOLD	25	20
	SILVER	30	25
	BRONZE	40	30
TURNING [seconds]	GOLD	14	11
	SILVER	17	14
	BRONZE	22	18
SHOOTING [points]	GOLD	16	20
	SILVER	11	14
	BRONZE	6	10
BALL CONTROL [points]	GOLD	7	15
	SILVER	5	10
	BRONZE	3	5



McDonald's Skills Zone Score Sheet

Name:	My Attempts										Age:
	1	2	3	4	5	6	7	8	9	10	
CHALLENGE											BEST
PASSING [points]											Level:
DRIBBLING [seconds]											Level:
TURNING [seconds]											Level:
SHOOTING [points]											Level:
BALL CONTROL [points]											Level:
OVERALL LEVEL ACHIEVED (BRONZE, SILVER, GOLD)											
Coach or Parent signature:											
I confirm that has reached this level of the McDonald's Skills Zone Challenge.											



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