



M JUNIOR 
FRAMEWORK JUNIORS

GAMES & ACTIVITIES

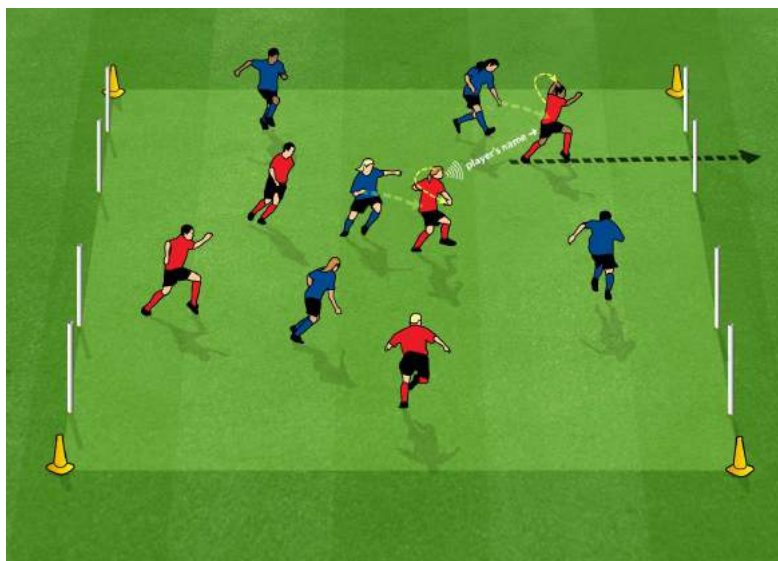

NEW ZEALAND
FOOTBALL
JUNIORS


OFFICIAL
COMMERCIAL PARTNER

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INVISIBLE FOOTBALL (GENERAL MOVEMENT)

Suitable for players aged 9-12 years



SETUP

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams and bib accordingly.
3. Place two goals at the end of the area.

HOW TO PLAY

1. Split teams into equal numbers.
2. No ball required. Players instead place their hand on their head to indicate player in possession of the ball.
3. Players pass the ball by calling a team mates name - this then transfers the ball to them. The player receiving then places their hand on their head.
4. Players are allowed to run with the ball.
5. Opponents can tackle player in possession by tagging them.
6. To score player in possession must run through the goal.

PROGRESSION

- Players have a ball each to dribble around the area but still pass by calling a team mates name

OUTCOMES

- Vision & awareness
- Decision making
- Movement to supporting player in possession
- Movement into attacking areas

DRAG RACING (GENERAL MOVEMENT)

Suitable for players aged 7-12 years



SETUP

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

- Coach can call two numbers at one time
- Players must dribble their football
- Coach can specify how to dribble (left foot, inside foot)
- Players must weave in and out of their own team players as they go down before returning to their cone
- 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.

OUTCOMES

- Accelerating, turning
- Dribbling
- Ball manipulation

SURVIVAL (GENERAL MOVEMENT)

Suitable for players aged 7-12 years



SETUP

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.
3. Play 2 minutes games to see who has the most football or race to the first team to fill all 5 cones.

PROGRESSION

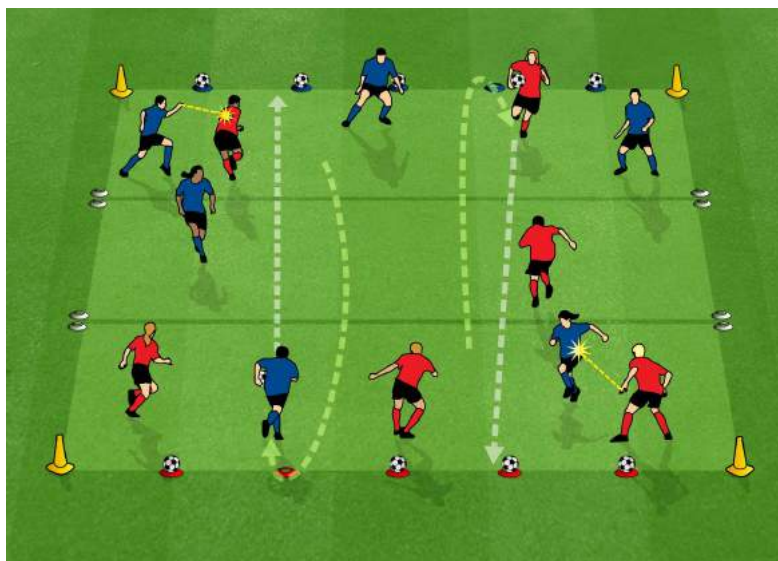
- Players must dribble the ball back to home base
- Players are allowed to tackle the opposition in the middle
- Players are allowed to pass back to team mates at their home base
- Increase or decrease the size of the area

OUTCOMES

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

CAPTURE THE FLAG (GENERAL MOVEMENT)

Suitable for players aged 7-12 years



SETUP

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

- Players can dribble the ball back to home base
- Give players defensive or attacking roles
- Players are allowed to tackle the opposition in the middle zone (third)
- Players are allowed to pass back to team mates in their home base (Defensive third)
- 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)

NETBALL TAG (GENERAL MOVEMENT)

Suitable for players aged 9-12 years



SETUP

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

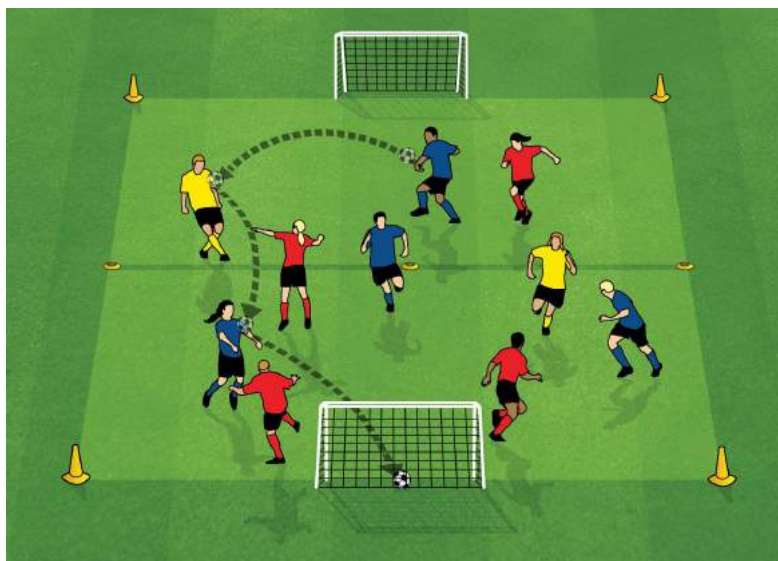
- Reduce the area size
- Add additional ball
- Constrain the dodging players to skipping, hopping etc

OUTCOMES

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

HANDBALL (GENERAL MOVEMENT)

Suitable for players aged 7-12 years



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

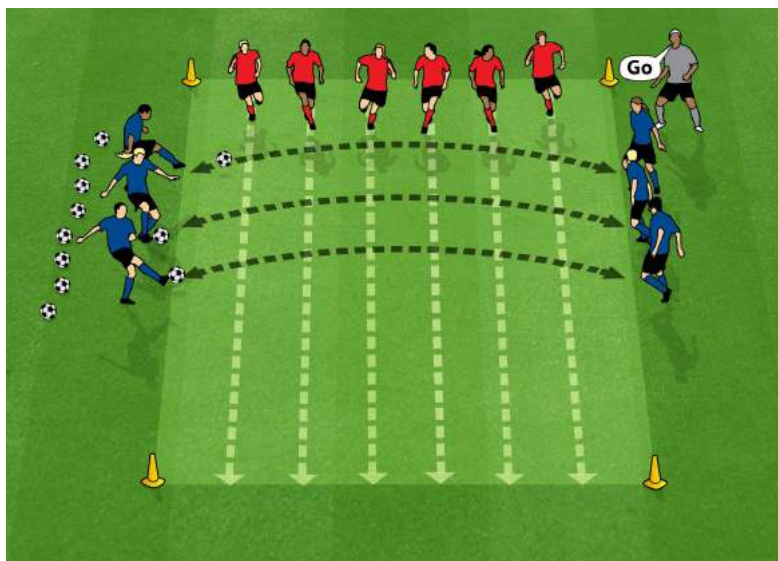
- Remove the neutral players to make the teams balanced in number
- Constrain time a player can have possession of the ball
- Players must score with a header

OUTCOMES

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

TANKS AND SOLDIERS (FOOTBALL TECHNIQUE)

Suitable for players aged 9-12 years



SETUP

1. Area of up to 30x20m. Modify area depending on the age and number of players.
2. Divide the players into 2 teams and bib accordingly.
3. Blue team (the Tanks) has players in pairs, stood facing each other on opposite sides of the area, with one ball between them.
4. Red team (the Soldiers) all stand on the outside of the area as shown below.

HOW TO PLAY

1. When coach shouts "Go", Reds aim to run to the opposite side of the area.
2. Blues pass to each other and try to hit Reds below the knee with the ball.
3. If a soldier gets hit they become a tank.

PROGRESSION

- Tanks must pass the ball with different feet
- Are becomes smaller so that the tanks are closer to the soldiers

OUTCOMES

- Passing accuracy
- 1st touch control
- Acceleration / deceleration and agility

POWER AND FINESSE (FOOTBALL TECHNIQUE)

Suitable for players aged 9-12 years



SETUP

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

PROGRESSION

- Must take one shot with left foot and 1 with right
- If a shot goes over or wide and players in jail catch it, they can join back in the shooting line
- 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

ROBOCOACH (FOOTBALL TECHNIQUE)

Suitable for players aged 4-8 years



SETUP

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. Coach aims 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 an 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

- Players must use different parts of the foot to dribble
- Players must use different parts of the foot to shoot

OUTCOMES

- Close control when dribbling
- Accuracy of passing/shooting
- Vision & Awareness

MOSQUITO (FOOTBALL TECHNIQUE)

Suitable for players aged 4-12 years



SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Two players have a ball each (Mosquitoes).
3. Extra footballs around the area to restart match.

HOW TO PLAY

1. Two "Mosquitoes" players try and bite players by hitting players below the knee with a football.
2. Mosquitoes can dribble with the football.
3. Once hit below the knee the bitten player becomes a Mosquito and must retrieve a football from the side line. They then re-join the game and try and infect other players.
4. Play 1-2 minutes rounds to see how many players they can bite.
5. Players without a ball need to avoid being bitten by running, dodging and evading the "Mosquito's" footballs.

PROGRESSION

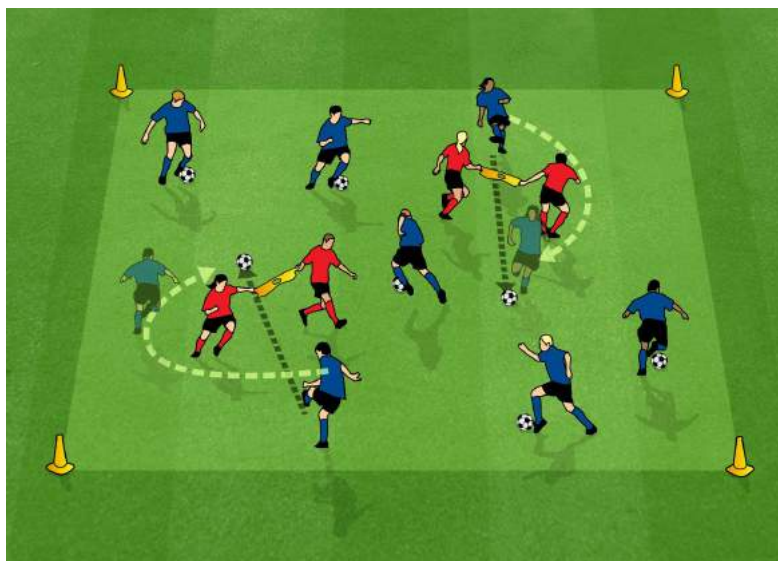
- Reduce the area size
- Constrain the dodging players to skipping, hopping etc
- Add a football for every player and Mosquitoes must hit the football to bite

OUTCOMES

- Awareness and vision of the players around
- Agility and coordination
- Dribbling skills
- Passing

MOVING GOALS (FOOTBALL TECHNIQUE)

Suitable for players aged 7-12 years



SETUP

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

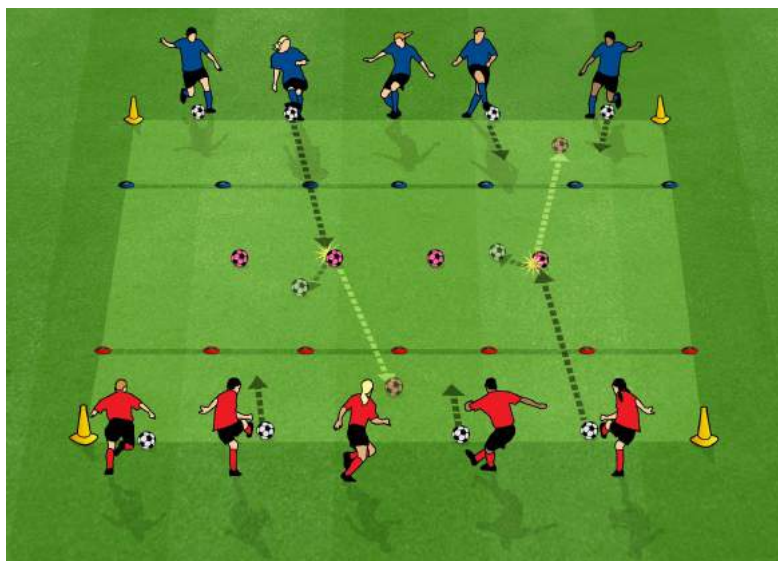
- Coach to specify which foot to pass with (left/right)
- Increase or decrease the size of the area
- Goals can defend by stopping the balls using feet

OUTCOMES

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

PINBALL (FOOTBALL TECHNIQUE)

Suitable for players aged 7-12 years



SETUP

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

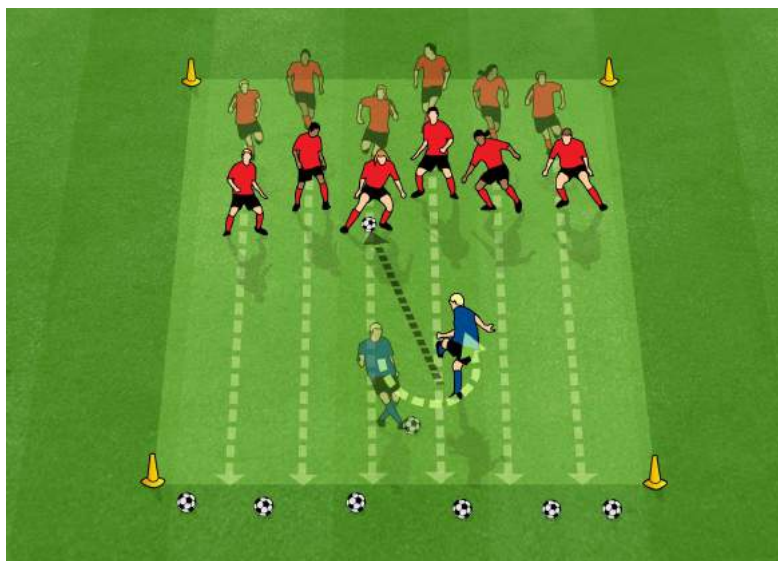
- Increase the distance between the teams
- Remove a pin ball
- Use right or left foot only

OUTCOMES

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

SPACE INVADERS (FOOTBALL TECHNIQUE)

Suitable for players aged 4-12 years



SETUP

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.
2. The Alien Invasion players must sneak up on the mother ship and freeze (with their legs shoulder width apart) when the mother ship turns around. Mother ship has 5 seconds to fire a laser (football).
 - If the laser hits an alien's legs, the alien must retrieve the ball and join the mother ships team. They get to shoot one laser (football) along with the mother ship.
 - If the laser goes between an alien's legs, 2 aliens are selected to join the mother 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

- Mother ship can move across end line to create a better angle to shoot
- Coach to specify which foot to shoot with (left/right)
- Increase or decrease the size of the area

OUTCOMES

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

RETRIEVE AND SCORE (FOOTBALL TECHNIQUE)

Suitable for players aged 7-12 years



SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Divide the players into 4 teams, bib accordingly and provide each player with a number.
3. Players line up next to their goal posts in numerical order.
4. Have footballs placed in the centre of the circle.

HOW TO PLAY

1. When coach calls a number, those players have to run around the corner cones before entering through their own space.
2. The player has to retrieve a football and score in their team goal.
3. If team scores, they receive the following points:
 - First - 5 points
 - Second - 3 points
 - Third - 2 points
 - Fourth - 1 point
 - No Goal - 0 point
4. Coach to keep score for each team.

PROGRESSION

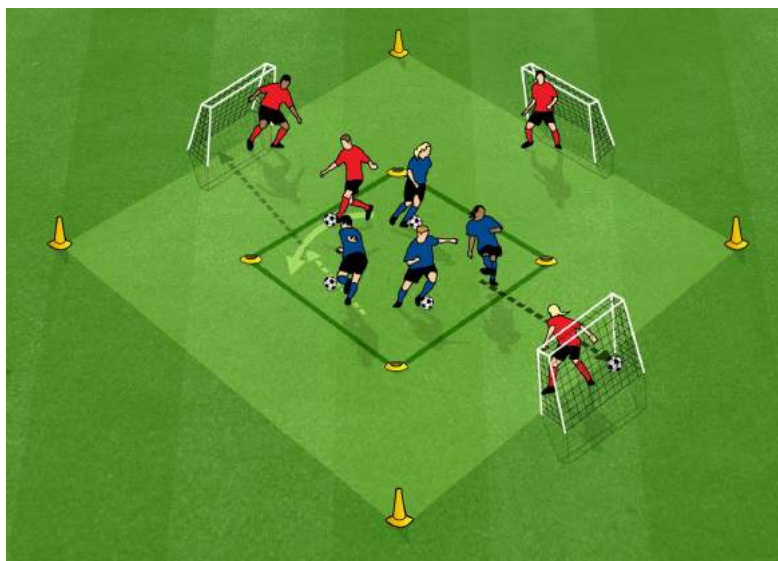
- Coach can call two numbers at one time (add more balls)
- Players may exit through any space
- Coach specify how to dribble (left foot, inside foot)
- Coach places a bib on each goal. Coach calls out a number to specify which goal to score in

OUTCOMES

- Agility and Coordination
- Acceleration
- Turning
- Dribbling and shooting skills

SHOOTING STARS (FOOTBALL TECHNIQUE)

Suitable for players aged 7-12 years



SETUP

1. Area of 20x20m with a 5x5m square in the centre. Modify area depending on the number and age of players. Three small goals on 3 sides of the area.
2. Divide the players into 2 teams and bib accordingly .
3. Reds begin with players in each goal, with the rest in the middle square. Reds in the middle square have a ball each.
4. Blues all begin inside the middle area with a ball each.

HOW TO PLAY

1. Blues have 1 minute to score as many goals as possible.
2. Reds can't tackle, rather they try to block blue players from shooting by dribbling in front of them.
3. If ball goes out, blue player retrieves ball and dribbles in from where it went out.
4. If GK saves a shot, they look to serve ball back into the square for blue to receive.
5. Blues are not allowed to shoot at the same goal twice in a row.
6. Play for 1 minute then switch roles.

PROGRESSION

- Defenders are allowed to tackle opponent – if they gain possession, dribble to cone and leave ball there
- Remove or add another goal (two or four goals)
- Shooting player can follow up shot and look to score from rebound/ save within 3 seconds
- Remove 1 or 2 balls so passes can be made to open shooting opportunities

OUTCOMES

- Shooting – power and accuracy
- Vision & Awareness – position of GK / Defender
- 1st touch control – receiving to shoot / pass / dribble

ATTACK THE BLOCK (FOOTBALL COORDINATION)

Suitable for players aged 9-12 years



SETUP

1. Area of up to 30x30m, with a smaller 5x5m box in the centre. Modify areas depending on the age & number of players.
2. Players are divided into two teams and bibbed accordingly.
3. Cones placed randomly around the larger area.
4. Blues have a ball on the inside of the area. Reds spread out on the outside of the area without a ball.
5. Bibs in the middle box.

HOW TO PLAY

1. Each Blue player (defender) pairs up with a Red player (Attacker).
2. Blues must pass ball to the Reds. Reds attempt to dribble passed Blue and around a cone or into the middle box. If the Blues win possession then the players reset and start again.
 - Red dribbles around a cone and back to the outside without being tackled = 1 point
 - Red dribbles into the middle box, picks up a bib and gets back to the outside without being tackled = 3 points
3. After 1 minute the Reds adds up their total score.
4. Teams swap roles and Blues have 1 minute to attack.

PROGRESSION

- Attackers must go around a cone before attacking the middle box
- Change to 1v1 competition – if defender wins ball, they become attacker. Players play against each other for one minute

OUTCOMES

- Vision and awareness
- Dribbling with control
- Change of pace / direction

BOWLING BALL (FOOTBALL COORDINATION)

Suitable for players aged 4-8 years



SETUP

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

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

OUTCOMES

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

SHOW ME THE MONEY (FOOTBALL COORDINATION)

Suitable for players aged 4-12 years



SETUP

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

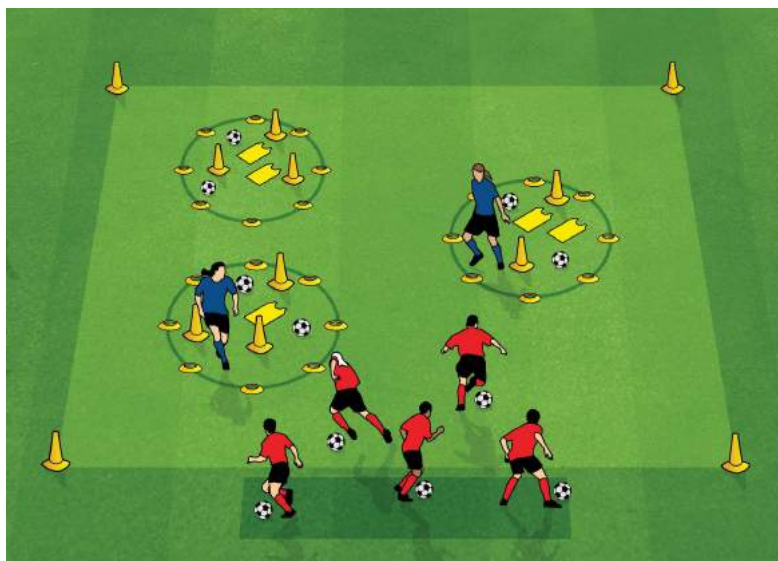
- Add one or more defenders
- Remove one or more balls so attackers can pass to help retain the ball
- Attackers have one ball between the team and attempt to keep possession through passing

OUTCOMES

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

LAND AHOY (FOOTBALL COORDINATION)

Suitable for players aged 4-12 years



SETUP

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

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

OUTCOMES

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

SNEAK AND STEAL (FOOTBALL COORDINATION)

Suitable for players aged 4-12 years



SETUP

1. Set up area 20x20m with a circle of footballs sitting on cones in the middle.
2. Divide group into four even teams, each with a "home base" in one of the four corners.
3. 1 player is the guard and stands in the middle of the circle of footballs.

HOW TO PLAY

1. First player in each team must attempt to sneak up on the guard to steal a football (without being seen).
2. Player must freeze if the guard turns towards them. If the player is seen moving by the guard he calls their name and they must return to the back of their team line.
3. Once they have reached a ball they are free to dribble back to their "home base".
4. Winning team is those with the most footballs after 2-3 minutes.

PROGRESSION

- Guard can tag players stealing the football. They must return the football to its cone
- Allow the player to pass back to "home base"
- Add a defender outside to tackle players who steal a football
- Allow all the players in the team to sneak at the same time

OUTCOMES

- Reading cues
- Dribbling and Passing
- Accelerating
- Vision and Awareness

PROTECT THE CITY (FOOTBALL COORDINATION)

Suitable for players aged 4-12 years



SETUP

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.

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

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

OUTCOMES

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

ZOMBIE APOCALYPSE (FOOTBALL COORDINATION)

Suitable for players aged 4-12 years



SETUP

1. Set up area 20x20m with 4x 1m squares in each corner.
2. Make a team of 6 zombies (Blues), 4 of which stand in each of the four corners. The other two are in the middle.
3. Reds (Humans) have a football (Brain) at their feet and are free to dribble around the square.
4. Place some coloured bibs on the edge of the area.

HOW TO PLAY

1. The two zombies in the middle must win possession of a brain and then take to one of the 4 corners.
2. The waiting zombie can then enter the game and look to steal another brain.
3. A human without a brain must collect a bib from the side of the area, becomes a zombie.
4. Who can be the last human standing?

PROGRESSION

- Humans can win back possession of their brain before the zombie gets to one of the four corners
- Zombie is allowed to pass back to the one of the four corners
- Coach to specify which foot to dribble with (left/right)
- Increase or decrease the size of the area

OUTCOMES

- Dribbling with head up
- Maintaining possession (1v1)
- Tackling and passing
- Awareness of passing angles

2 v 1 (FOOTBALL COORDINATION)

Suitable for players aged 7-12 years



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

STREET FOOTBALL (SMALL SIDED GAMES)

Suitable for players aged 4-12 years



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

ABOVE THE LINE (SMALL SIDED GAMES)

Suitable for players aged 9-12 years



SETUP

1. Set up area 30x20m. Modify area depending on the age & number of players.
2. Set up two end zones at opposite sides of the area.
3. Divide players into two teams and bib accordingly.
4. A target player from each team stands in their end zone.
5. Spare footballs placed around the outside of the area.

HOW TO PLAY

1. Team in possession (Blues) must complete one pass before they can pass to the player in their end zone. Pass must be controlled in the end zone. Once this is achieved:
 - A Red must become another target player in the Red end zone (this would result in Reds having 2 target players in their end zone and one less player than they blues in the middle area).
 - Blue target player passes to the Reds to restart the game.
2. Each team must then complete the same number of passes as the other team has players in their scoring zone (E.g red have three players in their scoring zone, blue must complete three passes before passing to their end zone.).
3. Winning team is the first team to get all the opposition players into their end zone.

PROGRESSION

- Pass into the end zone must be a first time pass
- Coach to specify which foot to pass with (left/right)
- Increase or decrease the size of the area

OUTCOMES

- Passing accuracy
- First time passes
- Receiving and Turning
- Team work / Communication

CONE GAME (SMALL SIDED GAMES)

Suitable for players aged 9-12 years



SETUP

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly (Reds / Blues).
3. Have footballs around the outside of the area to restart match quickly.
4. Have a number of tall cones at either end.
5. Place cones at each end of the area to create an end zone.

HOW TO PLAY

1. Teams score a point by passing the football and knocking a tall cone over.
2. The player who knocked over the cone, picks it up and takes it back to their own team's line. (This gives the other team a quick overload advantage).
3. At the end of the game, the team with the most cones wins.

PROGRESSION

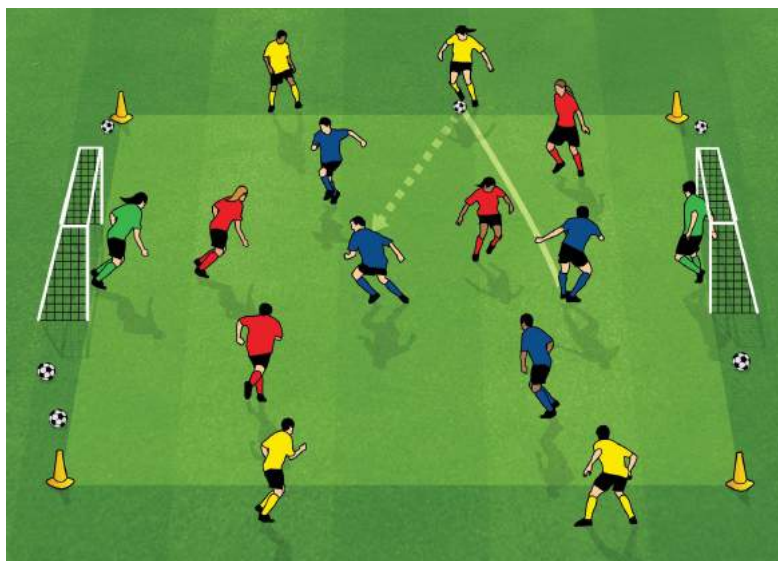
- Teams must complete a number of passes before they are able to shoot at the cones
- Play game with two footballs at one time

OUTCOMES

- Vision & Awareness
- Decision making – when to pass/when to shoot
- Supporting movement
- Passing accuracy

SUPPORTERS (SMALL SIDED GAMES)

Suitable for players aged 7-12 years



SETUP

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

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

OUTCOMES

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

SAFE ZONE (SMALL SIDED GAMES)

Suitable for players aged 9-12 years



SETUP

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly (Reds / Blues).
3. Insert a channel running across the middle of the pitch. This is the "Safe Zone".
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. One player from each team is allowed to play in the "Safe Zone". When in possession of the ball in the "Safe Zone", players can not be tackled.
3. Other players are allowed to move through the "Safe Zone" but can not receive possession of the ball in there.
4. Rotate "Safe Zone" players after a certain period of time.

PROGRESSION

- Players can be tackled in the safe zone after 5 seconds of possession
- Any player can receive the ball in the safe zone (only one player from each tem allowed in the "safe zone" at any one time)

OUTCOMES

- Receiving the ball to play forwards
- Movement to receive the ball
- Passing accuracy

WINGS (SMALL SIDED GAMES)

Suitable for players aged 9-12 years



SETUP

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

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

OUTCOMES

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

TARGET PLAYERS (SMALL SIDED GAMES)

Suitable for players aged 7-12 years



SETUP

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

- One defender is allowed to follow an attacker, once a target player has laid the ball off
- Target players are not allocated but any team player can move into the end zone at any point
- If team score a goal without using a target player = 1pt
- If team score a goal using a target player = 3pts

OUTCOMES

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



New Zealand Football would like to thank the following organisation for their invaluable support of Junior Football in New Zealand.



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