

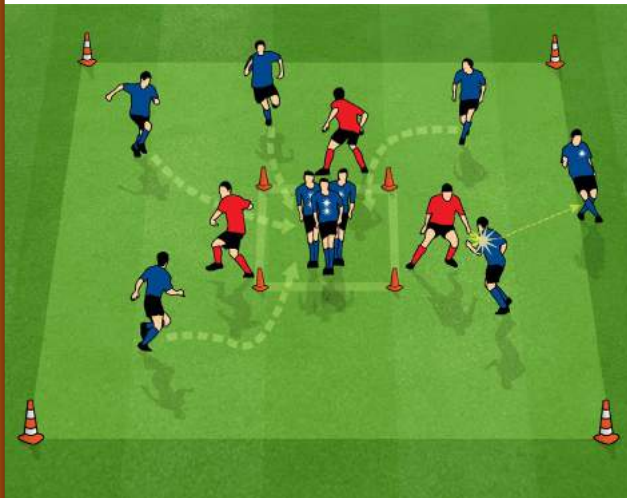
## General Movement

### ESCAPE TO VICTORY

RECOMMENDED FOR 4 - 12 YEARS

#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Have a coned area in the centre which is the prison.
3. Have a set number of players in the prison to start with and 3 guards protecting the prison.



#### HOW TO PLAY

1. In this game the objective is for the attackers to break into the prison and help the prisoners to escape.
2. Guards defending the prison try to tag attackers attempting to break in. If an attacker gets tagged they must go to the outside of the large area before trying to break in again.
3. Attackers have two lives each. If they are tagged twice they then become prisoners. If prisoners escape then they become attackers and attempt to free others.
4. If the prison guards capture all prisoners then they win the game. If all prisoners escape and break out of the overall area then they win the game.

#### PROGRESSION

- Make prison bigger or smaller
- Guards can only move sideways
- Attackers have 1 minute to get as many prisoners freed as possible
- Add a ball each for attackers and / or the Prison Guards

#### OUTCOMES

- Change of Pace / Direction
- Acceleration / Deceleration
- Dodging and deception
- Teamwork & Communication

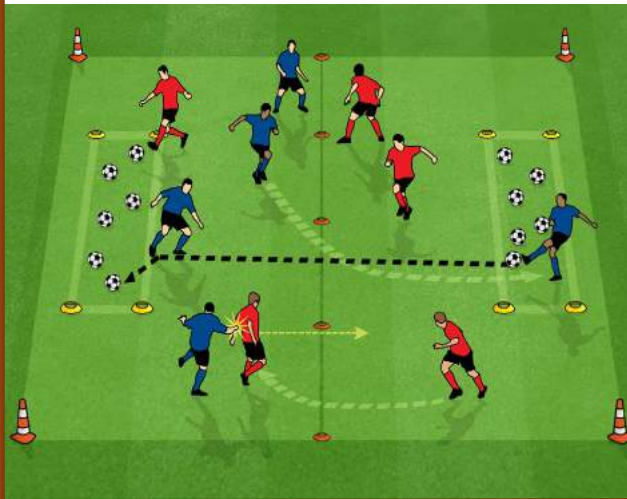
## General Movement

### TREASURE ISLAND

RECOMMENDED FOR 4 - 12 YEARS

#### SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the footballs (treasure) within the grid.
3. Split into even teams with bibs.



#### HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

#### PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing footballs back to their treasure chest

#### OUTCOMES

- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

## General Movement

### CROSSING FROGS

RECOMMENDED FOR 4 - 12 YEARS

#### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Circle in the area (pond) with cones scattered in the pond.
3. Players(Frogs) begin outside of the Pond without a ball.



#### HOW TO PLAY

1. Frogs move around the outside of the pond in direction dependant on coaches command.
2. When the coach shouts "cross the pond" Frogs must dodge the cones and get to the other side.
3. Frogs receive a point for getting across to the other side of the pond without touching a cone.

#### PROGRESSION

- Frogs asked to move backwards / sideways across the pond
- Frogs asked to jump across a number of cones in the pond
- Introduce ball for each Frog

#### OUTCOMES

- Keep their head up / Awareness
- Change of direction / pace
- Multi directional movement / Jumping



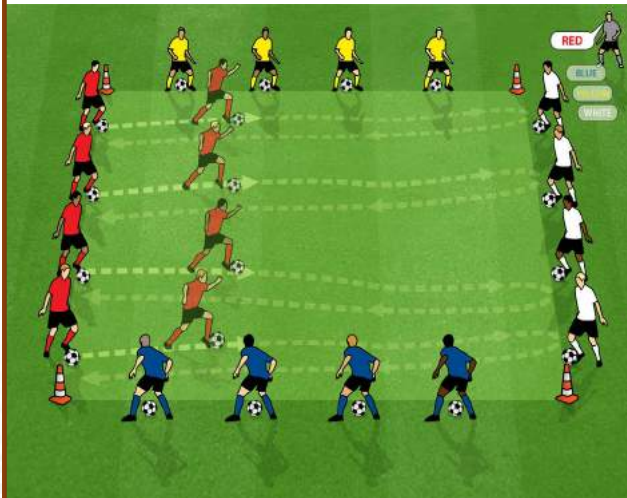
# General Movement

## CONNECT FOUR

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 4 equal teams and provide them with a team name.
3. Players to begin standing around the outside of the area.



### HOW TO PLAY

1. When coach calls out a team name they have to move to the opposite side and back.
2. Players move in different ways as instructed by the coach.

### PROGRESSION

- Introduce footballs for players to carry, throw or dribble
- Two teams are called to move at one time
- Three teams are called to move at one time
- All teams go at same time
- Players can race against each other

### OUTCOMES

- Keeping their head up / Vision
- Dribbling in tight spaces
- Spatial awareness



## General Movement

### SLIP THROUGH THE NET

RECOMMENDED FOR 4 - 12 YEARS

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split area into thirds.
3. Group divided into 3 teams, bibbed in a different colour.
4. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
5. Nets must be paired together, with each player only allowed to face in one direction only.



#### HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

#### PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

#### OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

## General Movement

### ESCAPE THE DRAGONS

RECOMMENDED FOR 7 - 12 YEARS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.



#### HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

#### PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Footballs) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

#### OUTCOMES

- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

# General Movement

## THE DESTROYER

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Group is split into 4 equal teams.
3. Split area into 4 sections and place an equal number of tall cones in each square. (Tall Cones could be substituted for balls on cones).



### HOW TO PLAY

1. Players move around their areas in ways dictated by the coach.
2. When the coach shouts "Send in the Destroyer", one person from each team moves in a clockwise direction into the next square. The destroyer tries to knock down as many cones as possible whilst the remaining team members stand them back up. Players are not allowed to obstruct destroyers from knocking their cones down.
3. Destroyers have 20 seconds to knock down as many cones as possible. The team with the least cones destroyed wins.

### PROGRESSION

- Alternate the square that Destroyers visit – clockwise, anti-clockwise, diagonal
- Destroyers have a ball and they have to knock cones down by passing

### OUTCOMES

- Fundamental Movement
- Change of pace / direction
- Passing accuracy



## General Movement

### STAR WARS

RECOMMENDED FOR 7 - 12 YEARS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 2 teams equal teams, the "Jedis" and the "Storm troopers". Teams have different coloured bibs.
3. Storm Troopers on the outside of the area and the Jedis inside.
4. Storm Troopers with a ball each.



#### HOW TO PLAY

1. Teams inside the area nominate a player to be the Jedi Master without any other teams knowing who it is.
2. Jedis move around as they wish. Storm Troopers try to shoot the Jedis by passing the ball and hitting them below the knee. If Jedis get hit, they must freeze on the spot.
3. Frozen Jedis can only be freed if they are tagged by the Jedi Master. If the Jedi Master gets hit, then other players can't be freed.
4. How many players can be frozen in 30 secs / 1 minute.
5. Change over teams. Instead of having a Jedi Master, the Storm Troopers have "Darth Vader" who performs the same role.

#### PROGRESSION

- Allow 2 Jedi Masters
- Storm Troopers can only use weaker foot

#### OUTCOMES

- Fundamental Movement – Dodging, Jumping etc
- Change of direction / speed
- Passing accuracy
- Weight of Pass

## General Movement

### ZOO ESCAPE

RECOMMENDED FOR 7 - 12 YEARS

#### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Set up 8 Zoo Gates, 2 on every side of the Zoo.
3. Animals in Red are in the Zoo Park, with each of the 4 Blue Zookeepers standing next to a pair Zoo Gates.



#### HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

#### PROGRESSION

- Introduce ball each for animals to have in hands / at feet
- Introduce ball each for Zookeeper to have at feet
- Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead (Vision & Awareness)

#### OUTCOMES

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration

# General Movement

## COMPASS RACE

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 outside lines to be set out using different coloured cones.
3. Players in the square with a ball each.



### HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks.
2. When coach calls out a colour, players must dribble their ball to that colour line.
3. Players then continue to dribble around area.

### PROGRESSION

- Award points for the first 5 players to get to the line.
- Coach calls another colour when players are on their way to a line (encourage turning).
- Add in a defender to guard a line.
- Players are not allowed to use the same turn twice in a row.

### OUTCOMES

- Control the ball in the direction of a line or away from defenders
- Practicing lots of different turns
- Awareness of space to attack into

# General Movement

## DOMES & DISHES

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers.
3. Each player is given 1 cone each (all same colour).
4. Players are asked to find a space in the square and place their cone on the floor. One team places cone on floor as a "Dome" and the other team place cone upside down as a "Dish".



### HOW TO PLAY

1. Teams have 1 minute to turn as many cones into either Domes or Dishes (which ever their team represents).
2. After 1 minute, coach counts the amount of Domes / Dishes and award a winner.

### PROGRESSION

- Encourage players to try different movements by creating new rules. E.g running backwards / side stepping between cones / jumping over cones before turning them over.
- Introduce a ball for each player to dribble.

### OUTCOMES

- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

# General Movement

## TAGS & TRICKS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 squares (3x3m) in each corner of the square. Each square has a specific challenge .
3. 2 teams of equal numbers (red and blue) plus one team of two chasers (yellow).



### HOW TO PLAY

1. Yellow team chase first. When they tag a Red / Blue they must tell the player which corner square to enter and perform challenge.
2. After player performs challenge they are allowed back into the main area.
3. If all players from red team are performing challenges in corner squares, blues win (and vice versa).

### PROGRESSION

- Increase number of players in chasing team.
- Increase difficulty of challenges performed in corner squares.
- Introduce a ball for players in the main area.

### OUTCOMES

- Encourages players to be comfortable on the ball
- Develops spatial awareness
- Develops balance



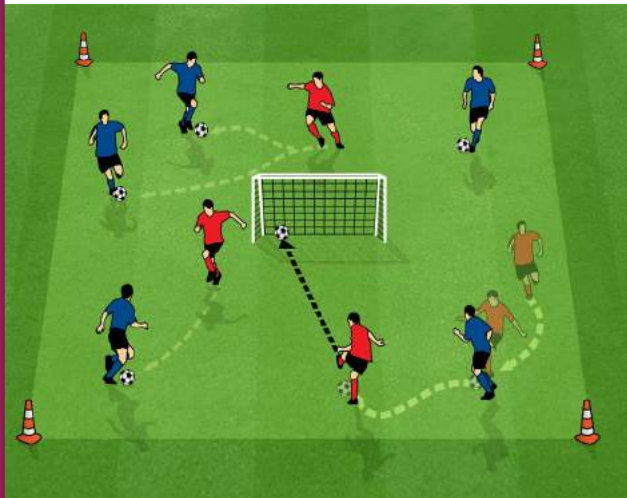
# Football Coordination

## BEE KEEPERS

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. All players with a ball each and the same colour bib – these are the “Bees” and the ball is their honey. There are also 3 players in a different colour with out a ball – these are “Bee Keepers”.
3. Have a goal in the centre of the area – this is the Honey Pot.



### HOW TO PLAY

1. Bees dribble their ball (honey) around the area. The Bee Keepers try to steal the honey from the Bees and put it in the Honey Pot (kick it in the goal).
2. Once a Bee loses their honey, then they become a Bee Keeper.
3. At the end of 1 minute, the Bees with honey are the winners.

### PROGRESSION

- Have an allotted time for the Bee Keepers to get the honey in the Honey Pot once they have stolen it
- Bees without honey are allowed to help other Bees
- Bee Keepers have a competition between each other to see how much honey they can steal

### OUTCOMES

- Dribbling / Movement of ball
- Vision & Awareness
- Shielding / Use of Body
- Defending – Winning the Ball

# Football Coordination

## ZOMBIE LAND

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Have smaller 5x5m square in the middle – this is “Zombie land”.
3. Coach begins as a Zombie, without a ball inside “Zombie land”.
4. All other players (“Humans”) are outside of the area with a ball each.



### HOW TO PLAY

1. The Humans must try to dribble through zombie land without getting tagged (bitten) by the Zombie. Zombies are only allowed to move slowly.
2. If they get bitten by the zombie then they become one inside the smaller square.
3. Every successful trip through Zombie land gets a Human 1 point. 5pts means that a human can turn a Zombie back into a Human.
4. The only person that must remain a Zombie is the Coach.

### PROGRESSION

- Start game with more zombies inside Zombie Land
- Zombies are allowed to move quicker
- A Zombie is allowed to live outside Zombie Land

### OUTCOMES

- Dribbling with close control
- Vision & Awareness
- Change of direction & speed
- Team Work

# Football Coordination

## GATE KEEPERS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.
3. All players in Red have a ball each. 2 or 3 players in Blue are without a ball (Gate Keepers). Or the Coach can be the Gate Keeper.
4. Place 4 Goals around the outside of the area.



### HOW TO PLAY

1. Reds dribble through the Gates and get a point each time they do.
2. Gate Keepers stop the reds from dribbling through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each player wins.
4. Switch team roles.

### PROGRESSION

- Increase / decrease the number of gates
- Increase / decrease the number of Gate Keepers
- Gate Keepers are allowed to win the ball. If they do, they are allowed to score in one of the goals, resulting in the attackers score reducing to zero

### OUTCOMES

- Dribbling with low centre of gravity
- Change of pace & direction
- Awareness – keep head up to know which gates are free

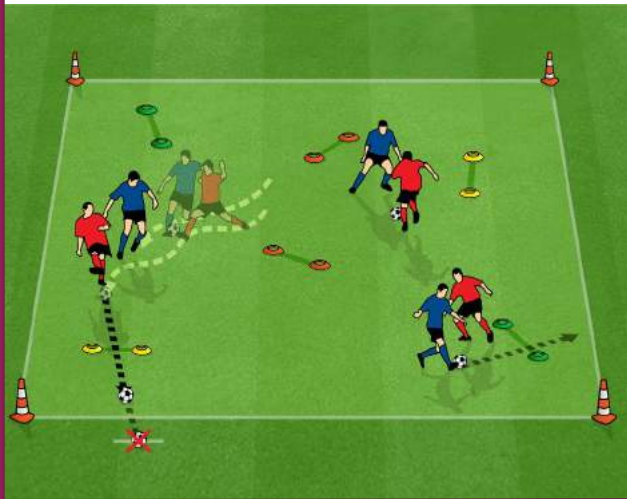
# Football Coordination

## 1 v 1 MULTI GOALS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.
4. Place different coloured gates around the area.



### HOW TO PLAY

1. Players all play in a 1v1 against each other.
2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.
4. Play for a set time or play till someone gets a set amount of goals.

### PROGRESSION

- Players can only score through certain colour gates
- If the ball goes out of play the opponent has a free shot
- Different colours of gates are worth different points

### OUTCOMES

- Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
- Use of body to shield ball
- 1v1 fakes and turns
- Dribbling

# Football Coordination

## HUNTING TIME

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Two teams of equal numbers. Individual players are allocated a number on each team.
3. Each player has a ball.
4. Split pitch into two halves, marked by cones.



### HOW TO PLAY

1. Players will be dribbling their ball until the coach calls out a number.
2. When a number gets called that player must leave their ball, go into the opposition area and try to get as many footballs off the opposition as possible. When they get one of the opposition balls they try to score in one of the goals.
3. Whoever scores the most goals in a minute wins a point for their team.
4. Players then go back into their own half and the game restarts

### PROGRESSION

- Have two numbers called out at once so they work as a team
- First player to score wins an additional point for their team

### OUTCOMES

- Dribbling – change of direction / speed
- Closing down players / winning possession
- Team work
- Defending in pairs



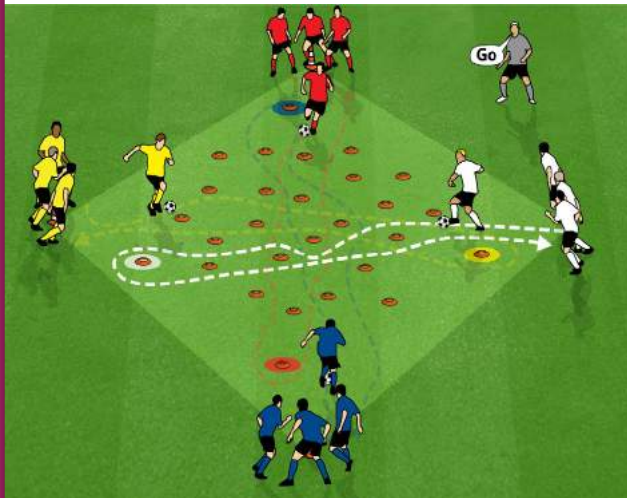
# Football Coordination

## MINEFIELD RELAY

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 25 x 25m is the Mine Field. Modify area depending on the number and age of players.
2. Split into teams of equal numbers. Try to ensure that teams are of no more than 4 players.
3. Cones place randomly in the middle of the area. These are the Mines.
4. Teams begin the activity in each corner of the Mine Field.



### HOW TO PLAY

1. When coach says "Go", the first player dribbles through the minefield, around the furthest cone and back to their corner.
2. Once they get back they tag their next player.
3. Next player repeats the dribble across the minefield.
4. First team to get all players through the minefield and back wins.
5. If a player or their ball hits a mine then they have to start again.
6. Teams then rotate around to the next starting position

### PROGRESSION

- Dribble with Right / Left foot only
- Introduce more mines in the minefield
- Players have to cross the minefield twice to complete

### OUTCOMES

- Dribbling with Close control
- Speed of dribble – when to go quicker and when to slow down
- Team work

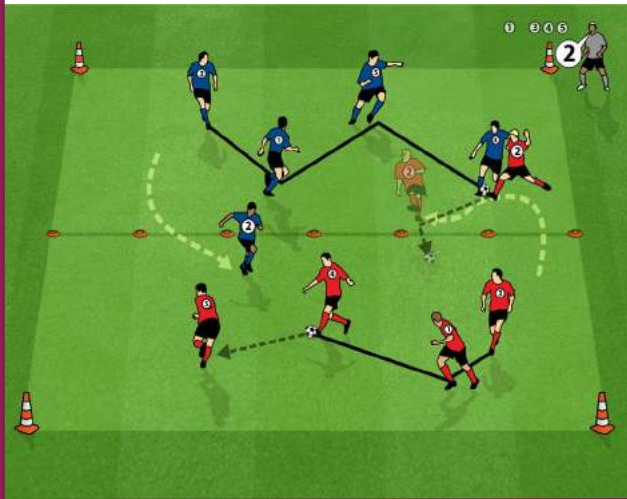
# Football Coordination

## STEAL

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.



### HOW TO PLAY

1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the "Snatcher", entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their "Snatcher" touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

### PROGRESSION

- Limit number of touches for the passers
- Send two "Snatchers" in

### OUTCOMES

- Defending – closing down opposition
- Passing accuracy, angle and weight
- Decision Making - pass to feet or space
- Movement after a pass has been played

# Football Coordination

## MAGIC MIRRORS

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are given a number each for each team.



### HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

### PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

### OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

# Football Coordination

## RUNAWAY TRUCKS

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".



### HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
  - "Green Light" – Player begins to move
  - "Red Light" – Player stops
  - "1st Gear" – Player dribbles ball at slow pace
  - "2nd Gear" – Player dribbles ball at medium pace
  - "3rd Gear" – Player dribbles ball at fast pace
  - "U-Turn" – Player performs turn to face opposite way
  - "Somebody's in the way!" – Players make beeping noise

### PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure

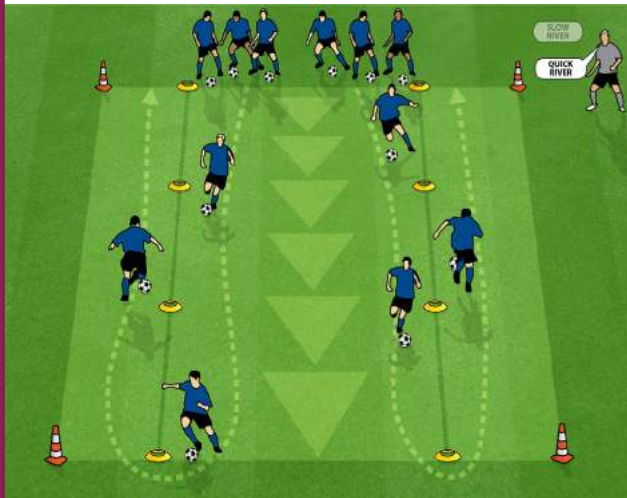
# Football Coordination

## RIVER RIDE

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 10 x 20m is the River (4 cones placed 5m apart on each side).  
Modify area depending on the number and age of players.
2. All players have a ball (boat) each and line up at one end of the river.



### HOW TO PLAY

1. Players are to move their ball (boat) to the other end of the river, turn and travel down the outside on the riverbank.
2. Once the first player gets to the first set of cones then the next player moves down the river.
3. Coach indicates whether the river is flowing quick or slow. If quick players travel down more quickly with few touches. If slow they travel down slowly with lots of touches of the ball.

### PROGRESSION

- Two lines of players flow diagonally from side to side down the river.
- Three lines of players.
  - Two lines of players flow diagonally, one flows straight.

### OUTCOMES

- Dribbling with different parts of both feet (close control)
- Practicing turning in multiple directions
- Keeping head up for awareness of space and other players whilst turning



# Football Technique

## SHADOW SHOOTING

RECOMMENDED FOR 7 - 12 YEARS

### 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

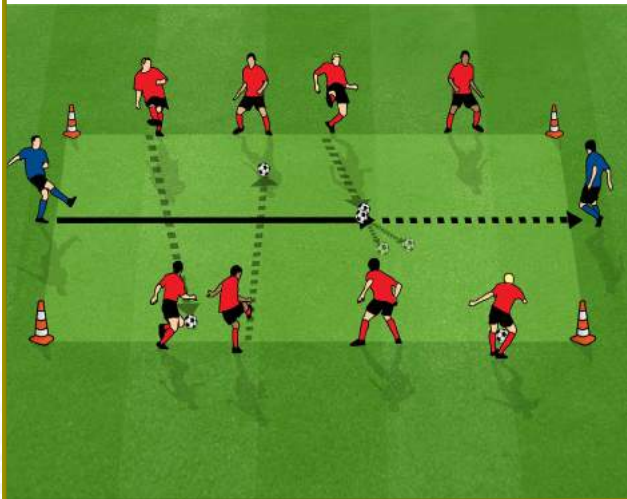
# Football Technique

## TORPEDOES

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 10 x 20m. This is "The Sea". Modify area depending on the number and age of players.
2. Players (Patrol Boats) are in pairs, with one ball (Missile) between two. Players are line up on opposite sides of the sea.
3. One pair of "Destroyer Boats" start at the narrow ends of the sea with a ball (Torpedo).



### HOW TO PLAY

1. Destroyer Boats send their torpedo (pass their ball) to each other with each successful pass resulting in a point.
2. Patrol Boats fire their missile (pass their ball) at the Destroyer Boat's torpedo whilst it is in the sea. If they successfully hit the torpedo then they become the Destroyer boats.
3. The Pair of destroyer boats that completes the most passes wins.

### PROGRESSION

- Players must use their right / left foot
- Destroyer boats must complete two successful Torpedo launches to get a point

### OUTCOMES

- Surface of Football use for the Pass
- Weight / Accuracy of passing
- Receiving the Ball

# Football Technique

## CATCH ME IF YOU CAN

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Players are split into 4 teams. 3 of the teams have a ball for each player (Robbers).
3. 4th team without ball start 5m behind other players (Cops).



### HOW TO PLAY

1. When coach shouts "go" the robbers have to get to the other side without getting caught by the cops.
2. If robbers are caught they become cops and must try and catch robbers on a different team to theirs.
3. Next round starts from the opposite end.
4. Team with the last robber left wins.

### PROGRESSION

- Bring in a ball each for cops
- Cops begin 3m away from the robbers
- Cops begin 2m away from the robbers

### OUTCOMES

- Vision / Keeping head up
- Dribbling
- Acceleration

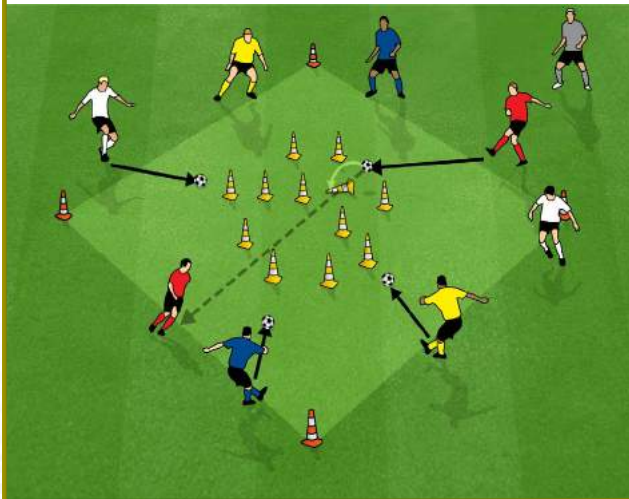
# Football Technique

## SITTING DUCKS

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Have tall cones placed in the centre of the area (could use footballs on top of flat cones if necessary).
3. Players are in pairs facing each other on opposite sides of the area.
4. One ball between two players.



### HOW TO PLAY

1. Pairs take it in turns to try and pass the ball and hit the cones over.
2. A point is awarded to their team for every cone that they knock down.
3. Their partner should position themselves across from partner to retrieve the ball so they can get next shot.
4. Play continues till all the cones are knocked down.
5. Team who knocked over the most cones wins.

### PROGRESSION

- Use right / left foot only
- Players have to dribble around outside of the area until the coach shouts "shoot"
- Use different coloured cones that may be worth more points if knocked over

### OUTCOMES

- Shooting accuracy
- Type of shot – laces for power / inside of foot for accuracy
- Team Work
- Receiving the Ball

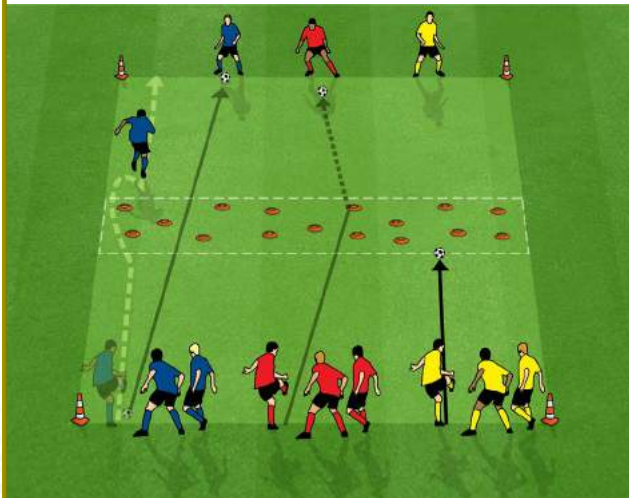
# Football Technique

## CROSSING THE MINEFIELD

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m (minefield). Modify area depending on the number and age of players.
2. Cones (Mines) are placed randomly in the minefield.
3. Group is split into 3 teams.
4. One team player is on one side of minefield, with team mates at the opposite side.
5. Balls starts with the group of team mates.



### HOW TO PLAY

1. Each team player tries to pass their football through the minefield with out touching any mines. Passes must be made along the floor. If the ball hits a mine they must try again.
2. After a successful pass, players must run and jump over the minefield.
3. First team to successfully get all of their players across the minefield wins.

### PROGRESSION

- Pass with left/right foot only
- Pass with inside/ outside / laces / back heel
- Teams must all cross the minefield twice

### OUTCOMES

- Passing accuracy
- Fundamental movements - jumping, running etc
- Weight of Pass



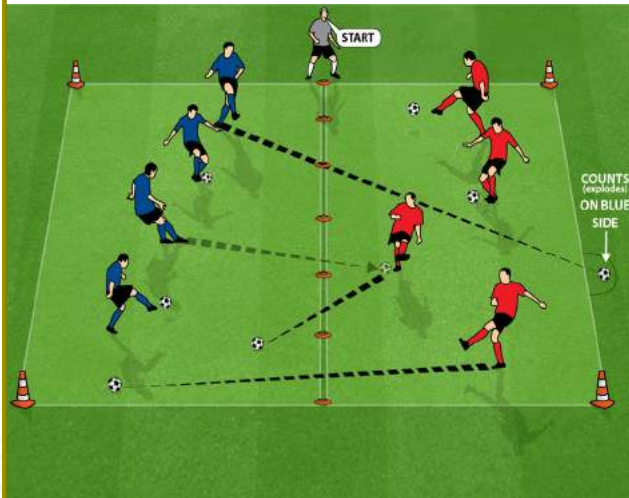
# Football Technique

## TICKING TIME BOMB

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split the group into 2 equal teams and bib accordingly.
3. Divide the area into 2 areas of the same size, with one team allocated an area each.
4. Each player has a ball (bomb) each and must remain in their team area.



### HOW TO PLAY

1. On the coaches call, players pass the ball from their area to the opposing area.
2. The ball must stop in the opponents area for it to count – if it goes out of the area it counts as a bomb against the team passing.
3. The ball must come to a stop before a team is allowed to pass it back.
4. The idea of the game is to clear your team's area of as many bombs as possible.
5. Game is stopped after 1 minute and the number of bombs are counted (explode).

### PROGRESSION

- Only allowed to use right / left foot
- Players can pass moving bomb back with a maximum of two touches
- Players are allowed to pass moving bomb back with a maximum of one touch

### OUTCOMES

- Passing accuracy
- Weight of Pass
- Team Tactics

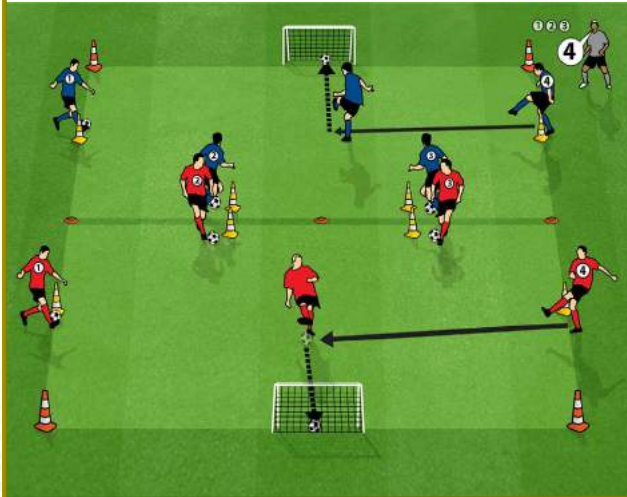
# Football Technique

## RAPID FIRE

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split into two teams of equal numbers. Each cone has a server with a ball who has been allocated an individual number.
3. Striker stands in the middle of his teams area without a ball.



### HOW TO PLAY

1. Coach calls out a number. That number server passes a ball to the striker.
2. Striker then shoots at goal, before the coach calls an alternative number.
3. Striker scores as many goals as possible in 4 shots.
4. Players rotate so that each get a go at being the striker.

### PROGRESSION

- Servers are asked to vary the delivery – some along floor / some in air etc
- Strikers must shoot within 3 touches of the ball
- Strikers receive additional points for scoring with 1st time finishes

### OUTCOMES

- Shooting accuracy
- Receiving the ball to shoot
- Quick reaction to number calling

# Football Technique

## 4 SQUARES

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 30 x 30m, split into 4 quarters. Modify area depending on the number and age of players.
2. Group divided into 4 teams who start in their own quarter.
3. One ball between each group.
4. 4 goals placed as shown below.



### HOW TO PLAY

1. Players pass the ball about their area.
2. When coach calls a number, player carries out the following tasks:
  - "1" – Whole group moves in a clockwise direction to the next square
  - "2" – Whole group moves in an anti clockwise direction to the next square

### PROGRESSION

- "3" – group passes ball in a clockwise direction to the next square
- "4" – group passes ball in an anti clockwise direction to the next square
- "5" – group passes ball in a diagonal direction to the next square
- "6" – Players play a 3v3 against the team on their half of the pitch (2 footballs)

### OUTCOMES

- Passing accuracy
- Movement to receive
- Vision & Awareness

# Football Technique

## KINGPIN

RECOMMENDED FOR 9 - 12 YEARS

### SETUP

1. Area of up to 20 x 30m. Modify area depending on the number and age of players.
2. Split into 2 teams of equal numbers.
3. Divide the pitch in half – teams are to remain in their own half.
4. Players have a ball each.
5. Tall cones (skittles) are to be randomly placed on both halves of the area.



### HOW TO PLAY

1. When coach shouts "Go", teams have to try and hit the opponents Skittles over, whilst also defending their own. 1pt for each skittle knocked over. Footballs are not allowed to go out of the overall area.
2. Balls that get passed into your own area by opponents can be used to shoot again.
3. Skittles are to be picked up by a defender as soon as they have been knocked over. (Introduce point penalties if they are not picked up quickly enough)
4. The team who has knocked down most cones within the time limit allowed wins.

### PROGRESSION

- Players are only allowed to have a maximum of 3 touches of the ball each time
- One team player is allowed to transfer to opponents area to rebound shots at skittles

### OUTCOMES

- Shooting accuracy
- Choice of shot – laces for power / inside for the accuracy
- Predicting shots when defending
- Vision & Awareness

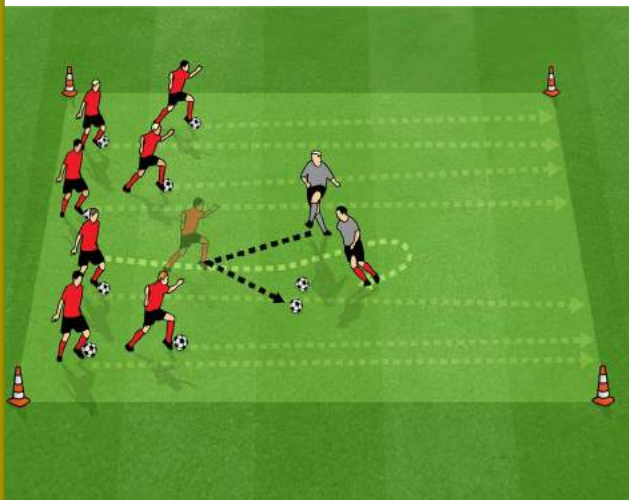
# Football Technique

## FISHY, FISHY, FISHY

RECOMMENDED FOR 4 - 12 YEARS

### SETUP

1. Area of up to 20 x 15m. Modify area depending on the number and age of players.
2. Players (fish) are gathered at shallow end of the sea (end of playing area) with or without a ball.
3. The coach (shark) stands in the deep part of the sea (middle of playing area) with a ball.



### HOW TO PLAY

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea".
2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim (run or dribble) to the opposite shallow end of the sea.
3. Sharks try to "eat" the fish by passing their ball and hitting player's below the knee or the player's football.
4. If fish is "eaten", they become a shark. The last fish swimming is the winner.

### PROGRESSION

- Put fish in pairs with one ball between them. Fish must pass the ball to each other 3 times whilst swimming to other side.

### OUTCOMES

- Dribbling under close control whilst using different parts of the foot
- Ability to change speed with the ball
- Ability to use different fakes / turns to disguise



# Football Technique

## FIRST TO FIRE

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal. 2 orange cones (5m apart) in front of coach with 2 footballs in between.
3. All players are numbered on each team.



### HOW TO PLAY

1. Players perform movements on line as requested by coach (jog on spot, star jumps etc).
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.
4. Total team points score is kept by coach.

### PROGRESSION

- Place cones in the goal – if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- Decrease to 1 ball – both players will then need to compete for the one ball.

### OUTCOMES

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics

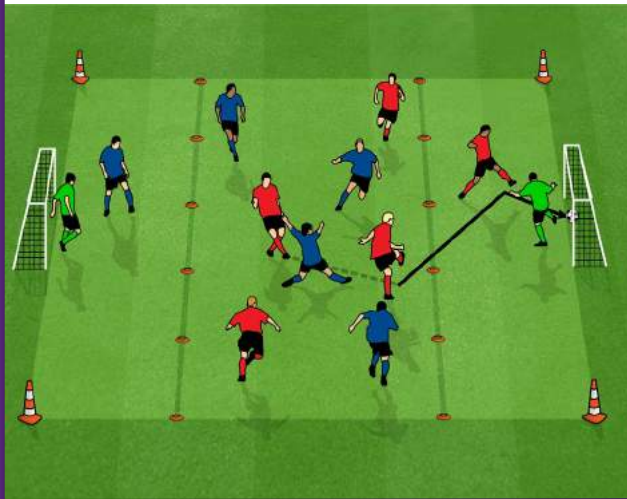
## Small Sided Games

### SHARP SHOOTER

RECOMMENDED FOR 9 - 12 YEARS

#### SETUP

1. Area of approximately 45 x 30m. Modify area depending on the number and age of players. Split the pitch into 3 areas as shown below.
2. Two teams of equal numbers, all starting in the middle area. Except for a striker on each team who starts in the attacking third.
3. Footballs around the area to restart match.



#### HOW TO PLAY

1. Each team has to pass ball into striker in the attacking third.
2. Only the striker in attacking third can score for the team in a 1v1 with the GK.
3. Rotate striker on a regular basis.

#### PROGRESSION

- Striker has a time limit to score when they receive ball
- One defender can challenge attacker when the ball is played into attacking third
- Another attacker can join striker when ball is passed into attacking third
- Players in middle third must make a number of passes before passing into attacking third

#### OUTCOMES

- Vision and awareness
- Movement to receive the ball
- 1v1 Shooting – where to shoot in relation to the GK

# Small Sided Games

## 10 GOAL CHALLENGE

RECOMMENDED FOR 11 - 12 YEARS

### SETUP

1. Area of up to 30 x 30m. Modify area depending on the number and age of players.
2. Divide the players into 3 teams of equal numbers (GK are optional).
3. Have football around the area to restart match.
4. Set up are as shown below, with a dribbling circuit in the smaller area and a small sided game in the other.



### HOW TO PLAY

1. One team will be dribbling through the cones and trying to score against a Goalkeeper whilst the other two teams will be playing a Small Sided Game (SSG).
2. The dribbling team sets the time duration for the SSG. The game begins when they start dribbling and finish when they score 10 goals.
3. The score of the SSG is taken when 10 goals have been scored.
4. Teams rotate so that everyone has taken part in the dribbling challenge.

### PROGRESSION

- Introduce GK on the dribbling challenge
- Need to score with a first time finish in the SSG

### OUTCOMES

- First Time Shooting
- Close control when Dribbling
- Passing & Movement

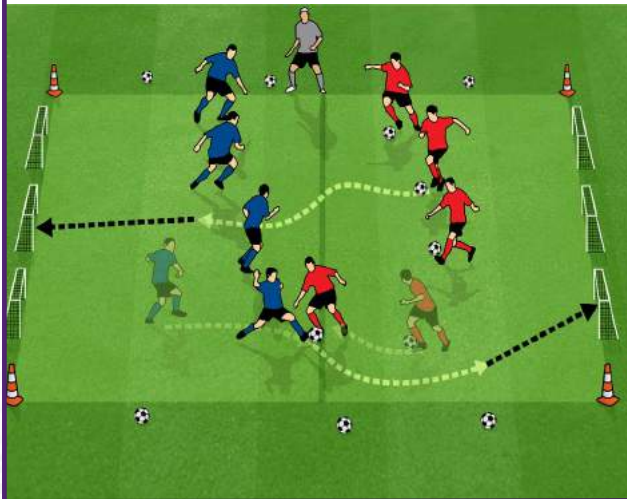
## Small Sided Games

### MULTI BALL

RECOMMENDED FOR 7 - 12 YEARS

#### SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place an equal number of goals at opposite sides of the area.
3. Split into 2 teams of equal numbers.
4. Have footballs around the area to restart match.



#### HOW TO PLAY

1. One team will start with all players having a ball each on their side of the area.
2. They are able to attack the opposite team and they can score any of the opponents goal they wish.
3. If the defenders win possession of the ball, they are allowed to attack the opponents goals.

#### PROGRESSION

- Remove a football to create the possibility for 2v1s
- Introduce floater players that play for both teams

#### OUTCOMES

- Dribbling – Use of Body
- Dribbling – Close Control with Head Up
- Decision Making – when to pass / when to dribble / when to shoot

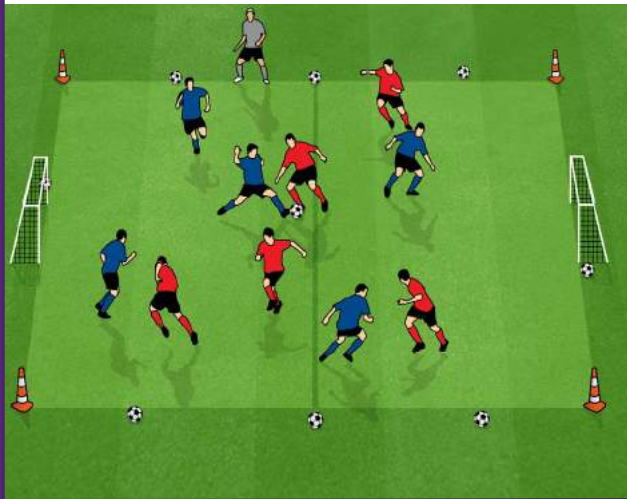
# Small Sided Games

## FIRST TIME FINISH

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place a goal at opposite sides of the area.
3. Split into 2 teams of equal numbers.
4. Have footballs around the area to restart match.



### HOW TO PLAY

1. Two teams take part in a regular Small Sided Game, scoring in the goals they are attacking.
2. Attackers are given more goals if they score with a first time finish.
3. When a team scores, they retreat, allowing the opposition to start play from the goal line.
4. There are no throw ins, rather the ball is passed in.

### PROGRESSION

- Introduce GK (defenders) who are able to try and guard the Goals
- Award more goals for a first time finish

### OUTCOMES

- Dribbling and changing direction with the head up
- Passing – weight of pass
- Shooting – 1st time finishing / Timing of shot



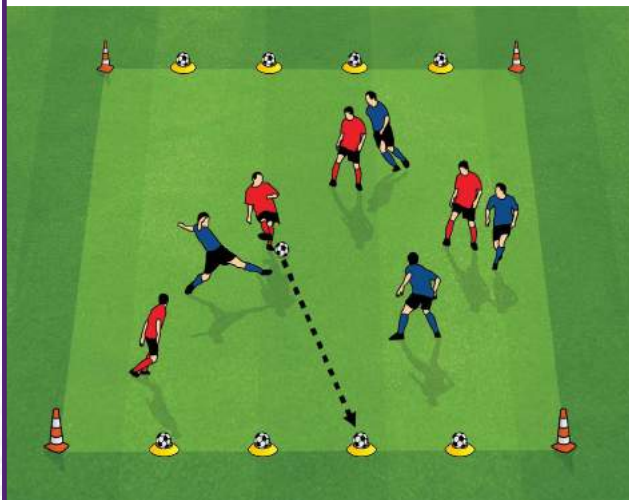
## Small Sided Games

### HIT THE TARGET

RECOMMENDED FOR 4 - 12 YEARS

#### SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have football around the area to restart match.
4. Place 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 match starts again

#### PROGRESSION

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

#### OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot

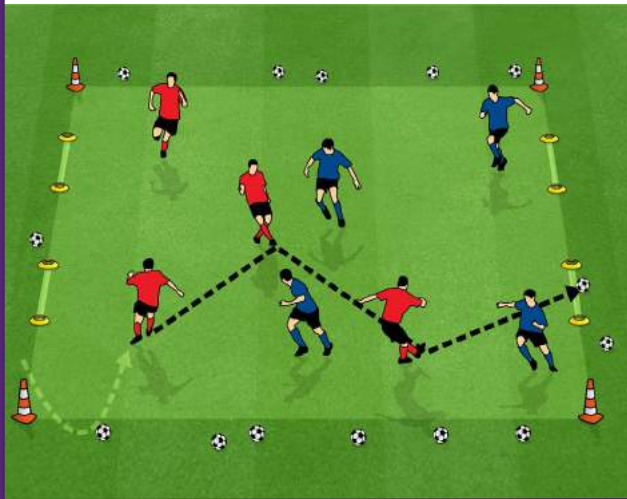
# Small Sided Games

## 2 GOAL CHANGEOVER

RECOMMENDED FOR 7 - 12 YEARS

### SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Use extra cones to create 2 goals at each end of the area. Assign each team a goal line / pair of goals to attack.
3. Place as many balls as possible around the area for fast re-starts.



### HOW TO PLAY

1. Teams score by dribbling or passing the ball through the two goals they are attacking.
2. When a team scores, they retreat, allowing the opposition to start play from the goal line.
3. There are no throw ins, rather the ball is passed in.
4. If coach shouts "change" teams attack the opposite end to the one currently attacking – do this frequently (once or twice a minute).

### PROGRESSION

- Players can only use their non-dominant foot to turn.
- Specify the number of players that have to touch the ball before a 'goal' is scored.

### OUTCOMES

- Selection of turns
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

## Small Sided Games

### ROUND THE GOAL

RECOMMENDED FOR 9 - 12 YEARS

#### SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Divide the players into two teams with bibs.
3. Have footballs around the area ready to restart match.



#### HOW TO PLAY

1. In this game players score by passing / shooting in opponents goal.
2. There are no throw ins, instead the ball is kicked in.
3. When coach calls "Round the Goal", whoever is in possession stops ball. Both teams run around the back of the goal they are attacking and back onto field of play. First player to get to the ball continues the game, with the teams now attacking in the opposite direction.

#### PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch.
- Introduce Goalkeepers.

#### OUTCOMES

- Awareness of other players
- Passing over short distances
- Dribbling under control using different parts of the foot