



STAGE 3
ASB Mini Football
(9-10 years)
GAMES & ACTIVITIES

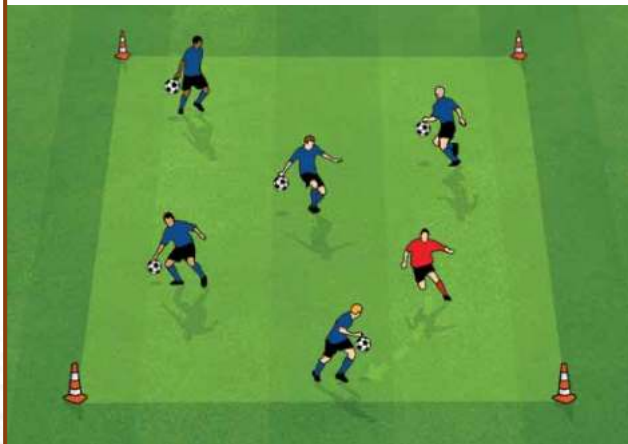




BASKETBALL TAG (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. All players start inside the area with a ball each, except for the 'tagger', who starts inside the area but has no ball



HOW TO PLAY

1. All players move around the area bouncing a ball
2. The 'tagger' tries to knock the ball away from the other players
3. If a player loses control of their ball or has it knocked away by the 'tagger', they give their ball to the 'tagger' and become the new 'tagger'

PROGRESSION

- BASIC:
- Increase the number of 'taggers'
 - Make the area smaller

OUTCOMES

- Increase spatial awareness and movement into space
- Develops hand eye coordination, change of speed, change of direction, agility



FIRST TO SCORE (FOOTBALL COORDINATION)

SETUP

1. Set up a goal or two cones if a goal is not available. One player stands next to each goal post
2. Using cones, mark out 2 squares that start 6m away from the goal
3. Place 2 further cones 3m from the back of the 2 squares
4. Line up 2 teams behind the start cones, with a ball each



HOW TO PLAY

1. The aim is for players to race against each other to complete a skill successfully and then score
2. On your signal, the first 2 players dribble to the square, pick up the ball if necessary, complete the skill and shoot
3. The players beside the goal collect the ball, run to the starting cone, and are replaced by the shooter
4. Players waiting in the line can practice the skill

PROGRESSION

- Make the skill more challenging:
 - 2 juggles on the thigh and shoot
 - 1 juggle on each thigh
 - Juggling combining body parts
 - Heading the ball twice
 - Increase the number of juggles

OUTCOMES

- Controlling the ball with different body parts
- Shooting accuracy over different distances



OPTION 1: PASSING IN PAIRS (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 45m x 30m. Modify the size depending on the number of players
2. Put the players into pairs, one ball per pair, inside the area
3. Place any additional balls around the outside of the area



HOW TO PLAY

1. The pairs dribble around the area avoiding other players and moving into space
2. Players pass the ball to their partner in different ways:
 - 1 touch passing
 - Control and pass with the same foot
 - Control with one foot and pass with the other
 - Take the first touch off line and pass
 - Pass the ball into space in front of your partner
 - Vary between short and long passing

PROGRESSION

- BASIC:** Use different parts of the foot to receive, control and pass
- INTERMEDIATE:** Move into groups of three
- ADVANCED:** One player serves and their partner controls a bouncing ball

OUTCOMES

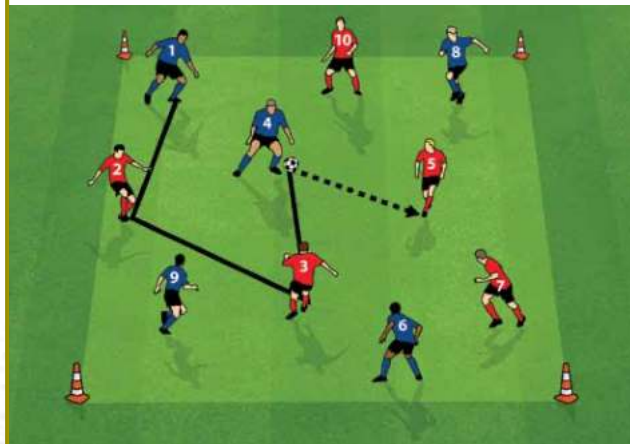
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Variation of passing techniques



OPTION 2: NUMBERED PASSING (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. All players start inside the area and are given sequential numbers e.g. 1-10 if there are ten players
3. Place any additional balls around the outside of the area



HOW TO PLAY

1. All players move around inside the square and player 1 starts with the ball
2. Player 2 needs to get into a position to receive a pass from player 1
3. Player 2 then passes to player 3, and so on, until the last player receives the ball. This player then passes to player 1
4. Players should be constantly moving in different directions and different ways

PROGRESSION

- BASIC:** Introduce another ball or two. The passing should still continue in sequence
- INTERMEDIATE:** Divide the area up further and players must pass from one grid to another
- ADVANCED:** Players must complete the activity in silence – no verbal communicating

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players to pass to
- Variation of passing techniques
- Encourages teamwork and communication



OPTION 1: 2 GOAL GAME - LONG RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by passing the ball through the two goals they are attacking
2. They can only score a long range goal by being in the central 'shooting zone'
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

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

OUTCOMES

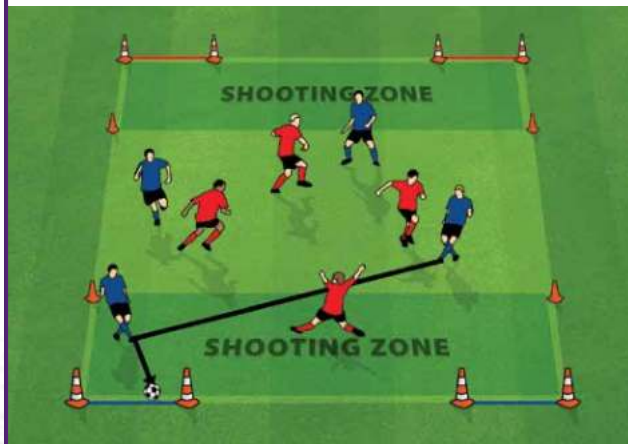
- Dribbling and changing direction with the head up
- Passing over short and long distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



OPTION 2: 2 GOAL GAME – CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'
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

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

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



HOPPING TAG (GENERAL MOVEMENT)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start inside the area
3. Allocate a bib to one player, who starts as 'tagger'



HOW TO PLAY

1. All players move around the area by hopping. They should change legs when needed, but not alternately (bounding)
2. The 'tagger' tries to tag other players. When a player is tagged, they take the bib and become 'tagger'
3. A player cannot be tagged if they are standing still, balancing on one leg (safe position). Players can only stand still for a maximum of 5 seconds

PROGRESSION

- BASIC:
- Increase the number of 'taggers'
 - Make the area smaller
 - Use cones to add 'safe' areas to limit the places a player can stay in the 'safe position'
 - Create other challenging but safe variations

OUTCOMES

- Develop coordination
- Develop strength
- Develop ability to land off balance
- Injury prevention



DOCTOR DOCTOR (FOOTBALL COORDINATION)

SETUP

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



HOW TO PLAY

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

PROGRESSION/CONSIDERATIONS

- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only pass the ball at the 'doctor' with their non-dominant foot

OUTCOMES

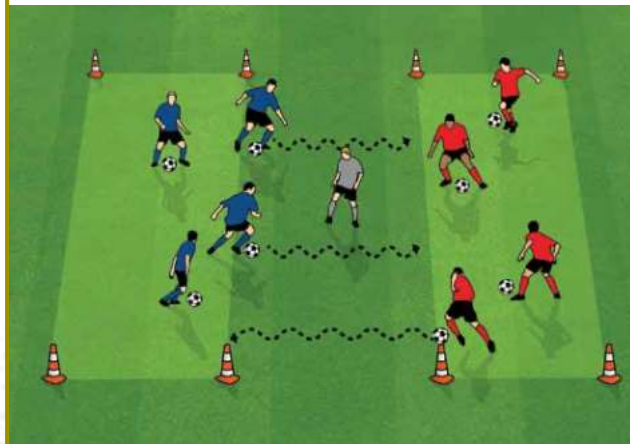
- Protecting the ball while dribbling
- Passing accuracy over different distances



OPTION 1: BALL THIEF (FOOTBALL TECHNIQUE)

SETUP

1. Set up two 10m x 20m areas. Modify the size depending on the number of players
2. Divide the players into 2 groups and put one group inside each area. The coach stands between the two areas
3. All players have a ball each



HOW TO PLAY

1. Players dribble the ball around their area, and when they think the time is right they attempt to cross to the other box
2. While between the two areas, they need to perform a fake to beat you before reaching the other area
3. You need to challenge the players and if they lose control of the ball, knock it away from them
4. If they do not make it across, the player returns to the initial area

PROGRESSION

BASIC: Specify the part of the foot used to control the ball, or specify the type of fake used

INTERMEDIATE: Add another player to defend between the two areas

OUTCOMES

- Close ball control while dribbling with different parts of the foot.
- Ability to use different fakes and turns
- Ability to change speed with the ball



OPTION 2: KING OF THE RING (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Every player starts inside the area with a ball each



HOW TO PLAY

1. Players dribble the ball inside the area, protecting their own ball, while trying to kick out other players balls
2. Each player starts with 10 points, and any time their ball leaves the area, kicked out or otherwise, they lose one point
3. The winner is the player left with the most points after playing for 2 min. The game can then re-start

PROGRESSION

- INTERMEDIATE:** Players who lose their ball remain outside the area juggling their ball. The last person in the area is 'king of the ring'
- ADVANCED:** Specify which foot the player must use to control the ball

OUTCOMES

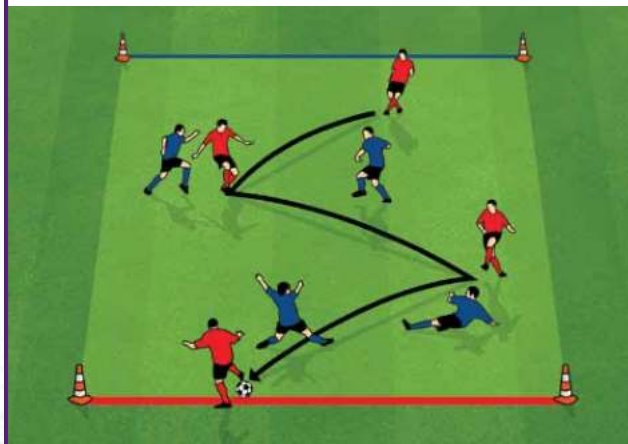
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



OPTION 1: LINE BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team a line to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams 'score' when a player can stop the ball on the oppositions' end line
2. When a team 'scores' they leave the ball on the opposition end line and retreat, allowing play to re-start from the line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED:
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players



OPTION 2: 3 GOAL GAME – CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 3 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the three goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'. The 2 outside goals are worth 1 point, but the goal in the centre is worth 2 points
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

- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:**
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



TUNNEL RELAY (GENERAL MOVEMENT)

SETUP

1. Create an area up to 20m x 15m. Modify the size depending on the number of players
2. Split the players into two or more teams of 4-6. Spread the players out in lines according to their passing ability (better passers require longer lines).



HOW TO PLAY

1. One player starts at the front of the line, with the ball, and another player waits at the back
2. The rest of the players form a tunnel. This can be done in different ways e.g. bridging on their hands and feet or standing with their feet in a straddle position
3. The first player passes the ball through the tunnel to the last player. The first player then joins the start of the tunnel while the last player dribbles to the front
4. The player now at the back of the tunnel receives the next pass. The game continues until each player has passed the ball

PROGRESSION

- BASIC:**
- Make the tunnel longer
 - Vary the ways of making the tunnel
- INTERMEDIATE**
- Players pass and dribble with their non-dominant foot
 - Specify the part of the foot used to dribble
 - Create other challenging but safe variations

OUTCOMES

- Develop passing accuracy
- Dribbling at speed
- Develops teamwork



BOX TO BOX (FOOTBALL COORDINATION)

SETUP

1. Set up two 10m x 15m areas. Modify the size depending on the number of players
2. Every player has a ball and starts inside the same area



HOW TO PLAY

1. Players dribble the ball around their area, using different parts of their foot as you call them out
2. You should also encourage players to use their imagination to perform different fakes, hooks and turns
3. When you call 'charge' all players reach the other area as quickly as possible using only the part of the foot they were last using

PROGRESSION

- INTERMEDIATE:** Players start in different areas and therefore have to avoid each other as the coach calls 'charge'
- ADVANCED:** Players have to juggle the ball when moving from one area to another

OUTCOMES

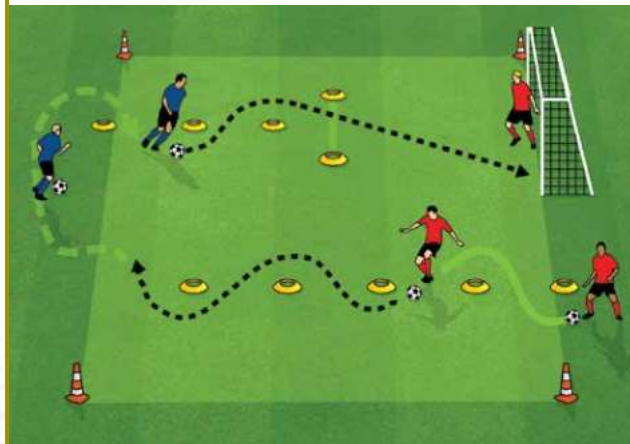
- Close ball control while dribbling with different parts of the foot
- Ability to use different fakes and turns
- Ability to change speed with the ball
- Juggling the ball



OPTION 1: FAKE & SHOOT - SINGLE GOAL (FOOTBALL TECHNIQUE)

SETUP

1. Set up a goal with 2 cones 8m – 10m in front of it (shooting zone)
2. Set up a 3 cone slalom course behind the shooting zone
3. Set up a second slalom course 10m to the side of the goal
4. Each player has a ball, except for the goalkeeper



HOW TO PLAY

1. Half of the players start behind the slalom course in front of goal and the other half start on the second slalom course
2. The first player in front of goal dribbles through the course, fakes in front of the shooting zone and shoots
3. At the same time the first player beside the goal dribbles through the slalom course
4. The next player on each course starts as soon as the player in front of them has completed the course or shot

PROGRESSION

BASIC: Specify different parts of the foot to be used for dribbling

INTERMEDIATE: Specify that players shoot with their non-dominant foot

nb. Avoid long queues of players and swap the goalkeeper regularly

OUTCOMES

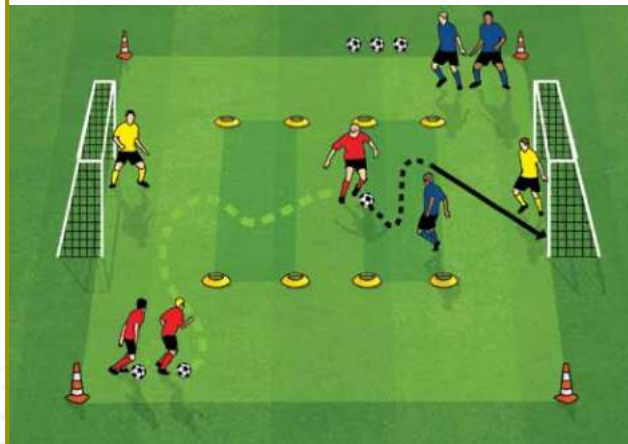
- Dribbling and changing direction with close ball control
- Develop faking techniques
- Develop shooting accuracy and power



OPTION 2: FAKE & SHOOT - 2 GOAL PROGRESSION (FOOTBALL TECHNIQUE)

SETUP

1. Set up 2 goals, with goalkeepers, 30m - 40m apart
2. Set up two 10m x 3m 'faking zones' 2m apart in the middle between the 2 goals
3. Split the players into 2 teams and set them up next to each of the faking zones
4. Each player has a ball, except for the goalkeepers



HOW TO PLAY

1. The first player in each team steps into their 'faking zone'. The attacking team (red) starts with a ball
2. The attacking player aims to score by 'faking' past the defender and shooting past the goalkeeper.
3. The defender must stay in the 'faking zone' if the attacker gets past them
4. After each turn, the next 2 players from each team step into the 'faking zone' and play.
5. Each goal scored is worth 1 point, and after 1 round the teams swap roles

PROGRESSION

- BASIC:** If the defender wins the ball they can attack the opposite goal
- INTERMEDIATE:**
- Specify that players shoot with their non-dominant foot
 - Specify the faking techniques

nb. Avoid long queues of players and swap the goalkeeper regularly

OUTCOMES

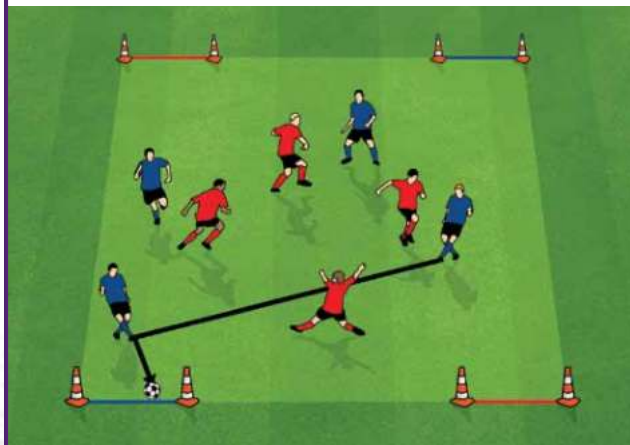
- Dribbling and changing direction with close ball control
- Develop faking techniques
- Develop shooting accuracy and power



OPTION 1: DIAGONAL GOALS (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking, placed in opposite corners of the area
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

PROGRESSION

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

OUTCOMES

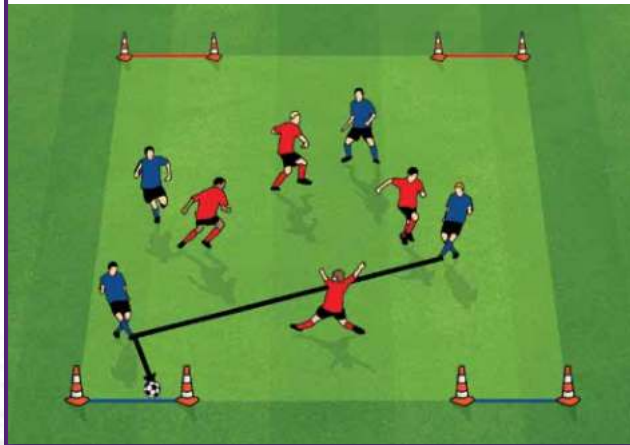
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play and angle of play



OPTION 2: 2 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the 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

PROGRESSION

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

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



WALL TAG (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Set up lines of cones ('walls') randomly on the ground inside the area
3. All players start inside the area with 1 being the 'tagger', who has a bib



HOW TO PLAY

1. All players move around the area while the 'tagger' tries to catch them. The players use the 'walls' to shield themselves from the 'tagger'
2. The 'tagger' cannot reach or jump across a 'wall' to tag a player
3. The 'tagger' tries to tag other players. When a player is tagged, they take the bib and become 'tagger'

PROGRESSION

- BASIC: - Increase the number of 'taggers'
 - Make the area smaller or remove 'walls'
- INTERMEDIATE: Give all players a ball to dribble
- ADVANCED: The 'tagger' has no ball but the other players do

OUTCOMES

- Ability to change direction at speed
- Dribbling and changing direction with close ball control
- Awareness of space and other players while dribbling



FOOTBALL FEAST (FOOTBALL COORDINATION)

SETUP

1. Create four 10m x 10m areas with 1 cone in the centre of the 4 areas
2. Set up four slalom courses between each area
3. Divide the players into 4 even groups, with a ball each. Each group starts inside a square
4. The coach will need to hold 3 different coloured cones



HOW TO PLAY

1. All players start with a ball each dribbling, turning and faking inside their square. You specify the part of the foot they should use, or the types of turns
2. When you hold up a yellow cone, the players move clockwise one square and continue doing the same thing.
3. When you hold up an orange cone, the players use only one ball and juggle between the group. If this is too difficult, allow a bounce between juggles
4. When you hold up a blue cone, players dribble in & out of the slalom course to their right using different parts of the foot

PROGRESSION

- INTERMEDIATE: Add increasingly difficult dribbling movements and turns
- ADVANCED: Challenge the players to use different combinations when juggling, or limited touches when juggling

OUTCOMES

- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Turning with different techniques
- Juggling



OPTION 1: LOSE YOUR PARTNER (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Set up five 2m goals within the area
3. Divide players into pairs, one with the ball and one without



HOW TO PLAY

1. Players dribble around the area, avoiding other players and trying to 'lose' their partner, who is shadowing them
2. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in
3. In addition to trying to lose their shadow, players also try to dribble through as many goals as possible
4. After 45 seconds the players swap roles
5. The aim is to see which partner can score the most points by dribbling through goals

PROGRESSION

- BASIC:** On the call 'freeze' all players stop to check how close each 'shadow' is
- INTERMEDIATE:** Introduce contact and tackling

OUTCOMES

- Dribbling and changing direction with close ball control
- Change of pace while dribbling
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



OPTION 2: RUN THE GAUNTLET (FOOTBALL TECHNIQUE)

SETUP

1. Create an area 25m x 15m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Assign the 'shooters', in pairs, to a section of the area. Each pair shares one ball
4. Give the 'targets' one ball each



HOW TO PLAY

1. The 'shooters' line up vertically at intervals either side of the area
2. The 'targets' line up a with a ball each at the start of the area
3. On your signal, the first 'target' tries to dribble past the first pair. The first pair of 'shooters' tries to hit the 'targets' ball by passing their ball
4. If the 'targets' ball gets hit they must start again from the back of the line
5. If the 'target' passes the first pair the next in line starts as the first 'target' continues toward the end
6. The 'shooters' get a point for each hit, and the 'target's get two turns each

PROGRESSION

- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only pass the ball at the 'target' with their non-dominant foot

OUTCOMES

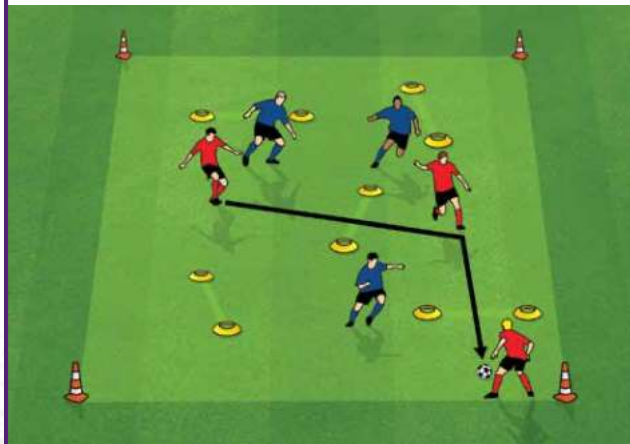
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing



OPTION 1: MULTIPLE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up several 2m goals inside the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams try to score in any of the goals by passing the ball through the goal securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score in a different goal
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:
- Specify which foot can be used to pass or score
 - Assign specific goals that can be scored through by each team
- ADVANCED:
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



OPTION 2: TRIANGLE GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up a triangle with 3m sides in the centre of the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams try to score by passing the ball through any side of the triangle securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score through another side
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:** Specify which foot can be used to pass or score
Assign 2 specific sides of the triangle that can be scored through by each team
- ADVANCED:** Limit the number of touches players can take e.g. 2 touch only

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



FAKE & SPRINT RACE (GENERAL MOVEMENT)

SETUP

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



HOW TO PLAY

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

PROGRESSION

- BASIC:** Both players have a ball
- INTERMEDIATE:** Only the lead player has a ball, the chase player tries to win the ball from them

OUTCOMES

- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed



BEAT THE KEEPERS (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 30m x 20m. Modify the width depending on the number of players
2. Divide the area up into three zones of equal size
3. Divide the players into 3 even groups and, if possible, place equal numbers in each zone. There must be equal numbers in each end zone
4. Players in the end zones have a ball each



HOW TO PLAY

1. Players in the outside zone try to shoot the ball along the ground through the 'goalkeeper' zone to the other end zone
2. If a player in the 'goalkeeper' zone manages to intercept the shot, they then swap places with the player who shot the ball
3. 'Goalkeepers' cannot use their hands, they must stop the ball with their feet only
4. Play for 2 mins. And then swap the goalkeepers if necessary

PROGRESSION

BASIC: The 'goalkeepers' are allowed to use their hands to stop the ball

OUTCOMES

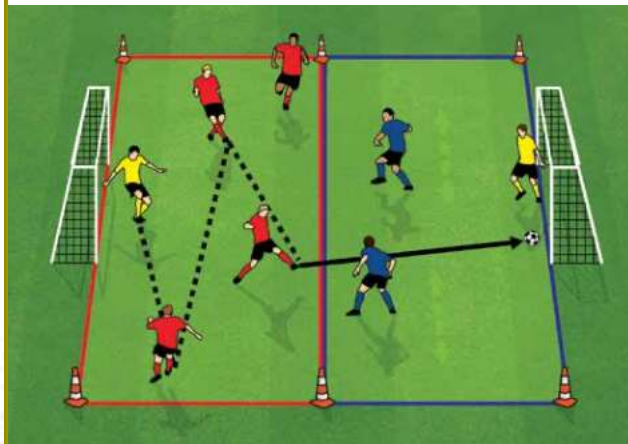
- Develops passing and receiving techniques
- Passing over short distances
- Basic awareness of other players



OPTION 1: SHOOT ON SITE (FOOTBALL TECHNIQUE)

SETUP

1. Create a 25m x 20m area with a goal, and goalkeepers, at each end. Add 2 further cones to create a centre line that the teams cannot cross. Vary the size depending on ability level
2. Place 4 attackers in 1 half and 2 defenders in the other half
3. Place the balls beside the attacking teams goal



HOW TO PLAY

1. The attacking team receive the ball from their goalkeeper, and then pass the ball between themselves waiting for the right moment to shoot
2. If the defenders block the shot and the ball stays in the area they can shoot first time at the other goal
3. As soon as the ball leaves the area the attackers start again with another ball
4. Each game lasts 2 min.
5. The attacking players then become defenders and vice versa. Make sure every player gets to attack and defend, and swap goalkeepers regularly

PROGRESSION

- INTERMEDIATE:** Attackers have time limits or limited touches before each shot
- ADVANCED:** Make the game 4 vs. 4 with continuous play

OUTCOMES

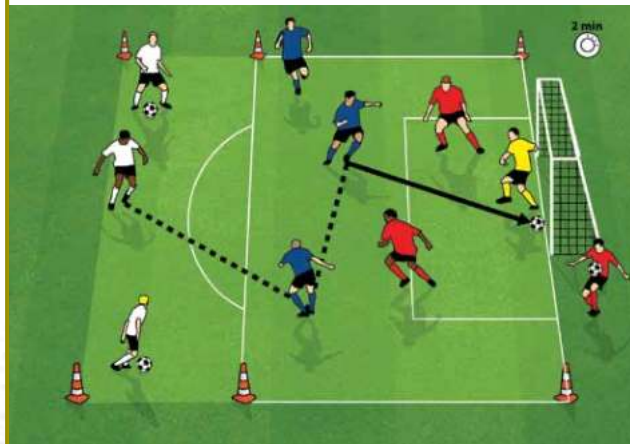
- Shooting power and accuracy
- Passing accuracy in the space in front of players



OPTION 2: QUICKFIRE (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 45m x 30m. Modify the size depending on the number of players. Add 2 further cones to mark an '18 yard box'
2. Set up a goal at one end, with a goalkeeper
3. Split the players into teams of 3-4. One team starts as attackers, one team as servers and one team as defenders
4. All the balls start with the servers



HOW TO PLAY

1. The game starts with one of the servers passing to the attackers inside the '18 yard box'
2. The attacking team look to score as quickly as possible
3. The defenders defend with one less player than the attackers. The 'spare' defender juggles beside the goal
4. When the ball leaves the '18 yard box' another is served in immediately
5. The attackers have 2 min. to score as many goals as possible.
6. After 2 min. the teams swap roles

PROGRESSION

INTERMEDIATE: Servers deliver the ball into the area in the air to challenge the attackers control

ADVANCED: Add the final defender for even numbered teams in the '18 yard box'

nb. Rotate the 'spare' defenders and swap goalkeepers regularly

OUTCOMES

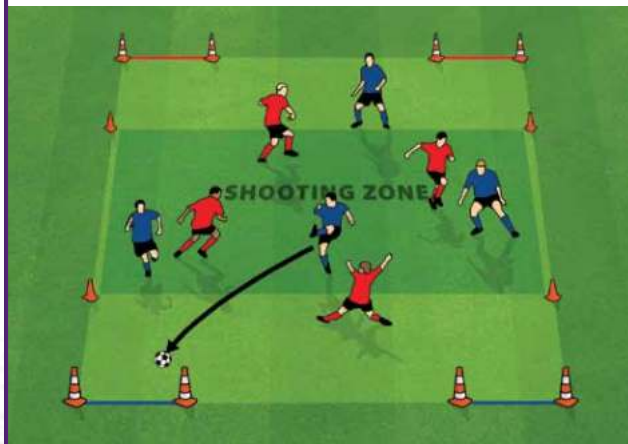
- Develops receiving and turning skills
- Develops shooting accuracy and power
- Develops passing accuracy



OPTION 1: 2 GOAL GAME - LONG RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by passing the ball through the two goals they are attacking
2. They can only score a long range goal by being in the central 'shooting zone'
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

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

OUTCOMES

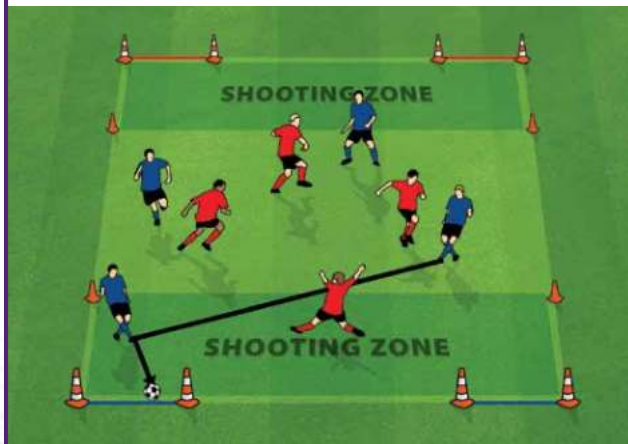
- Dribbling and changing direction with the head up
- Passing over short and long distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



OPTION 2: 2 GOAL GAME – CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'
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

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

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



DRIBBLE TAG (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. The players starts in the area with a ball each. 2 players are given bibs and start as 'taggers'



HOW TO PLAY

1. The players dribble around the area and try to avoid being tagged
2. The 'taggers' must keep close control of their ball, but aim to tag another player
3. All players, including 'taggers' cannot lose control of their ball
4. If a player loses control of their ball or is tagged, they become the 'tagger' and take the bib
5. A tag doesn't count if the 'tagger' loses close control

PROGRESSION

- BASIC: Specify the part of the foot players must use
- INTERMEDIATE: Specify dribbling only with the players non-dominant foot

OUTCOMES

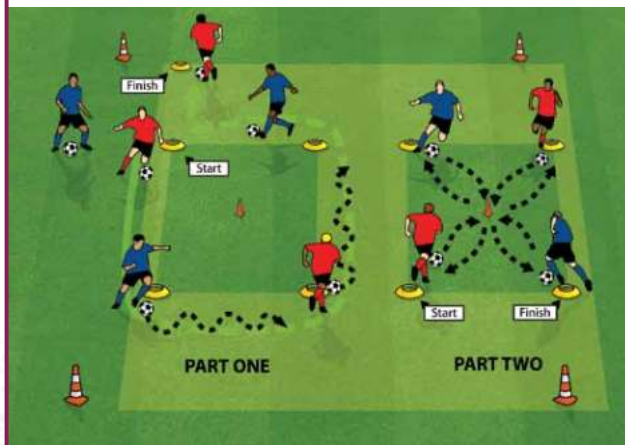
- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed



ROUND THE CORNER (FOOTBALL COORDINATION)

SETUP

1. Create two 10m x 10m areas. Place a cone in the centre of one of the areas.
2. Set up a tall 'finish' cone 3m to the side of the start cone
3. Divide the players into 2 even groups, with a ball each. Each group lines up on the start cone of an area



HOW TO PLAY

1. PART ONE: In single file, players dribble the ball around the square using a different foot, or part of the foot, on each different side of the square. When they reach the finish cone they perform a turn and repeat the square (3X)
2. PART TWO: Players dribble to a corner each and then dribble to the centre cone. At the centre cone they perform a turn and go back to their start cone, then move in a clockwise direction to the next cone. They then repeat the move to the centre cone.

After each group has completed their square the groups swap.

PROGRESSION

INTERMEDIATE: Add increasingly difficult dribbling movements and turns

OUTCOMES

- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Stopping the ball and turning with different techniques



OPTION 1: PASSING IN PAIRS (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Divide the players into pairs about 5-8 yards apart with a ball between them
3. Place some spare balls around the edge of the area



HOW TO PLAY

1. Players pass the ball between them in the following ways
 - One touch passing
 - Control with one foot and pass with the same
 - Control with one foot and pass with the other
 - Take their first touch to one side before passing back
 - Pass the ball back, but a few yards away from the receiver, who has to move into space to receive
 - Players should be constantly moving around the area in their pairs

PROGRESSION/CONSIDERATIONS

- INTERMEDIATE:** Players are in groups of three and must pass the ball in the same order
- ADVANCED:** One player serves from the hand and the other passes back using a volley, half volley, chest or head

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players to pass to
- Variation of passing techniques
- Encourages teamwork and communication



OPTION 2: KING OF THE RING (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Every player starts inside the area with a ball each



HOW TO PLAY

1. Players dribble the ball inside the area, protecting their own ball, while trying to kick out other players balls
2. Each player starts with 10 points, and any time their ball leaves the area, kicked out or otherwise, they lose one point
3. The winner is the player left with the most points after playing for 2 min. The game can then re-start

PROGRESSION

- INTERMEDIATE:** Players who lose their ball remain outside the area juggling their ball. The last person in the area is 'king of the ring'
- ADVANCED:** Specify which foot the player must use to control the ball

OUTCOMES

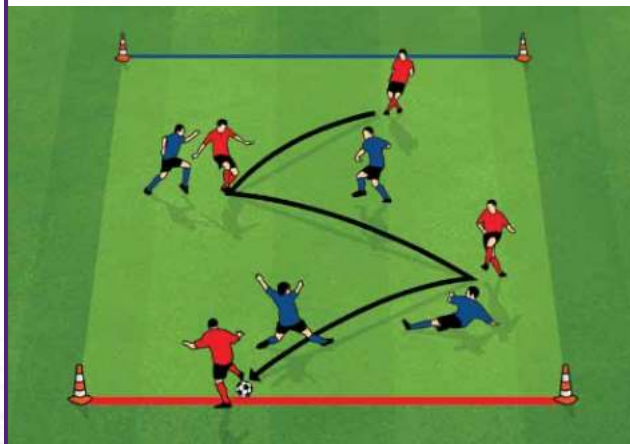
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



OPTION 1: LINE BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team a line to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams 'score' when a player can stop the ball on the oppositions' end line
2. When a team 'scores' they leave the ball on the opposition end line and retreat, allowing play to re-start from the line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED:
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players



OPTION 2: 3 GOAL GAME – CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 3 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the three goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'. The 2 outside goals are worth 1 point, but the goal in the centre is worth 2 points
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

- INTERMEDIATE: Players can only use their non-dominant foot
- ADVANCED:
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



THE BATTLE ZONE (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Organise players in pairs, with one ball between each pair



HOW TO PLAY

1. Play begins with all players moving around the area. The player with the ball dribbles, their partner can move anyway they want
2. Encourage the pairs to move around well away from each other
3. When you call 'fight' the player without the ball gets to their partner as quickly as possible and tries to win the ball from them
4. The 'fight' lasts for 30 sec. and if the player with the ball keeps it, they get 1 point
5. The players then swap roles, begin moving around the area, and wait for the next 'fight'

PROGRESSION

- BASIC: Specify the part of the foot players must use to dribble
- INTERMEDIATE: Specify dribbling and protecting the ball only with the players non dominant foot

OUTCOMES

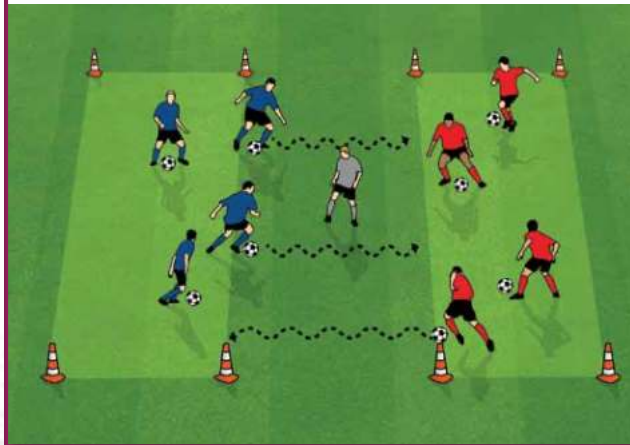
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



BALL THIEF (FOOTBALL COORDINATION)

SETUP

1. Set up two 10m x 20m areas. Modify the size depending on the number of players
2. Divide the players into 2 groups and put one group inside each area. The coach stands between the two areas
3. All players have a ball each



HOW TO PLAY

1. Players dribble the ball around their area, and when they think the time is right they attempt to cross to the other box
2. While between the two areas, they need to perform a fake to beat you before reaching the other area
3. You need to challenge the players and if they lose control of the ball, knock it away from them
4. If they do not make it across, the player returns to the initial area

PROGRESSION

- BASIC:** Specify the part of the foot used to control the ball, or specify the type of fake used
- INTERMEDIATE:** Add another player to defend between the two areas

OUTCOMES

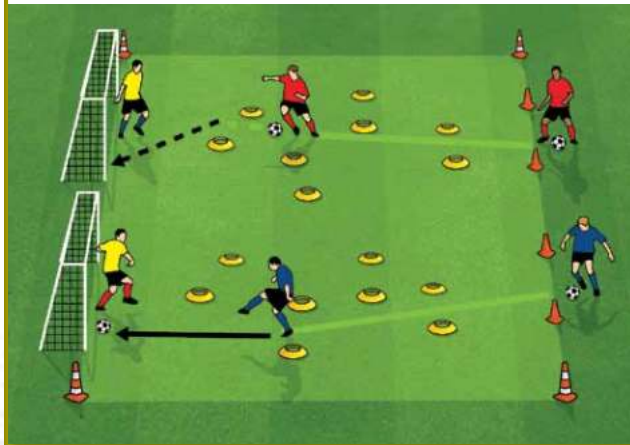
- Close ball control while dribbling with different parts of the foot
- Ability to use different fakes and turns
- Ability to change speed with the ball



OPTION 1: FOOTBALL SLALOM & SHOOT (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Set up eight small goals with small cones inside the area
3. Divide players into 2 teams of equal size. Teams start in line with their 1st goal and players have a ball each
4. Set up 2 small goals 5 yards beyond the far side of the area



HOW TO PLAY

1. On the Game Leader's call, the first player from each team dribbles into the area and through 2 of their goals only. As soon as they have dribbled through the second goal they choose they must shoot
2. The team which scores the most goals in 2 minutes wins

PROGRESSION

- INTERMEDIATE:
- Add a goalkeeper, from the opposing team, to each goal. Rotate the goalkeepers after each round.
 - Players must dribble the ball through all four goals

OUTCOMES

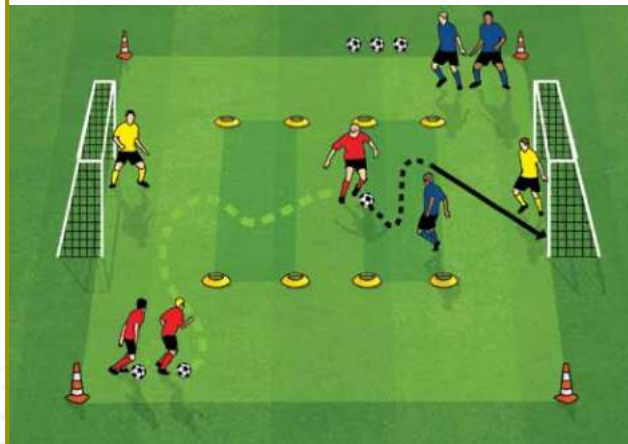
- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness
- Passing and shooting techniques



OPTION 2: FAKE & SHOOT - 2 GOAL PROGRESSION (FOOTBALL TECHNIQUE)

SETUP

1. Set up 2 goals, with goalkeepers, 30m - 40m apart
2. Set up two 10m x 3m 'faking zones' 2m apart in the middle between the 2 goals
3. Split the players into 2 teams and set them up next to each of the faking zones
4. Each player has a ball, except for the goalkeepers



HOW TO PLAY

1. The first player in each team steps into their 'faking zone'. The attacking team (red) starts with a ball
2. The attacking player aims to score by 'faking' past the defender and shooting past the goalkeeper.
3. The defender must stay in the 'faking zone' if the attacker gets past them
4. After each turn, the next 2 players from each team step into the 'faking zone' and play.
5. Each goal scored is worth 1 point, and after 1 round the teams swap roles

PROGRESSION

- BASIC:** If the defender wins the ball they can attack the opposite goal
- INTERMEDIATE:**
- Specify that players shoot with their non-dominant foot
 - Specify the faking techniques

nb. Avoid long queues of players and swap the goalkeeper regularly

OUTCOMES

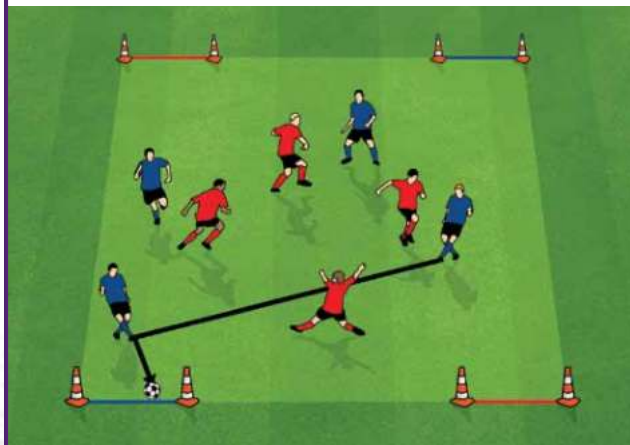
- Dribbling and changing direction with close ball control
- Develop faking techniques
- Develop shooting accuracy and power



OPTION 1: DIAGONAL GOALS (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking, placed in opposite corners of the area
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

PROGRESSION

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

OUTCOMES

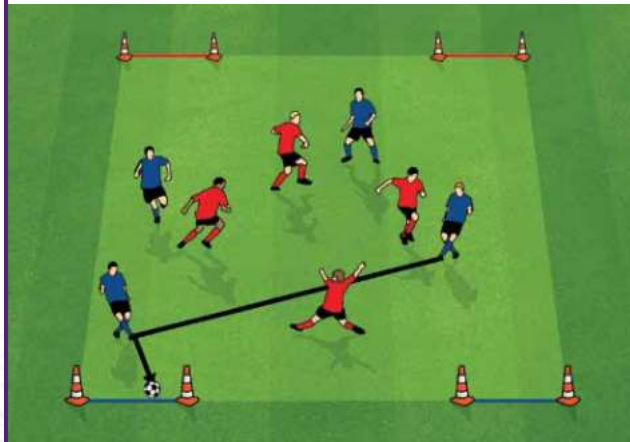
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play and angle of play



OPTION 2: 2 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the 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

PROGRESSION

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

OUTCOMES

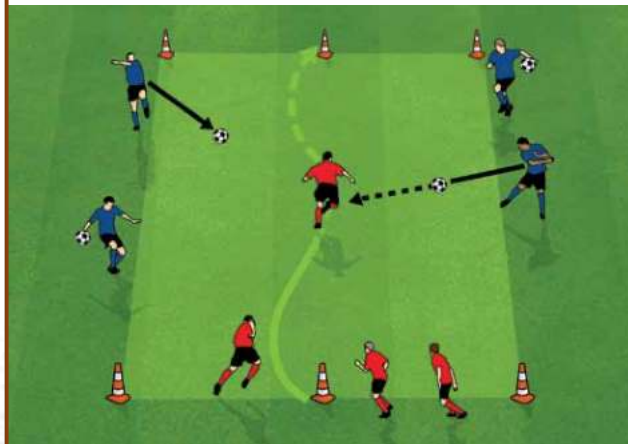
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



MISSILE ATTACK (GENERAL MOVEMENT)

SETUP

1. Create an area 25m x 20m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Half the 'shooters' line up on one side of the area, while the other half line up opposite them. The 'shooters' have a ball each



HOW TO PLAY

1. On your call, the 'targets' must try to dodge the balls whilst running to the other side of the area
 2. Each team gets one point each time they hit a 'target'
 3. Each team gets 3 runs and the team with the most hits is the winner
- nb. 'Shooters' must only throw the ball to hit players below the knees*

PROGRESSION

- INTERMEDIATE:** Players in the middle must dribble a ball to the other side of the area
- ADVANCED:** 'Shooters' pass the ball to try and hit the 'targets' (still below the knees)

OUTCOMES

- Speed, agility and rapid change of movement
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing



DRIBBLING SQUARE (FOOTBALL COORDINATION)

SETUP

1. Create a 25m x 25m area with cones randomly placed in the centre of the square
2. Half the players start in the middle with a ball each, the other half spread out around the edge of the square
3. Place spare balls around the outside to keep the activity flowing



HOW TO PLAY

1. Players dribble their ball at pace to the middle of the square, through the cones and then dribble back to an outside player. The outside player then takes the ball and does the same
2. On the next turn, players dribble their ball at pace to the middle of the square and must perform a fake move before dribbling the ball back to an outside player.
3. Players dribble their ball at pace to the middle of the square and must perform a turn before dribbling the ball back to an outside player

PROGRESSION

- BASIC:** Use a different part of the foot, or different feet to dribble
- INTERMEDIATE:** Add increasingly difficult dribbling movements and turns
- ADVANCED:** Add players to the inside of the square to play as defenders

OUTCOMES

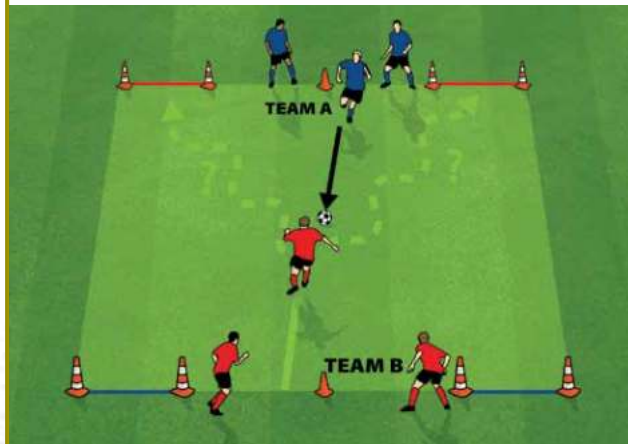
- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Turning with different technique



OPTION 1: GLADIATORS (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 15m x 20m
2. Set up a goal 3m in size with large or different coloured cones on each corner of the area (two 3m goals at either end of the area)
3. Divide players into 2 teams of 'gladiators' and set them up at either end of the area behind the centre cones



HOW TO PLAY

1. Team A start with a ball each and team B start without a ball
2. Team A pass the ball to team B, follow their pass and then work as a defender. The team B 'gladiator' receiving the pass moves to receive the ball and tries to beat their opponent by performing a fake and dribbling through their target goals
3. If the defending gladiator wins the ball they must try to dribble the ball through their target goals
4. Players change roles after each turn (defending players become attackers and vice versa)

PROGRESSION

- INTERMEDIATE: Specify one goal (left or right) that players must dribble through
- ADVANCED: Two attacker vs. two defenders

OUTCOMES

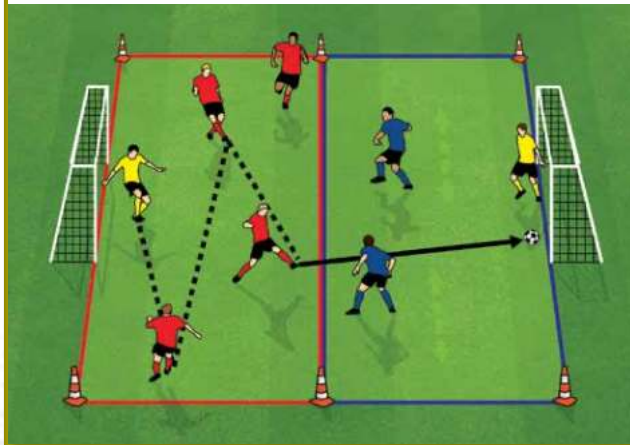
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Using fakes and turns to beat a defender



OPTION 2: SHOOT ON SITE (FOOTBALL TECHNIQUE)

SETUP

1. Create a 25m x 20m area with a goal, and goalkeepers, at each end. Add 2 further cones to create a centre line that the teams cannot cross. Vary the size depending on ability level
2. Place 4 attackers in 1 half and 2 defenders in the other half
3. Place the balls beside the attacking teams goal



HOW TO PLAY

1. The attacking team receive the ball from their goalkeeper, and then pass the ball between themselves waiting for the right moment to shoot
2. If the defenders block the shot and the ball stays in the area they can shoot first time at the other goal
3. As soon as the ball leaves the area the attackers start again with another ball
4. Each game lasts 2 min.
5. The attacking players then become defenders and vice versa. Make sure every player gets to attack and defend, and swap goalkeepers regularly

PROGRESSION

- INTERMEDIATE:** Attackers have time limits or limited touches before each shot
- ADVANCED:** Make the game 4 vs. 4 with continuous play

OUTCOMES

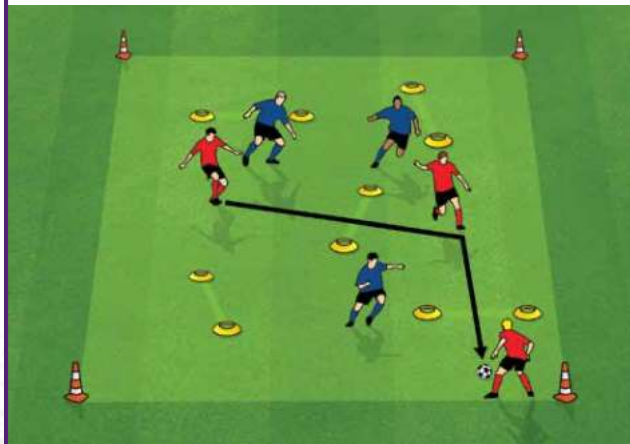
- Shooting power and accuracy
- Passing accuracy in the space in front of players



OPTION 1: MULTIPLE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up several 2m goals inside the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams try to score in any of the goals by passing the ball through the goal securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score in a different goal
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:**
- Specify which foot can be used to pass or score
 - Assign specific goals that can be scored through by each team
- ADVANCED:**
- Limit the number of touches players can have
 - Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

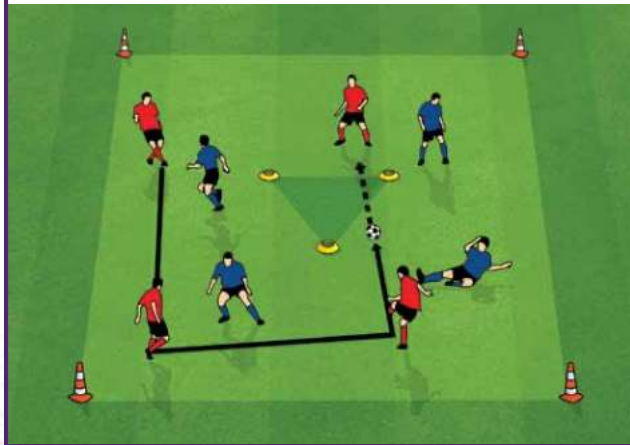
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



OPTION 2: TRIANGLE GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up a triangle with 3m sides in the centre of the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams try to score by passing the ball through any side of the triangle securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score through another side
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:** Specify which foot can be used to pass or score
Assign 2 specific sides of the triangle that can be scored through by each team
- ADVANCED:** Limit the number of touches players can take e.g. 2 touch only

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



The Whole of Football Plan would not be possible without the support of the following organisations:

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