



STAGE 3
ASB Mini Football
(11-12 years)
GAMES & ACTIVITIES





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



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

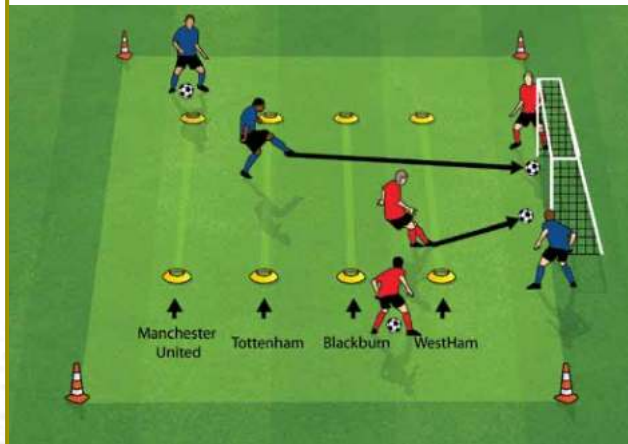
- Controlling the ball with different body parts
- Shooting accuracy over different distances



OPTION 1: PREMIER LEAGUE (FOOTBALL TECHNIQUE)

SETUP

1. Set up a goal with a pole placed in the centre
2. Set up shooting lines using cones 10, 12, 14 & 16m away from the goal (vary depending on player ability)
3. Divide players into teams of 3. 2 players start on the first shooting line, the other starts beside the goal
4. Name the lines after different Premiership teams



HOW TO PLAY

1. The first player from each team starts on the line closest to goal, takes one touch and then shoots into their half of the goal. The second player does the same, and if both players score they move one line back.
2. If teams miss twice in a row they have to move back to a line closer to the goal
3. Players on the post rotate with the shooters after their turn. Avoid having players standing around
4. The winning team is the first team to score twice from the line furthest from the goal

PROGRESSION

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

ADVANCED: Instead of players taking turns, teams race each other to see which team can finish fastest

OUTCOMES

- Develops passing accuracy (the post player passes the ball back to team mates)
- Develops shooting accuracy and power



OPTION 2: 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

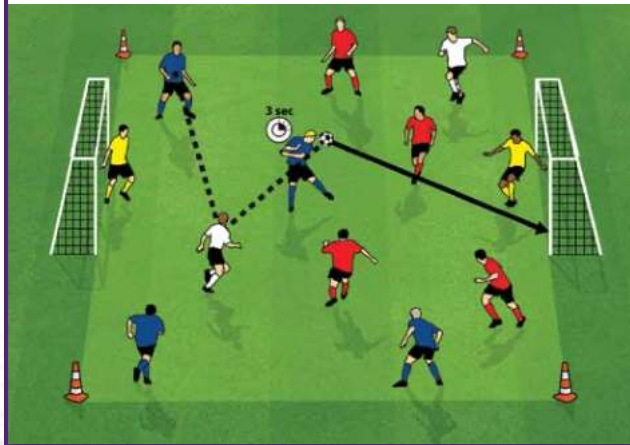
- Dribbling and changing direction with close ball control
- Develop faking techniques
- Develop shooting accuracy and power



OPTION 1: HEAD BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Set up 2 goals, with goalkeepers, at each end (goalkeepers not essential)
3. Divide the players into 2 teams with bibs, and 2 further 'neutral' players
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams keep possession by throwing and catching the ball instead of passing it
2. Players can only hold the ball for 3 sec. and cannot move from the spot where they caught the ball. They must then throw it to a team mate or a neutral player (neutral players play for the attacking team)
3. To score, the players must head the ball into the goal
4. If the ball touches the ground, goes out of play or is held for more than 3 sec. the opposition re-start with the ball

PROGRESSION

INTERMEDIATE: Reduce the amount of time a player can stand still with the ball for

ADVANCED: Players move the ball using a throw – head – catch – throw – head – catch sequence

OUTCOMES

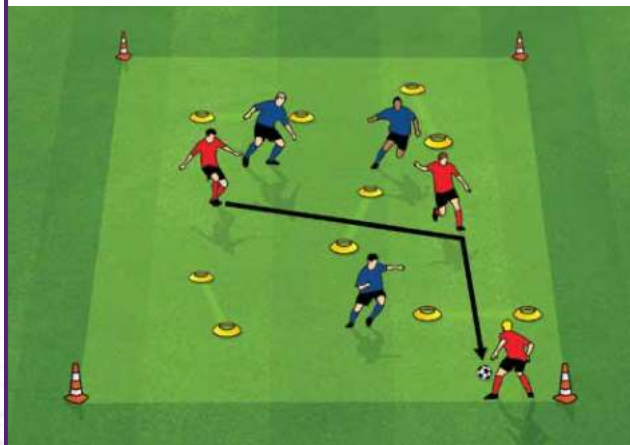
- Develops support play
- Develops heading skills
- Develops awareness of other players
- Develops communication



OPTION 2: MULTIPLE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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

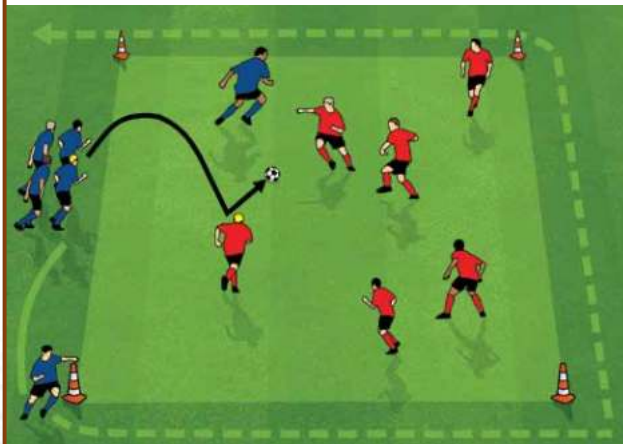
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



PARTNER ROUNDERS (GENERAL MOVEMENT)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Divide players into 2 teams. One team lines up in pairs behind the end line, the other spreads out inside the area



HOW TO PLAY

1. The game starts with one player inside the area (red team) passing the ball to the first pair in blue
2. One of the pair passes the ball, first touch, into the area (the ball cannot go outside the area) and then starts running around the area as many times as possible
3. The other player in the pair runs into the area and avoids being struck with the ball, while the red team aim to pass the ball to hit the blue player below the knees
4. When this player is hit, their partner must stop running. They score one 'run' for every full lap of the area
5. The next pair step up, and when each pair has had 2 turns the teams swap

PROGRESSION

- BASIC: Make the area smaller or larger
- INTERMEDIATE: Players can only pass the ball with their non-dominant foot

OUTCOMES

- Develops change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops accurate passing
- Develops teamwork



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: 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 2: NUMBERS UP (FOOTBALL TECHNIQUE)

SETUP

1. Create an area 30m x 15m. Divide the area up further into three 10m x 15m zones
2. Set up a goal at either end with goalkeepers. One goal is for odd numbers, the other is for even numbers
3. Assign a number to each player e.g. 1-10 (for 10 players)
4. Each player starts inside the centre zone with a ball



HOW TO PLAY

1. The players dribble inside the centre zone. You specify the part of the foot used for dribbling, and specific fakes or turns to be used
2. You then call out a number, e.g. 1, and that player attacks the relevant goal. At the same time the player with the following number, i.e. 2, attacks the opposite goal
3. The first player to score gains 1 point for their team (odds or evens)
4. The players then retrieve their ball and return to the centre zone.

PROGRESSION

INTERMEDIATE: Players have a time limit or limited number of touches to shoot

ADVANCED: Players have a partner and are designated attacker or defender. When their number is called, the attacker tries to score while the defender tries to prevent them from scoring

nb. Swap the goalkeeper regularly

OUTCOMES

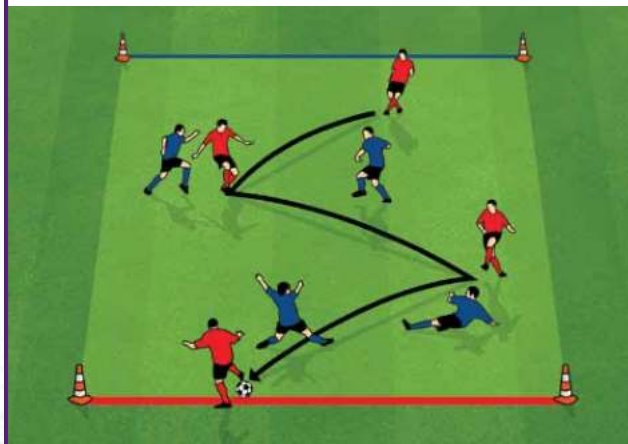
- Shooting power and accuracy
- Concentration and awareness
- 1 vs. 1 attacking and defending



OPTION 1: LINE BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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

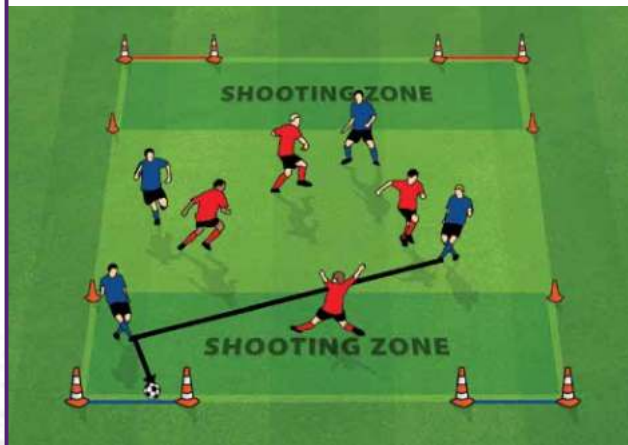
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players



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

SETUP

1. Create an area up to 50m x 35m. 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

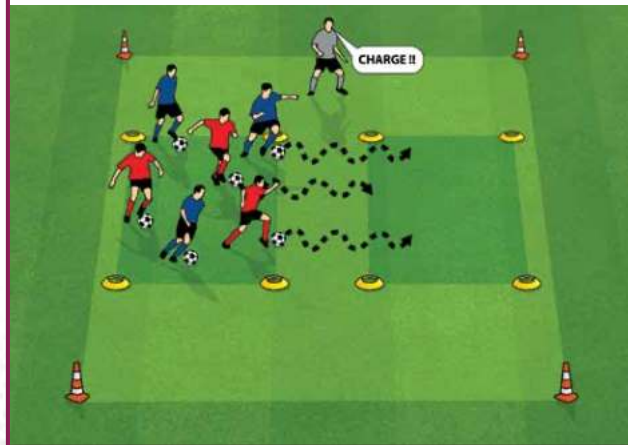
- Develops faking skills, speed, change of direction and change of speed
- Develops careful observation of an opposite players movement
- Develops close ball control at speed



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

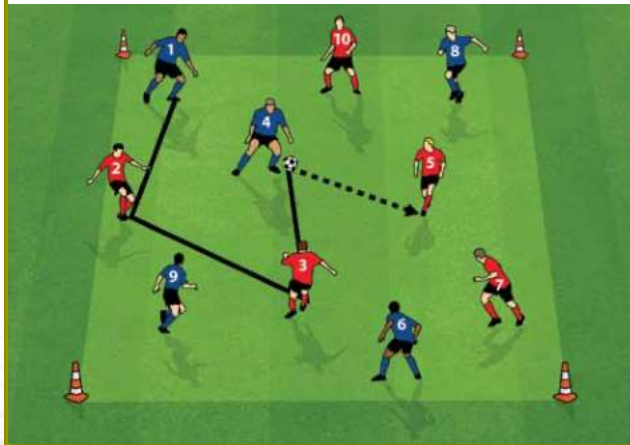
- Close ball control while dribbling with different parts of the foot
- Ability to use different fakes and turns
- Ability to change speed with the ball
- Juggling the ball



OPTION 1: 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

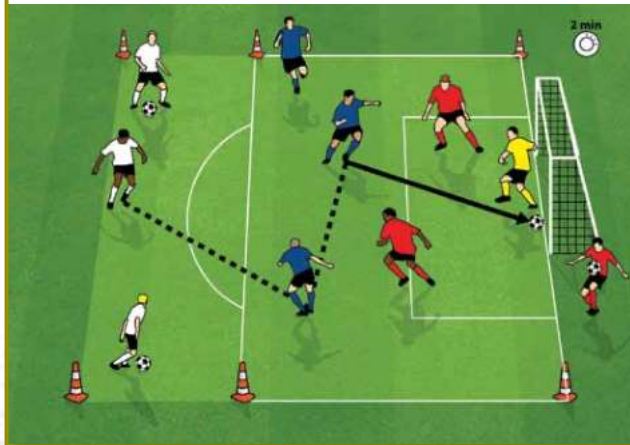
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players to pass to
- Variation of passing techniques
- Encourages teamwork and communication



OPTION 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

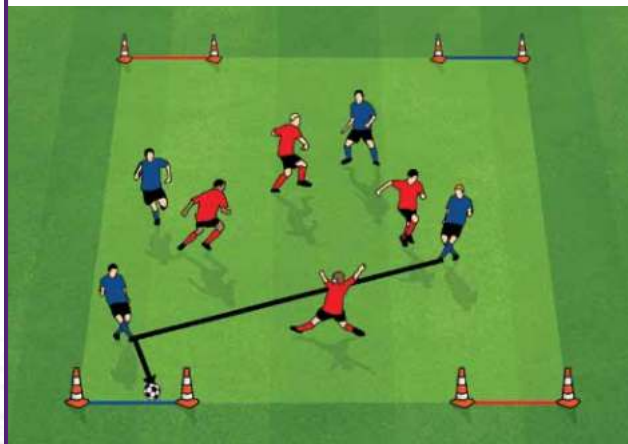
- Develops receiving and turning skills
- Develops shooting accuracy and power
- Develops passing accuracy



OPTION 1: DIAGONAL GOALS (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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

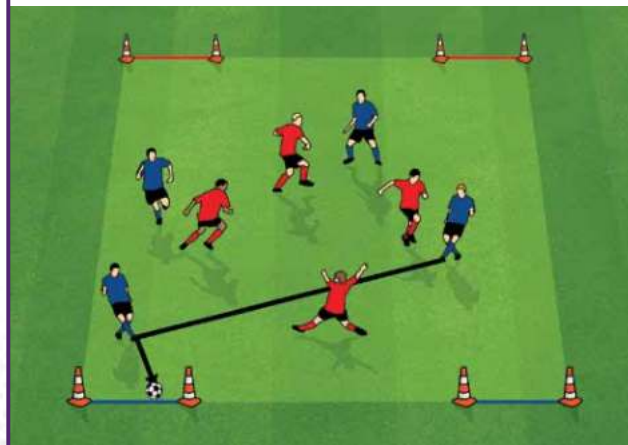
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play and angle of play



OPTION 2: 2 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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



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

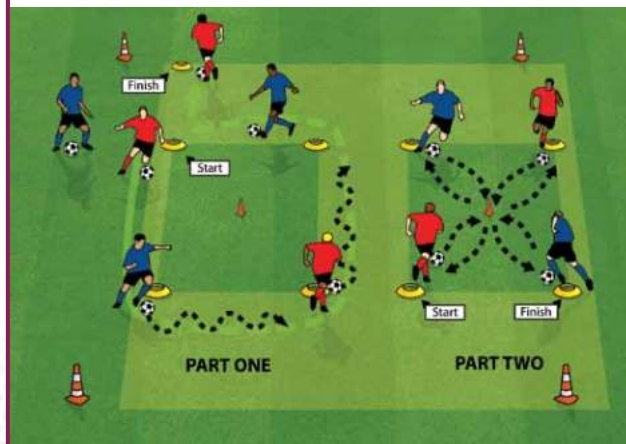
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



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

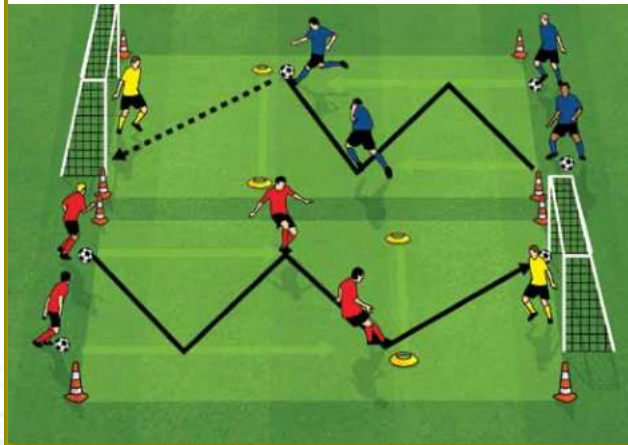
- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Stopping the ball and turning with different techniques



OPTION 1: PASSING & SHOOTING (FOOTBALL TECHNIQUE)

SETUP

1. Create two 25m x 15m areas with a goal, and goalkeepers, at the end of each area. Add 2 further cones to each area to create 'shooting zones' 10m from the goal
2. Divide players into pairs and allocate the same number of pairs to each area
3. Each pair has a ball



HOW TO PLAY

1. The players pass the ball between each other until they reach the 'shooting zone'. The player with the ball at the 'shooting zone' takes one touch and then shoots
2. The next pair start passing as soon as the previous shot has been taken
3. Players retrieve their own ball and move to the back of the queue in the other area

PROGRESSION

- INTERMEDIATE: Players work in groups of three
- ADVANCED:
- Players play on one touch, including a first time shot
 - Add defenders

nb. Swap the goalkeeper regularly

OUTCOMES

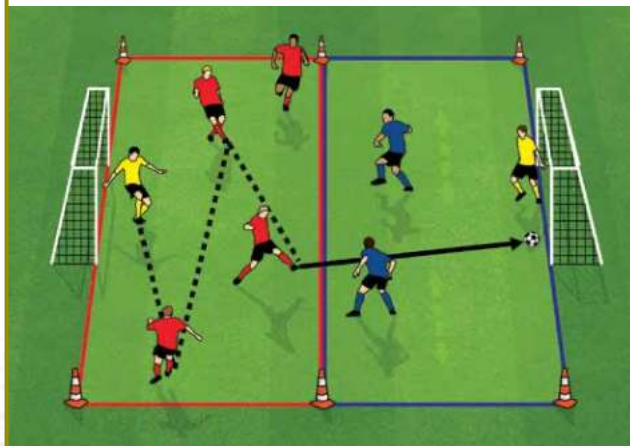
- Shooting power and accuracy
- Passing accuracy in the space in front of players



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

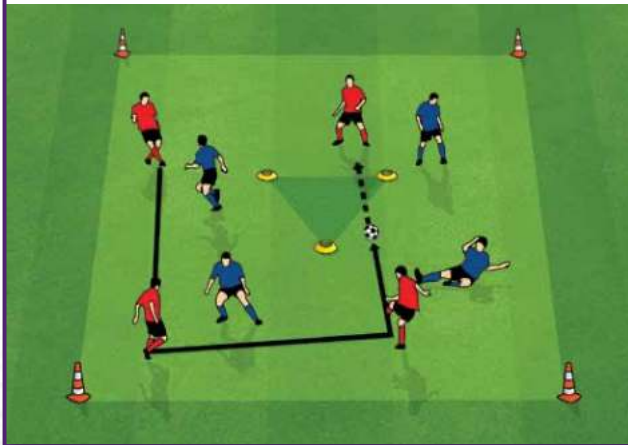
- Shooting power and accuracy
- Passing accuracy in the space in front of players



OPTION 1: TRIANGLE GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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

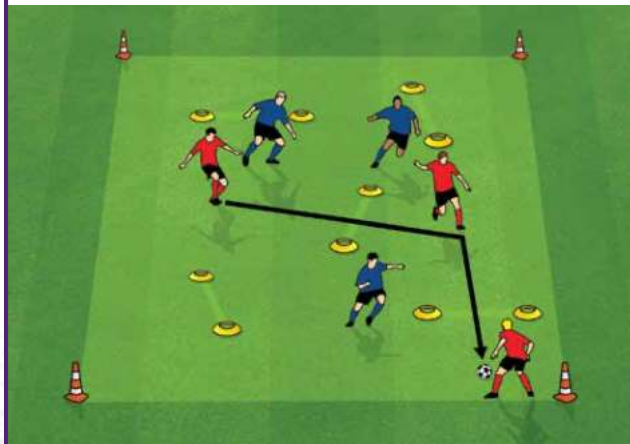
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



OPTION 2: MULTIPLE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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

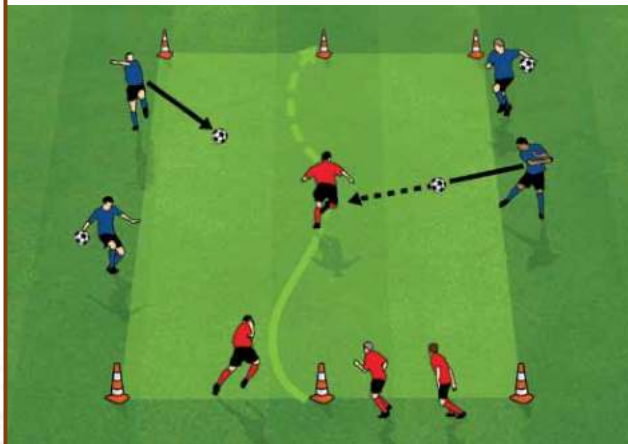
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills



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

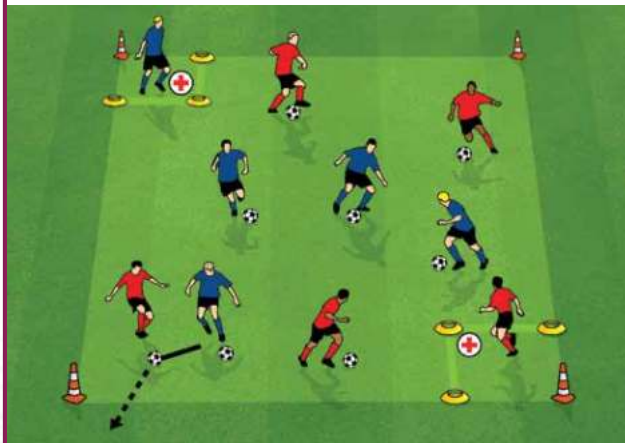
- Speed, agility and rapid change of movement
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing



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

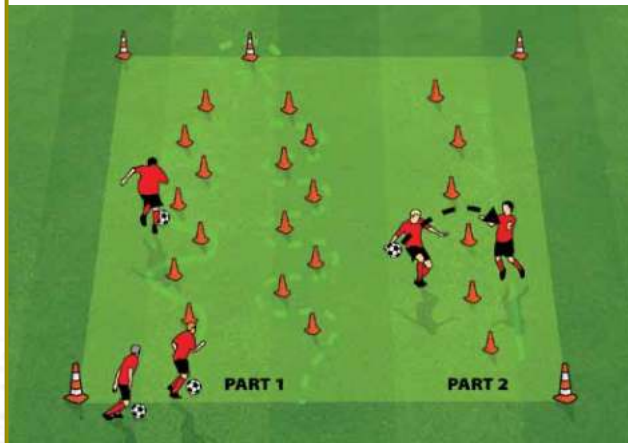
- Protecting the ball while dribbling
- Passing accuracy over different distances



OPTION 1: SNAKE PIT SLALOM (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Set up 3 slalom snake lines inside the area using small cones. Place a tall cone or different coloured cone at the end of each different slalom line
3. Each player starts at the first slalom with a ball



HOW TO PLAY

Part 1

1. The first player starts by dribbling the ball through the first slalom line. The next player waits 3 sec. before starting after the player in front of them
2. While dribbling, the players should not let the ball touch any cones. At the end of each line they perform a turn before starting the next line

Part 2

Players work in pairs with one working as a server. The server throws the ball to their partner and the receiving player must get the ball back into their partners hands using different parts of the body. Players serve between each cone on the slaloms and work no more than 5 yards apart

PROGRESSION

- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Bring the cones closer together to make dribbling more challenging

OUTCOMES

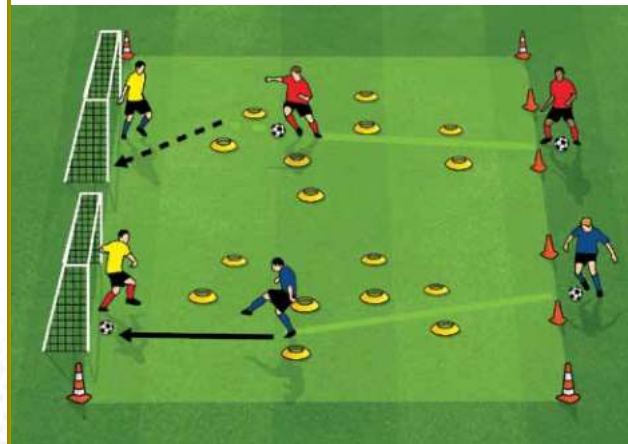
- Dribbling and changing direction with the head up
- Receiving, controlling and passing the ball



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 Coaches 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 1: IN THE ZONE (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. Modify the size depending on the number of players
2. Set up a 5 yard end zone behind each end line
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. Each team aims to keep possession of the ball until they see the opportunity to dribble into the opposition's end zone
2. Players are not allowed to stand in the end zone to receive the ball. Defenders are not allowed in the end zone to defend
3. Players only receive a point if they dribble the ball and stop it anywhere in the end zone

PROGRESSION

- INTERMEDIATE:
- Specify which foot can be used to pass or dribble
 - Specify the part of the foot that can be used to dribble
- 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

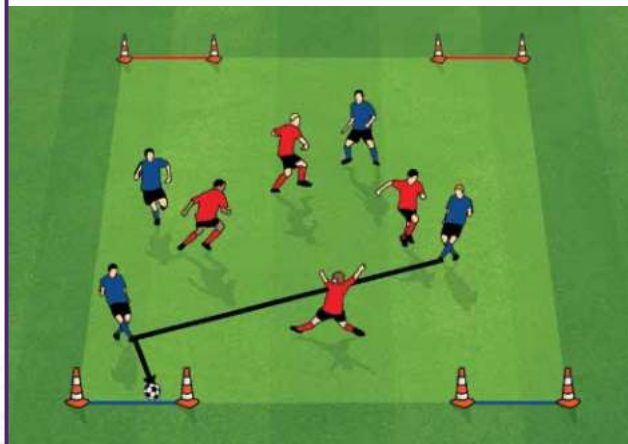
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Defending skills



OPTION 2: 2 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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



BEAT THE KEEPERS (GENERAL MOVEMENT)

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



FIGHT THE FLIGHT (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Divide players into pairs with one ball between them
3. Partnered players should stand about 4-5m apart



HOW TO PLAY

1. The server serves their partner the ball in the air. The receiving player receives the ball as prescribed by you

Players could try receiving in the following ways:

- With thigh and catch
- With thigh, thigh then catch
- With thigh, thigh, foot then catch
- With thigh, thigh, foot, foot then catch
- With foot then catch
- With foot, foot then catch
- With foot, foot, thigh then catch
- With foot, foot, thigh, thigh then catch

PROGRESSION

INTERMEDIATE: Incorporate head as a receiving surface

ADVANCED: Players receive a ball from their partner and then find another to receive from

OUTCOMES

- Close ball control with different parts of the body
- Keeping head up for awareness of other players
- Juggling
- Communication
- Stability and balance



OPTION 1: 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

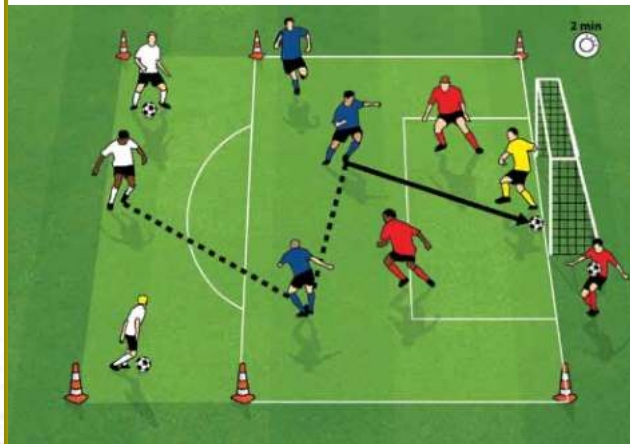
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



OPTION 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

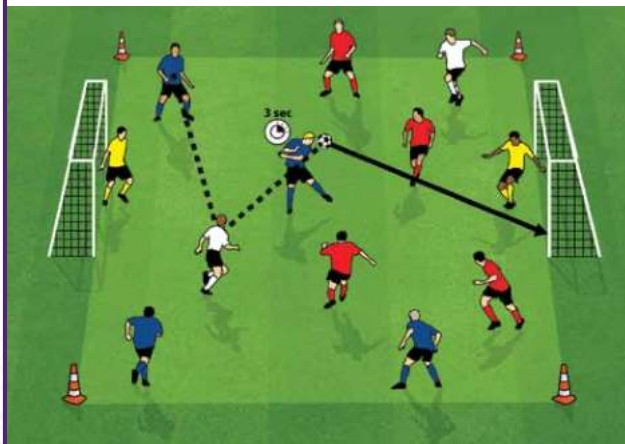
- Develops receiving and turning skills
- Develops shooting accuracy and power
- Develops passing accuracy



OPTION 1: HEAD BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Set up 2 goals, with goalkeepers, at each end (goalkeepers not essential)
3. Divide the players into 2 teams with bibs, and 2 further 'neutral' players
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams keep possession by throwing and catching the ball instead of passing it
2. Players can only hold the ball for 3 sec. and cannot move from the spot where they caught the ball. They must then throw it to a team mate or a neutral player (neutral players play for the attacking team)
3. To score, the players must head the ball into the goal
4. If the ball touches the ground, goes out of play or is held for more than 3 sec. the opposition re-start with the ball

PROGRESSION

INTERMEDIATE: Reduce the amount of time a player can stand still with the ball for

ADVANCED: Players move the ball using a throw – head – catch – throw – head – catch sequence

OUTCOMES

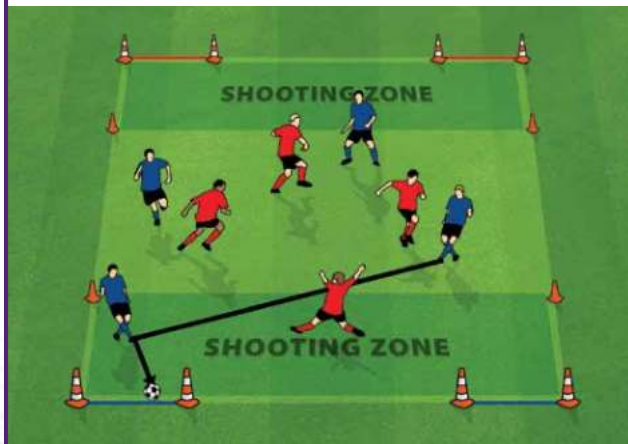
- Develops support play
- Develops heading skills
- Develops awareness of other players
- Develops communication



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

SETUP

1. Create an area up to 50m x 35m. 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



FLAG TAG (GENERAL MOVEMENT)

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



HOW TO PLAY

1. Players chase each other around the area, attempting to take snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

PROGRESSION

- INTERMEDIATE: Create two teams – the winning team captures all the opposition flags first
- ADVANCED: Give every player a ball to dribble while they play

OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control



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: HEAD DODGEBALL (FOOTBALL TECHNIQUE)

SETUP

1. Set up a 5 x 5 yard area. Modify the size depending on the number of players
2. Divide the players into 'shooters' (red) and 'targets' (blue)
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. All 'targets' move around inside the square while the 'shooters' have the balls
2. The 'shooters' serve the ball from their side to their team-mates on the opposite side of the grid. The receiving player tries to head the ball 1st time and hit one of the 'targets' inside the grid
3. Teams swap roles after 3 minutes
4. The team with the most hits wins

PROGRESSION

- INTERMEDIATE:** Both teams start inside the area (12 x 12 yard area) and 'shooters' serve and head on the move
- ADVANCED:** Target's inside the grid can head the ball away and the hit does not count

OUTCOMES

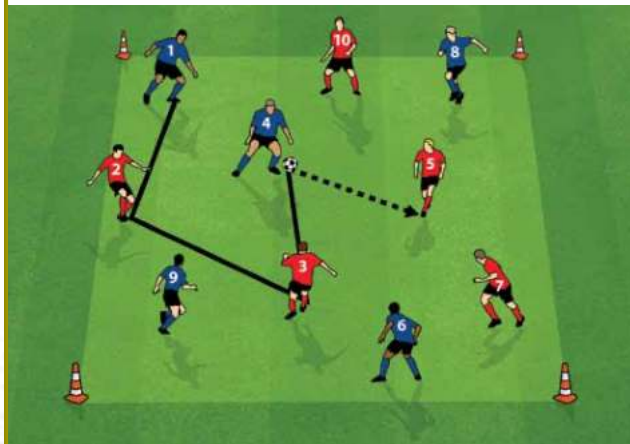
- Develops accurate and controlled heading skills
- Keeping head up for awareness of space and other players to pass to
- Encourages teamwork and communication



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: ONE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. Modify the size depending on the number of players
2. Use extra cones to create 1 goal 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 goal 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

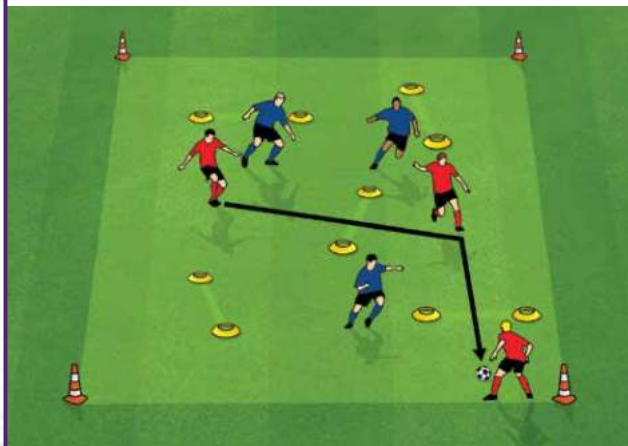
- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play



OPTION 2: MULTIPLE GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. 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



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



GHOSTBUSTERS (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 sec.
4. The players continue dribbling after the 20 sec. is completed

PROGRESSION

- BASIC: Change the part of the foot used to dribble
- INTERMEDIATE: Players can only 'shoot' with their non-dominant foot

OUTCOMES

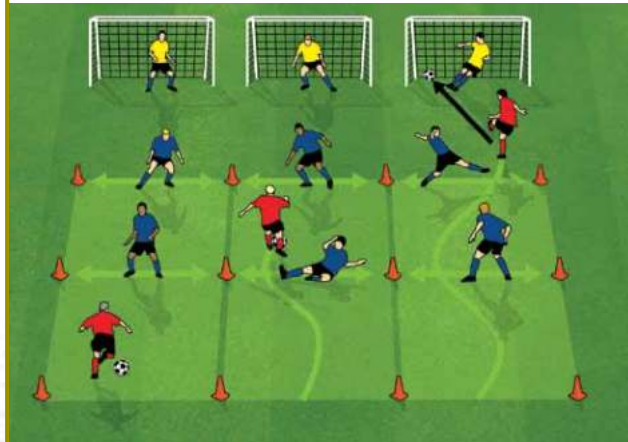
- Dribbling and changing direction with the head up
- Passing accuracy over different distances



OPTION 1: RUN THE GAUNTLET & SHOOT (FOOTBALL TECHNIQUE)

SETUP

1. Create three 15m x 5m areas. Set up a goal 12m away from the end of each area. Use cones to divide each area in half.
2. The attacking players start at the end of the area furthest away from each goal.
3. Two defenders stand in each grid, on the line between the cones in their area.



HOW TO PLAY

1. The attacking player dribbles up to the 1st line and tries to dribble their ball past the first defender. The defender MUST remain on their line and can only move from side to side.
2. If successful the attacking player then tries to beat the 2nd defender and shoot past the goalkeeper.
3. Attackers get 1 point every time they beat a defender and 3 points if they score a goal.
4. Players get 3 turns each and then rotate positions.

PROGRESSION

INTERMEDIATE: The 2nd defender is allowed to defend the space behind them as soon as they are beaten.

ADVANCED: Defenders can come off their line to defend the space in front of them.

nb. Swap the goalkeeper regularly

OUTCOMES

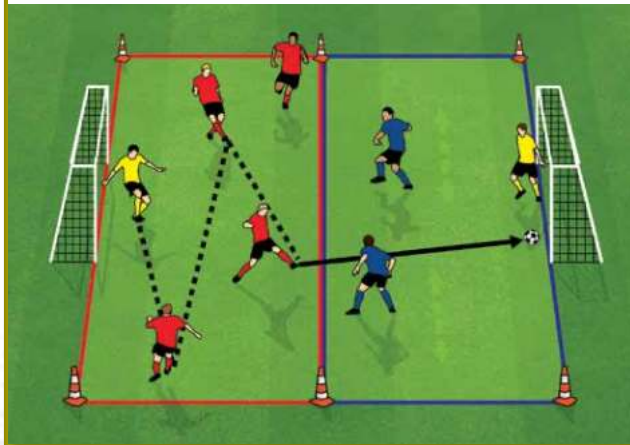
- Shooting power and accuracy
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling



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

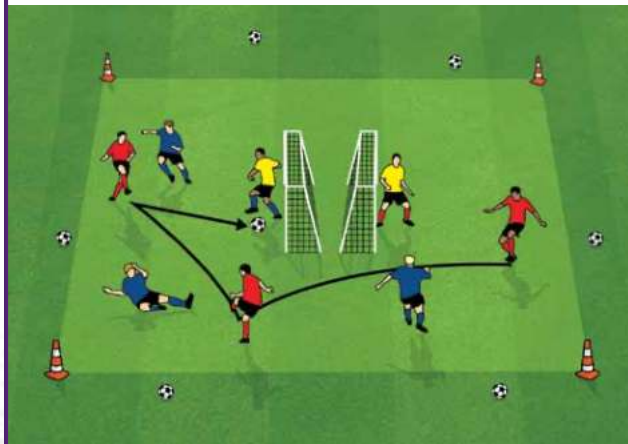
- Shooting power and accuracy
- Passing accuracy in the space in front of players



OPTION 1: BACK TO BACK GOALS (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. Modify the size depending on the number of players
2. Set up 2 goals back to back 5m apart with a goalkeeper in each goal
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. Each team is allocated a goal to defend and has a goalkeeper. Teams try to score in their opposition goal and can use the entire area to keep possession, both in front of and behind that goal
2. When a goal is scored, the team retains possession and starts from their goalkeeper
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:
- Restrict players to 2 or 3 touches
 - Teams can score in either goal
- ADVANCED:
- Players can only shoot on their first touch

OUTCOMES

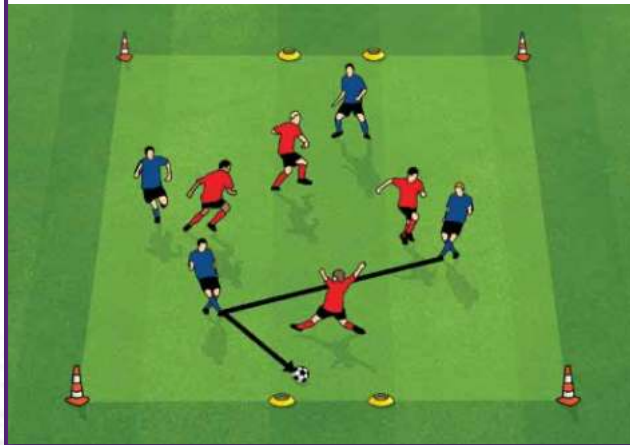
- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change the point of attack quickly
- Shooting
- Defending skills



OPTION 2: MAN ON MAN (SMALL SIDED GAMES)

SETUP

1. Create an area up to 50m x 35m. Modify the size depending on the number of players
2. Create a goal at each end 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. Each team is allocated a goal to defend and has a goalkeeper. Teams try to score in their opposition goal
2. Players are assigned a partner and are only allowed to tackle their direct opponent. Players can intercept passes also
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 as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE:** When a players partner scores, they must run one lap of the field before rejoining the game
- 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
- Attackers learn how to create space for themselves and play under high pressure
- Change direction of play quickly
- Defenders learn how to mark closely to deny their opponent space to receive and time on the ball



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