



**STAGE 1**  
**ASB First Kicks**  
(4-6 years)  
**GAMES & ACTIVITIES**





### SNATCH THE FLAG (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area as large as possible (30m x 20m)
2. All but 2 players start inside the area with a bib (flag) tucked into the back of their shorts
3. The remaining 2 'taggers' also start in the area, but with no bib



#### HOW TO PLAY

1. The taggers chase the other players around the area, attempting to snatch the flag from them
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they become the tagger
4. The game is continuous allowing for progressions

#### PROGRESSION

- BASIC:** Vary the running to include hopping, skipping or jumping
- INTERMEDIATE:** Give every player a ball to dribble while they play
- ADVANCED:** Give every player a ball to dribble while they play, except the taggers

#### OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness



### TRUCK & TRAILERS (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Split the players into pairs, each pair starts without a ball



#### HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' moving around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

#### PROGRESSION

- BASIC:** Add one ball between each pair
- INTERMEDIATE:** Each player has a ball
- ADVANCED:** Trucks have more than one trailer

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball

### 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

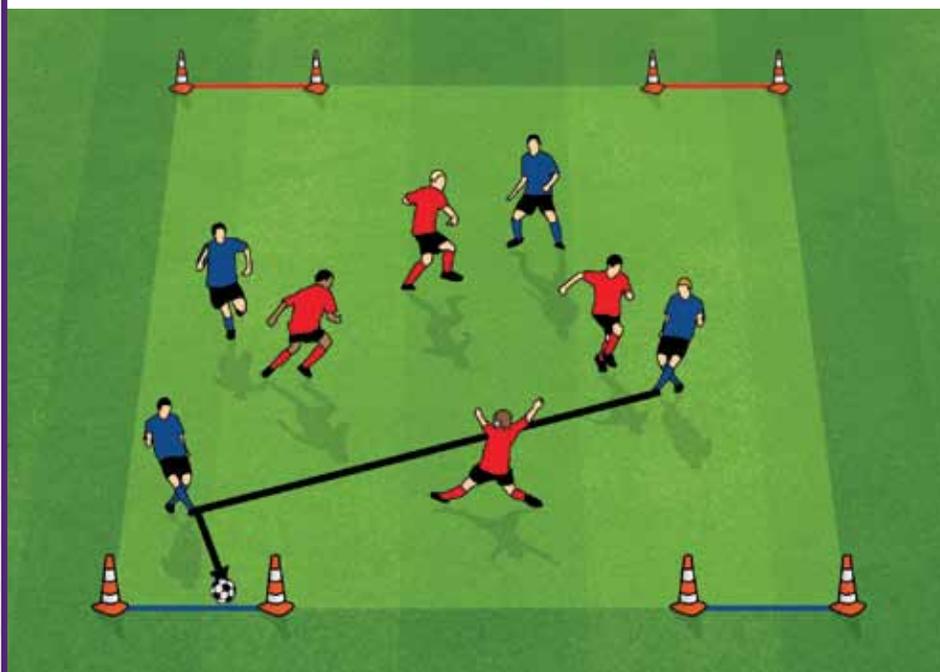
- Dribbling and changing direction with the head up
- Passing accuracy over different distances



### 2 GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



### 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



### TERMINATOR (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 20m 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 'terminator', who starts inside the area but has no ball



#### HOW TO PLAY

1. Players with the ball dribble around the area shielding their ball from the 'terminator'
2. The 'terminator' attempts to tackle the other players to take the ball from them
3. If tackled the player must get their ball and stand still with it, with their legs apart
4. The other players can 'free' a tackled player by passing their own ball through their legs, allowing them to re-join the game.
5. After 1 ½ mins. A new terminator is chosen and the game re-starts

#### PROGRESSION

**BASIC:** The terminator must dribble the ball from the square, but not kick it away, after a tackle

**INTERMEDIATE:** Add another terminator

#### 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



### 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



### ONE GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



### STUCK IN THE MUD (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. Allocate a bib to one player, who is the 'swamp zombies'



#### HOW TO PLAY

1. Players run around the area escaping the 'swamp zombies'
2. The 'swamp zombie' attempts to tag players causing them to get 'stuck in the mud'
3. If tagged the player must stay in one place, with their legs apart
4. The other players can 'free' a tagged player by crawling through their legs
5. After 1 ½ min. A new 'swamp zombie' is chosen and the game re-starts

#### PROGRESSION

- BASIC:** Add another 'swamp zombie'
- INTERMEDIATE:** Change the type of movement players can use e.g. hopping, bounding, jumping

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness



### DRIVING SCHOOL (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Place other cones randomly within the area
3. Every player has a ball



#### HOW TO PLAY

1. Each player dribbles around the area (driving their car) without hitting another car or lamp post (cone)
2. You call out which part of the foot the players use to control the ball as they dribble
3. The aim for the players is to stop beside every cone (which doubles as a petrol station) and perform 5 toe taps (to fill up)
4. Only one player at a time can stop at a cone, and the aim is to fill up at every petrol station quicker than anyone else

#### PROGRESSION

- BASIC:** Use different parts of the foot  
Use different turning techniques
- INTERMEDIATE:** Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes
- ADVANCED:** Follow a partner

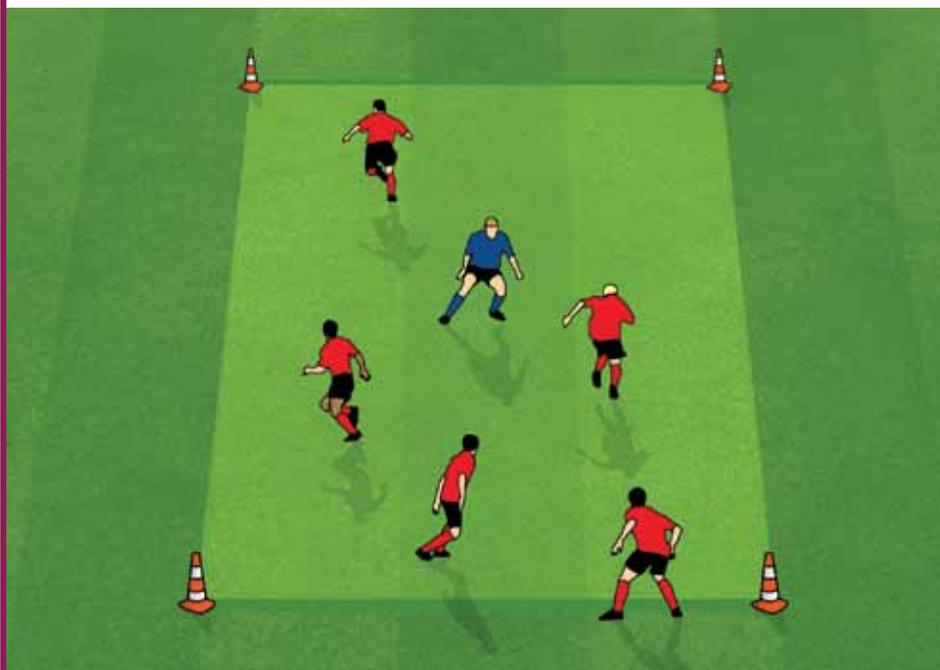
#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball

### JAIL BREAK (FOOTBALL TECHNIQUE)

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Choose one player to start in the middle as the 'police officer'
3. As soon as players understand the game, give every player a ball, except for the 'police officer'



#### HOW TO PLAY

1. The player in the middle starts as the 'police officer'
2. On your signal the remaining 'robbers' run past the 'police officer' to the other end
3. Any player tagged by the 'police officer' must 'freeze' and stay on that spot trying to tag the other 'robbers' as they pass
4. The game ends when all 'robbers' are tagged. Start again with a new 'police officer'

#### PROGRESSION

- BASIC:** Start with more than one 'police officer'
- INTERMEDIATE:** All 'robbers' have a ball and the 'police officer' must tackle them or knock their ball out of the area

#### OUTCOMES

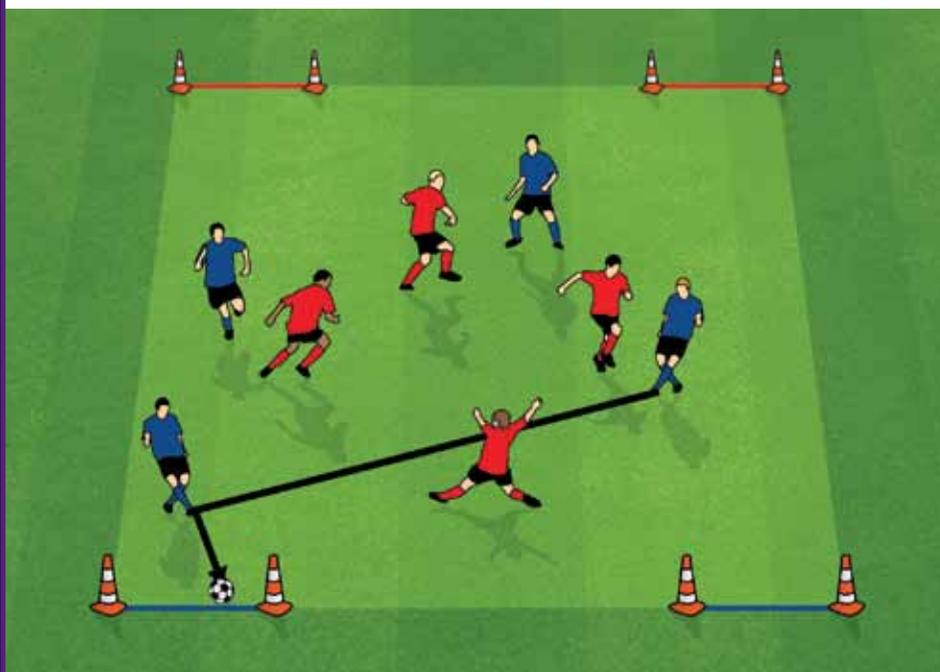
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing of the tackle



### 2 GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



### 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 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

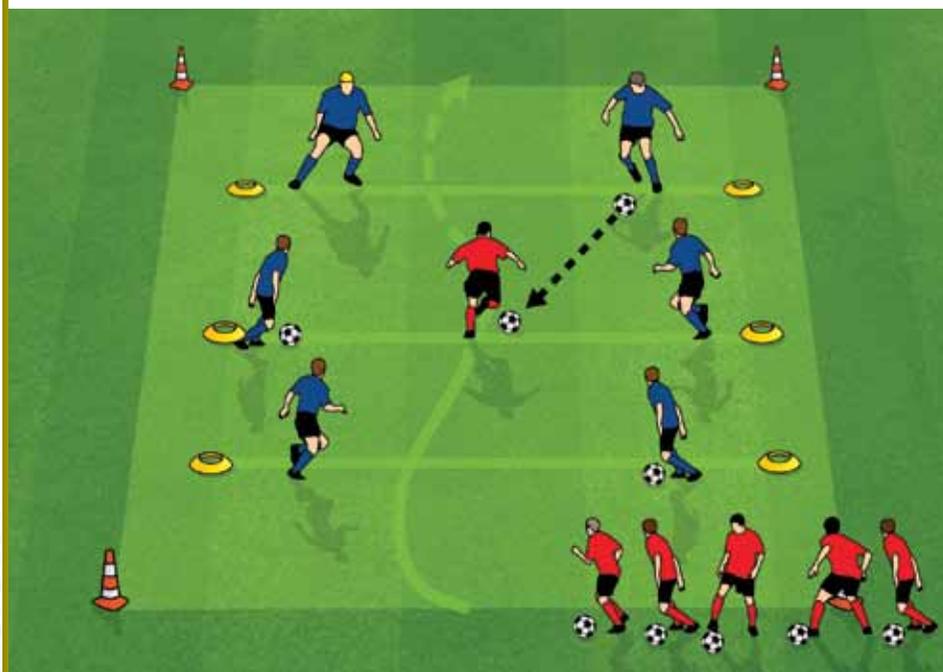
#### OUTCOMES

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

### 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

### TRAFFIC COPS (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 30m x 20m Modify the size depending on the number of players
2. All players inside the area with a ball each



#### HOW TO PLAY

1. All players start on the end line (car parked in the garage). You (the traffic cop) stand in the centre, facing away from the players
2. On your 'green light' call the players begin dribbling forward. When you call 'red light' the players must stop
3. After the 'red light' call you turn to check if anyone is still moving. If they are, that player is sent back to the garage to start again
4. The winners are the first players to reach the other end (top of the street)

#### PROGRESSION

INTERMEDIATE: The traffic cop chase. On 'red light' you turn and chase players back to the garage. Any player caught becomes another 'traffic cop'

#### OUTCOMES

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



### ONE GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



### CHAIN TAG (GENERAL MOVEMENT)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. Create 1 or 2 pairs by asking some of the players to join a partner
3. All the other players are free to move around inside the area



#### HOW TO PLAY

1. While keeping their hands joined, the pair tries to tag the free players with their free hands. Everyone runs around while the taggers chase the free players
2. When a free player is tagged they join the pair, which becomes a threesome or a 'chain of three'
3. The three continue to chase and when a fourth person is tagged, they break into two chains of two and both chains continue to chase and tag
4. The game is completed when everyone is in a chain

#### PROGRESSION

BASIC: Investigate different movements i.e. walking, jogging, skipping, hopping

#### OUTCOMES

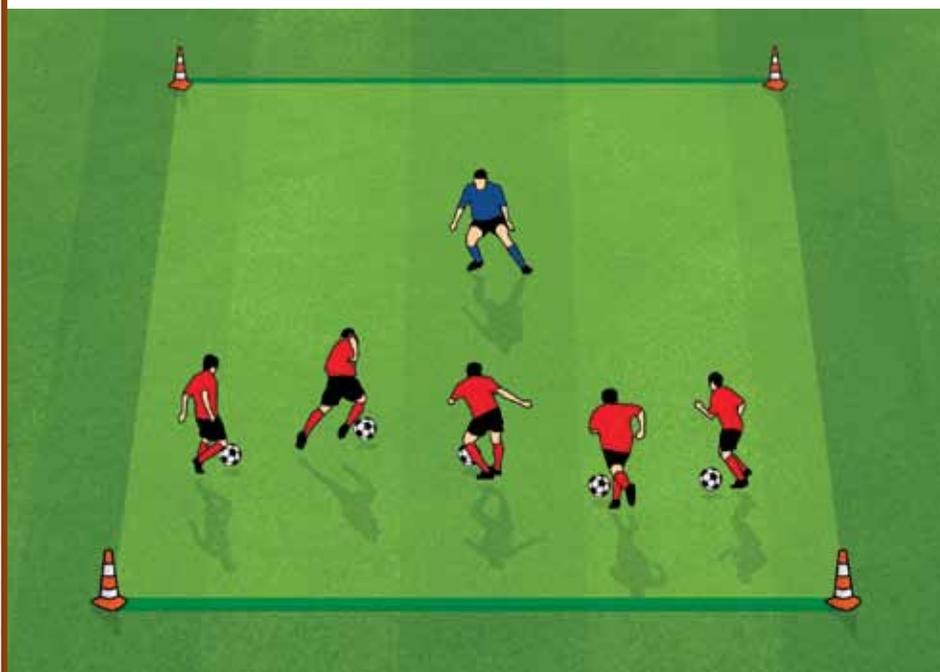
- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness



### FOOTBALL RUSH (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 at one end of the area with a ball each, except for one defender, who starts inside the area but has no ball



#### HOW TO PLAY

1. On your call of "Football Rush" the attackers attempt to dribble their ball past the defender in the middle of the pitch and stop on the opposite end line
2. The defender tries to tackle as many players as possible, or even kick their ball out of the area
3. If an attacker has their ball intercepted or taken from them they join the defender(s) in the middle of the pitch
4. The last attacker remaining wins the game

#### PROGRESSION

- BASIC:** Make the pitch smaller
- INTERMEDIATE:** Add another defender at the start

#### 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



### CONNECT IT (FOOTBALL COORDINATION)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a ball each



#### HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball around the area. On your call, the players stop and listen to you calling out two body parts, which each child has to join together, while still controlling the ball
3. Examples include nose to knee, knee to foot, foot to head

#### PROGRESSION

- BASIC:
- Ask the players to connect one body part to the ball
  - Change the way the players move with the ball, eg. hopping or skipping

#### OUTCOMES

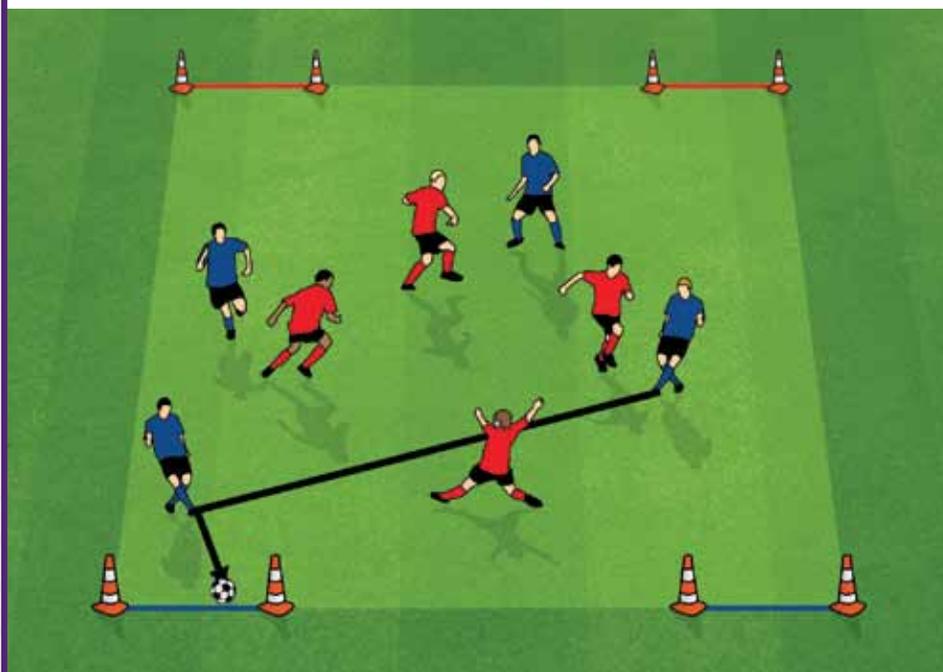
- Agility while changing direction at speed
- Coordinated speed
- Close ball control



### 2 GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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

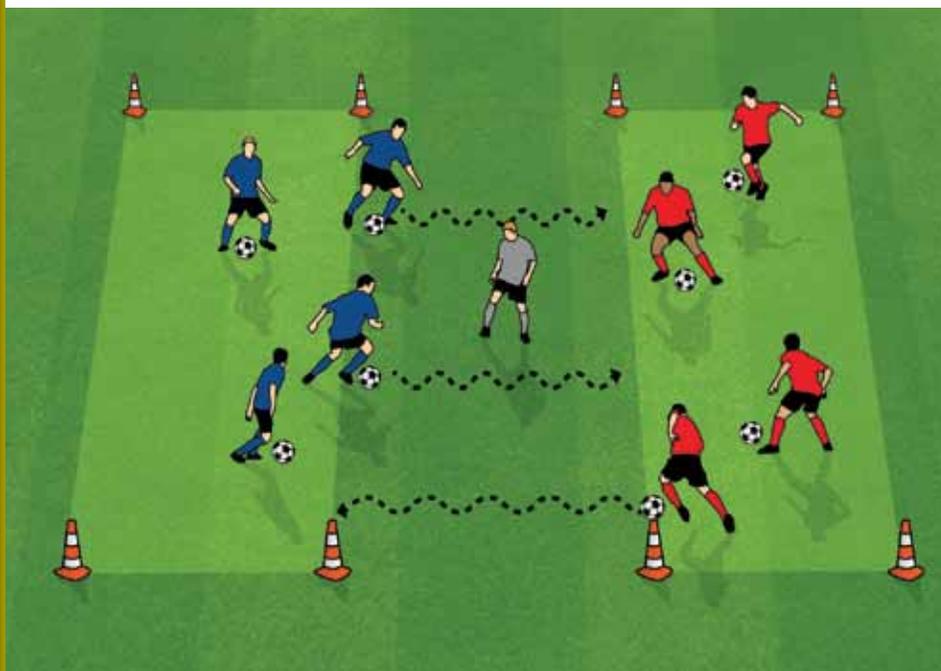
#### OUTCOMES

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

### BALL THIEF (FOOTBALL TECHNIQUE)

#### 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 one of the two areas
3. You start between the two areas



#### 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 don't make it across, the player returns to the area they started from

#### PROGRESSION

**BASIC:** Ask a player to join you between the two areas to help you stop other players

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Ability to use different fakes and turns
- Ability to change speed with the ball



### JUNGLE TIME (FOOTBALL COORDINATION)

#### SETUP

1. Create an area up to 30m x 20m
2. In each corner use 3 cones to make a 'jungle' 4m x 4m
3. There are no teams and all players have a ball



#### HOW TO PLAY

1. The Game Leader calls out an animal and the players must move the ball in the style of the animal. E.g. An elephant may require slow movements dragging the ball with the sole of the foot. An Anteater may move the ball with the head while on hands and knees.

#### PROGRESSION

- BASIC:** Ask the players to make suggestions for new animals to use
- INTERMEDIATE:** The Game Leader becomes the 'hunter' and when they call 'hunter's here' all the players dribble their ball to a corner, to hide in the 'jungle'. The hunter will try to catch slow animals.

#### OUTCOMES

- Imagination and control while dribbling
- Exploration of different ways of controlling the ball

### ONE GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



### RUNNING FREE (GENERAL MOVEMENT)

#### SETUP

1. Create an area as large as possible (30m x 20m)
2. All the players are free to move around inside the area



#### HOW TO PLAY

1. On your signal ask the players, Who can run...? (or Can you run...?) like a zombie, an elephant, very tall, very small, on your tippy toes, as fast/ slowly/ smoothly as you can, with jerky movements, forwards/ backwards, keeping a certain distance away from everyone else, in front of/ behind a partner

#### PROGRESSION

- BASIC: Ask the players to make suggestions
- INTERMEDIATE: Add a ball

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

### DRIVING SCHOOL (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Place other cones randomly within the area
3. Every player has a ball



#### HOW TO PLAY

1. Each player dribbles around the area (driving their car) without hitting another car or lamp post (cone)
2. You call out which part of the foot the players use to control the ball as they dribble
3. The aim for the players is to stop beside every cone (which doubles as a petrol station) and perform 5 toe taps (to fill up)
4. Only one player at a time can stop at a cone, and the aim is to fill up at every petrol station quicker than anyone else

#### PROGRESSION

- BASIC:** Use different parts of the foot  
Use different turning techniques
- INTERMEDIATE:** Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes
- ADVANCED:** Follow a partner

#### OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball



### WHAT'S THE TIME MR. WOLF? (FOOTBALL TECHNIQUE)

#### SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start at one end of the area with a ball each
3. You, the Game leader, start in the centre of the area as the 'wolf'



#### HOW TO PLAY

1. The game starts with the 'wolf' with his / her back to the players. As soon as the wolf starts walking away the players shout "what's the time Mr Wolf", while dribbling their ball slowly forwards
2. The 'wolf' then turns around and replies "one o'clock" and in doing so the players must freeze. The wolf then turns and walks away again, while the players repeat the question
3. The 'wolf' will add one hour to his/her reply every time until the wolf decides to say "dinner time!" and turns to chase the players. Players then must perform a turn and dribble their ball back to the start as quickly as possible
4. Players should be encouraged to stop their ball on the start line in order to start again

#### PROGRESSION

- BASIC: A player becomes the 'wolf'
- INTERMEDIATE: Add a second wolf

#### OUTCOMES

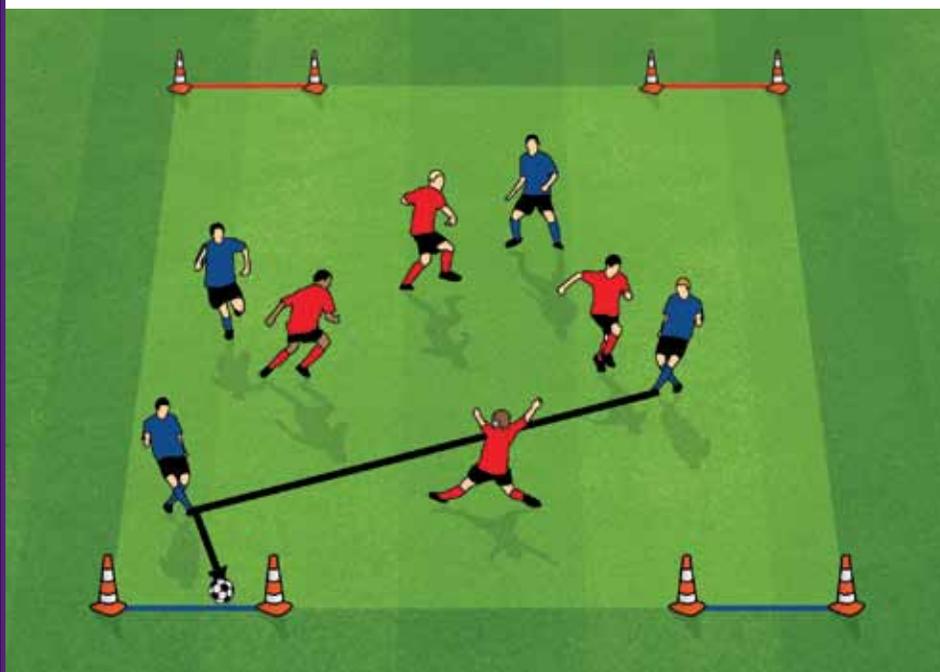
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



### 2 GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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

### SHARKS & ISLANDS (GENERAL MOVEMENT)

#### SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Use small cones to make several 1m x 1m 'islands' inside the area. There are fewer 'islands' than 'islanders'.
3. All players start inside the area as 'islanders' except for two of the players who are asked to be the 'sharks'.



#### HOW TO PLAY

1. The 'islanders' run around the area, while the two 'sharks' wait for your call to start the game.
2. The 'sharks' try to tag the 'islanders' as they run around the area. An 'islander' who gets tagged becomes a 'shark' and vice versa.
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave.

#### PROGRESSION

- BASIC:** Reduce the number of islands or increase the number of sharks.
- INTERMEDIATE:** Give all the 'islanders' a ball, and instead of being tagged by the 'sharks', they must now be tackled.

#### OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (running, rolling, jumping, swerving)
- Develops spatial awareness



### TERMINATOR (FOOTBALL TECHNIQUE)

#### SETUP

1. Using four cones create an area up to 20m 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 'terminator', who starts inside the area but has no ball.



#### HOW TO PLAY

1. Players with the ball dribble around the area shielding their ball from the 'terminator'.
2. The 'terminator' attempts to tackle the other players to take the ball from them.
3. If tackled the player must get their ball and stand still with it, with their legs apart.
4. The other players can 'free' a tackled player by passing their own ball through their legs, allowing them to re-join the game.
5. After 1 ½ mins. A new terminator is chosen and the game re-starts.

#### PROGRESSION

**BASIC:** The terminator must dribble the ball from the square, but not kick it away, after a tackle.

**INTERMEDIATE:** Add another terminator.

#### 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

### 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



### ONE GOAL GAME (SMALL SIDED GAMES)

#### SETUP

1. Create an area up to 25m x 20m. 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



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