

SKILL OF THE WEEK

Welcome and Introduction to Football

Week 1! This week has an emphasis on games, to help introduce players to a few basic skills and ensure everyone has lots of time with the ball.

Key Coaching Points: Encourage the kids to get involved. Some kids will have had experience with football already, others will not. Energy is the key - cheering, positive comments and enthusiasm rubs off on the kids and ensure they have lots of fun. In the games, use goal kicks, kick ins etc as an opportunity to give those players who have not had much of the ball a turn (they could take the kick, or be the recipient of the kick, for example).

GAMES AND ACTIVITIES

Two Goal Game (Small Sided Game)

Outcomes

A game for players to have fun and get lots of touches on the ball, and that encourages players to put the skill of the week into practice.



How To Play

- Teams defend one goal and attack the other.
- Players can only score within the final third of the field - no long shots!
- If a team scores they retreat to halfway, and the other team kicks off with a pass inside their own half.
- No goal keepers.
- No corners
- No throw-ins - players pass with feet to restart game.

Pole Goal Game (Small Sided Game)

Outcomes

A game, with an emphasis on close control and spatial awareness. Players have two goals to choose from (which is the best to go for, where is the space?) and must maintain control of the ball to score.



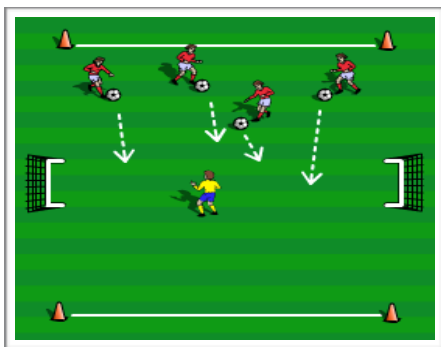
How To Play

- Each team defends two goals, and attacks the opposition's 2 goals.
- In order to score a player must DRIBBLE across the goal line between the yellow poles.
- The scoring team retreats to halfway, and the other team kicks off with a pass inside their own half.
- No corners.
- No throw-ins, pass ball in with feet.

Bullrush (Football Coordination)

Outcomes

- Close control of the ball.
- Balance and stepping past opposition players.
- Awareness of and movement into space.



How To Play

- Start without balls
- Choose a Bullrush who stands at the centre of the square with goals on the left and right sideline.
- The other players line up at one end facing the bullrush.
- On the bullrush's call of 'BULLRUSH' players run to the other side.
- The Bullrush tags players, who then become bullrushes themselves.
- The last player standing becomes the new bullrush.

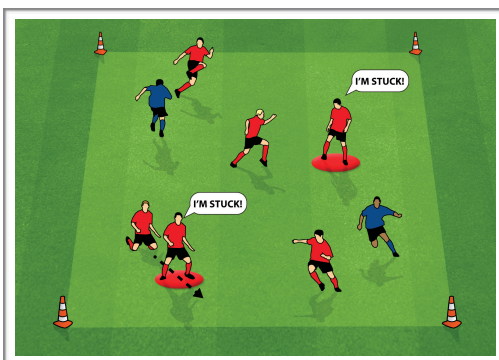
Progressions

- After a round or two, all players except the bullrush can be given a ball. Players must now dribble (not kick!) the ball to the other end.
- The bullrush must now attempt to tackle the ball off players and score in one of the two goals.
- Players can try and win back their ball before the bullrush scores. If the bullrush misses or the player regains possession, the player gets another life.

Stuck in the Mud (General Movement)

Outcomes

- Spatial awareness and the ability to dribble with head up.
- Turning and accelerating with the ball, changing direction.
- Positioning and defending the ball.



How To Play

- Begin without a ball. 2 or 3 players are the taggers.
- The taggers must try to tag the other players.
- When a player is tagged he/she places their hands on their head and stands with open legs.
- Other players can rescue them by crawling through legs.
- Can the taggers get everyone out at once?
- Swap the taggers every 2 or 3 minutes.

Progressions

- 1) After 4 or 5 minutes, add balls. Same rules as before - but all players with a ball and when tagged, player stands with ball over head with open legs. Other players can rescue them by dribbling/passing the ball through their legs.
- 2) Can players use only left/right foot, inside/outside of their foot to dribble?

REMEMBER

- Be enthusiastic and positive - the kids have more fun when they are encouraged and their successes are celebrated
- Let the game be the teacher. Don't tell the kids what to do, but instead praise them when they make good decisions. Guide them during the games and activities to ensure they run smoothly.