



ASB Fun Football Centres
FOOTBALL STARS CURRICULUM
(7-8 Years)

Part 1 Principles

WHAT PRINCIPLES GUIDE THE FUN FOOTBALL CENTRES PROGRAMME?

The Fun Football Centres programme is part of the wider National Player Development Framework developed by New Zealand Football. The philosophy, teaching approach and curriculum content are founded on 10 guiding principles:

1. Accumulation of Hours and number of Touches

Provide all players with every opportunity to access the programme. By creating many opportunities throughout the year for players to play 'the beautiful game', they can become familiar with the ball and take part in games that ensure maximum touches and involvement.

2. Early Engagement

Start young by playing unstructured football that ensures our players are exposed to non-pressurised football environments where play and enjoyment are the priority. Specialisation can occur at a later stage.

3. Recognising Development Age

Treat the players in your care as individuals. They aren't mini-adults, and although the individuals in an age group may seem similar, they might be at different development stages. Parents, teachers and volunteer game leaders or coaches should plan and deliver programmes with this in mind.

4. Training Emphasis Periods

Utilise a carefully designed curriculum to reflect the needs of the players. Take into account the specific types of training that are relevant to primary and intermediate aged children so they can maximise their physical development during this period.

5. Football Fitness

Developing speed, coordination and fundamental movement skills are key at this age group. Development of specific fitness components has been interwoven into the Fun Football Centres curriculum to deliver key physical benefits for primary aged children.

6. Four Corners Approach

This ensures the wants and needs of children are catered for across the following areas:



By considering the age-related characteristics of players across these four corners, programmes can be crafted to enhance their development in each area.

7. Age-Appropriate Games

Football tailored to Small Sided Games and motivational activities that are designed to promote fun and enjoyable challenges.

8. Talent Identification and Development

The NZF National Player Framework tries to motivate children by showing them the various pathways available.

9. National Framework Integration and Alignment

Community programmes such as Fun Football Centres have a major part to play in the development of football players and the promotion of our sport. Further programmes will be implemented in the future.

10. Based on Evidence and Dynamic

The Fun Football Centres programme is evidence-based and informed by world's best practice.

Principles	
1	Accumulation of Hours & Number of Touches
2	Early Engagement
3	Recognising Development Age
4	Training Emphasis Periods
5	Football Fitness
6	Four Corners Approach
7	Age Appropriate Games
8	Talent Identification and Development
9	National Framework Integration & Alignment
10	Based on Evidence and Dynamic

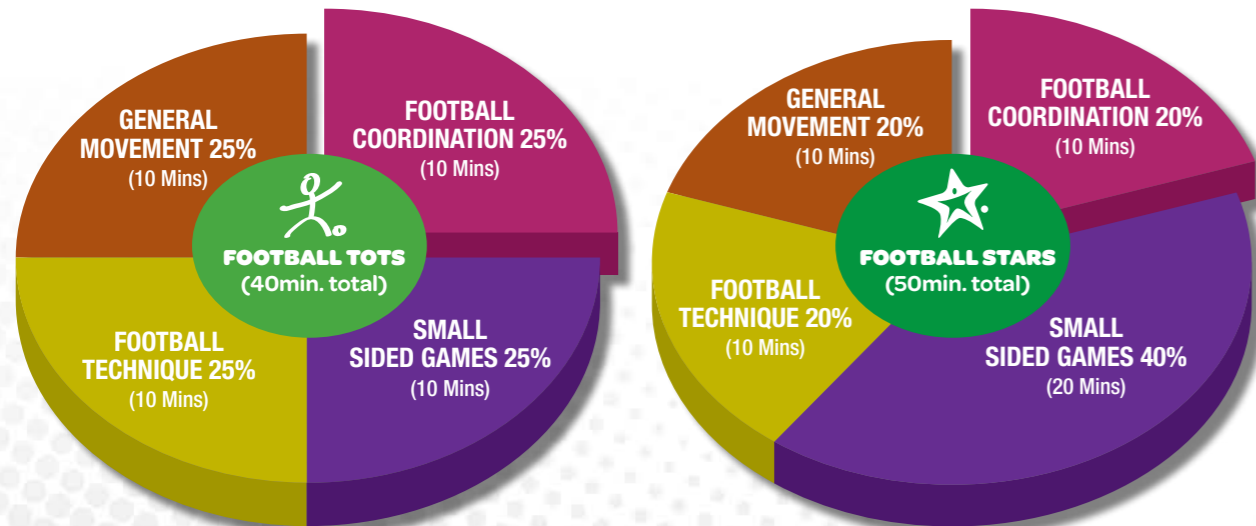


All players in the Fun Football Centre should be exposed to football through training that motivates them to develop the skills to become more competent and enthusiastic about football. The minimal time spent in formal training should be fun, high quality, and should maximise the opportunity for players to touch the ball and interact with others – something that is less present than ever before with the decline of backyard football.

The difference between training for the Football Tots player (25%) and the Football Stars player (40%) is the time spent playing Small Sided Games.

Focus on Training

Four stations (not necessarily set up at once) which cover the key training components (General Movement, Football Coordination, Football Technique and Small Sided Games)



Training Models

There are three delivery models available to a Fun Football Centre, depending on the number of coaches and players available as well as the facility used.

All Fun Football Centres that are delivered outdoors or in a large indoor facility, where space is in abundance, should strive to deliver the Station Rotation model (4 stations). However on a practical level Dual Training or Whole Group Training will probably be the most feasible as Fun Football Centres will typically take place in a gym using one basketball/netball court.

This table summarises the difference between the three models available as well as outlining how they are used in a Fun Football Centre.

MODEL	DESCRIPTION	MIN. REQUIREMENTS	OPTIMAL
1. Station Rotation	Lots of players train together	3 coaches with 3 areas available	4 coaches with 4 areas available
2. Dual Training	Two groups of players train together, based on similar ability levels	2 coaches with 2 areas available	2 coaches with 2 or more areas available
3. Team-based Training	A group of players and coach train together. Rather than working through stations, time is allocated to the key training components	1 coach with 1 area available	1 coach with 2 areas available

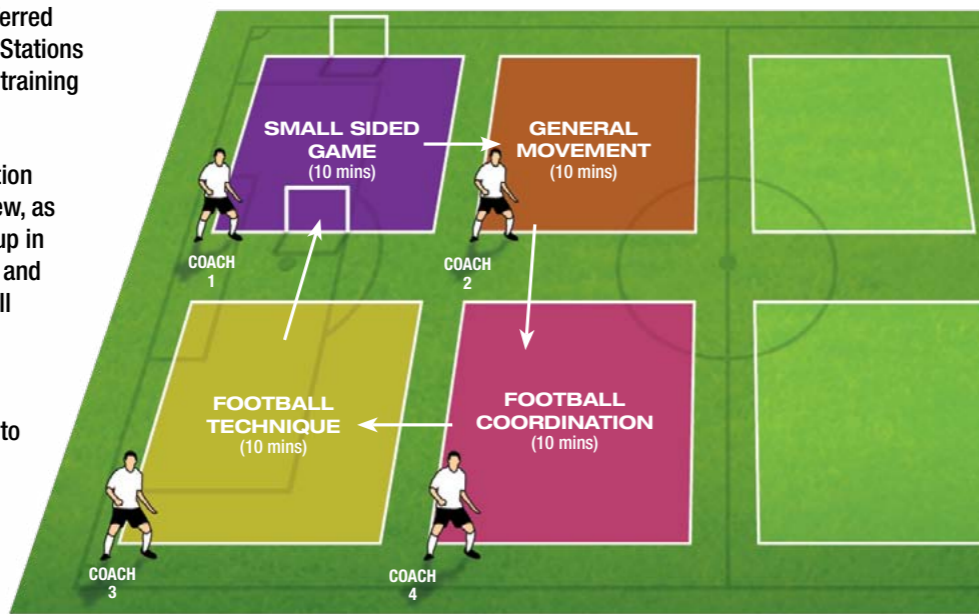




1. Station Rotation

Football Tots Station Rotation - 4 Station Setup

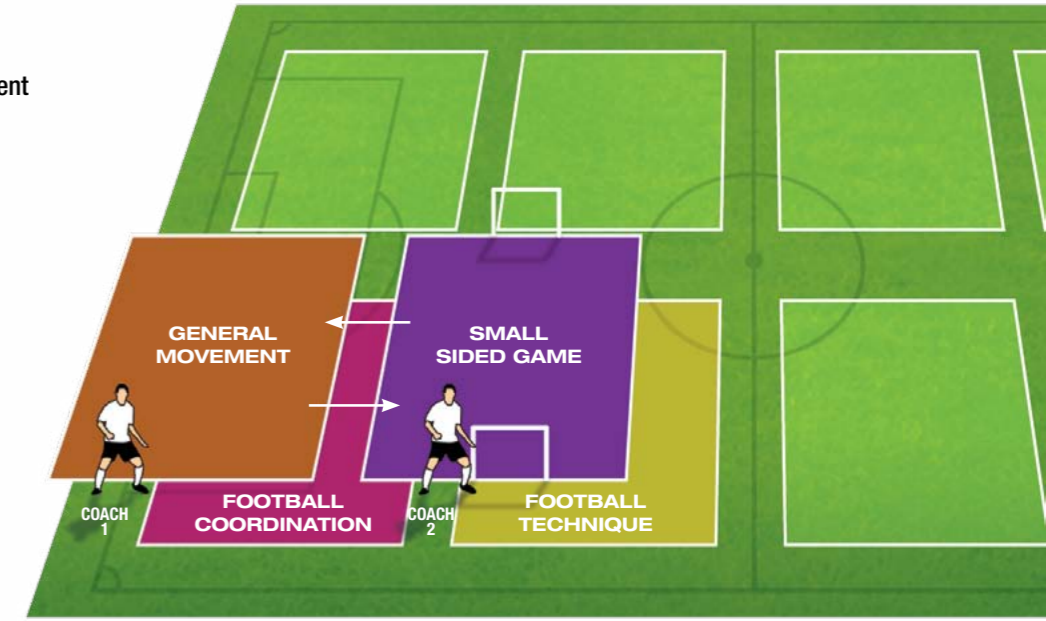
- This scenario shows the preferred arrangement to run Rotation Stations during a Fun Football Centre training session.
- This is ideal from a coordination and management point of view, as it requires no additional set-up in the Football Tots programme and minimal set-up in the Football Stars programme once the session starts. However it is recognised that not all Fun Football Centres will be able to use this model on a training night, so at this stage we allow Fun Football Centres to use the Dual Stations model.



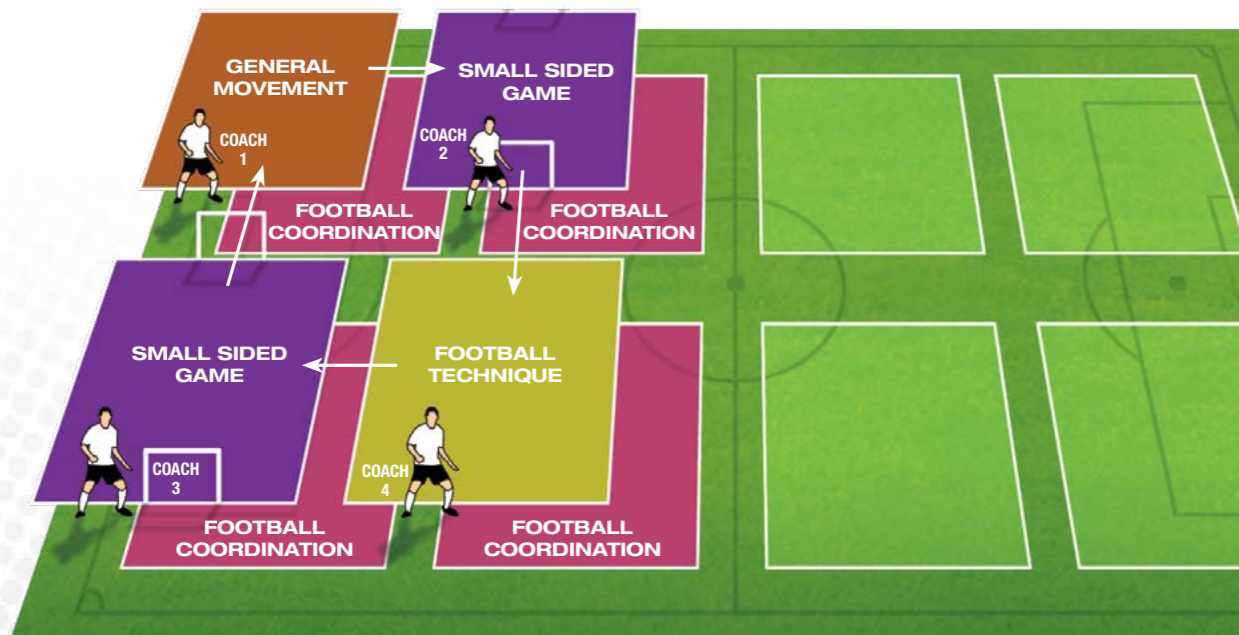
2. Dual Training

Football Tots Dual Training - Setup

- Two groups of players across two stations (general movement and football technique)
- Players then switch stations
- Both coaches are then required to replace their station set-up to two new stations (Small Sided Game and Football Coordination)
- Players switch stations

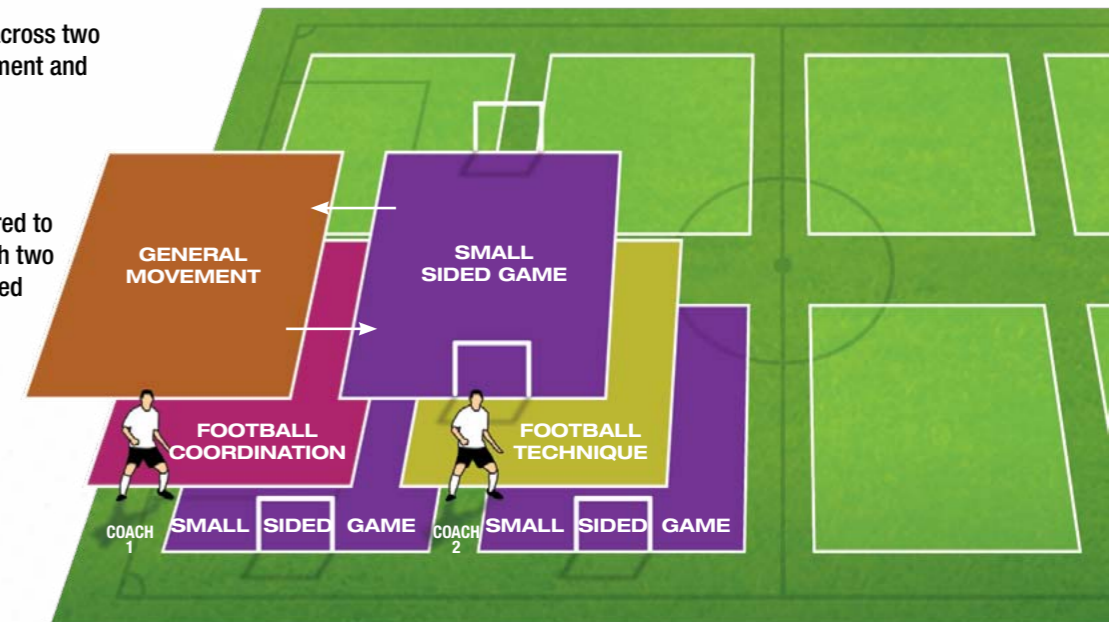


Football Stars Station Rotation - 4 Station Setup



Football Stars Dual Training - Setup

- Two groups of players across two stations (General Movement and Football Technique)
- Players switch stations
- Coaches are then required to replace the stations with two new stations (Small Sided games 1 and 2)
- Players switch stations
- Coaches then replace the stations (Football Coordination) one last time for the cool down



3. Whole Group Training

Whole Group Training - Requirements

- One coach and a group of players (maximum 16, optimal 12 or less) in an allocated area.
- Rather than rotation taking place between stations containing the key components, time within the session is allocated to a particular station session.

Part 3 Tips for Coaches

HOW TO BE AN EFFECTIVE FUN FOOTBALL CENTRE COACH

The players need to be the focus of any game or activity, rather than the coach. The key is to let players play and learn throughout the activity – and interfere with these activities as little as possible. This means that you will need to concentrate on your facilitation skills rather than ‘coach’. At sessions always ensure all players are constantly involved. This meets their needs and requires the coach to understand what his/her players enjoy most and brings them the greatest feeling of success. Carefully monitor your players throughout the session to help you understand when and how to best progress the session to keep challenging your players at an appropriate level.

Characteristics of an effective FFC coach	How does this benefit the players?	During Session
Empathetic	Coach can relate to each individual player. Each child likes to be valued Understand players like to have fun above anything else!	Praise related feedback, e.g. “Well done Mary for helping out with picking up the cones.”
Good communicator	Use appropriate language and attaches stories to sessions (Walt Disney approach) Don’t talk too long and keep kids active. Kids have a very short attention span	Clear and effective instruction/communication
Energetic	Kids will feel at ease if you are like them; enthusiastic, fun and energetic	Have a laugh Maximum opportunity for players to actively participate
Patient	Ensures players have an opportunity to try things and learn from making mistakes while still having fun. This will help to build their confidence	Positive re-enforcement, e.g. “Thanks to all of you being on-time we get to spend more time playing matches.”
Organised	Keep to curriculum and have things set up beforehand to prevent kids from waiting around	Good organisation of equipment
Firm, but fair	Use simple rules and stick to it. Children like to know the boundaries	Rules related discipline Strong management of the practice

Within the Fun Football Centres there are two age groups the Football Tots (4-6yrs) and Football Stars (7-8yrs). As children grow older you will see there is a difference between the two age groups. Below is a guide to give you an insight.

FOOTBALL TOTS (4-6 Years)	FOOTBALL STARS (7-8 Years)
Individualistic (ball each in fun games)	More aware of others (like matches)
Emotionally sensitive	Less sensitive
Un-coordinated	Better balanced
Very short attention span	Short attention span
Like to be told	Start asking questions
Play for fun	Able to compete
Avoid physical contact	Able to handle some physical contact

Don’t forget that the parents are the main socialising agent and decision makers for your players, so it will be vital you have a positive relationship to secure retention.



PLAYER NEEDS

SESSIONS OVERVIEW

TECHNICAL & TACTICAL

Characteristics	Meeting Needs
Football specific skills i.e. passing, dribbling, shooting are very basic and just are starting to form	Players are ready to develop football specific techniques particularly dribbling and shooting, build on their basic foundation
Uncoordinated with the ball in the early stages	Playfully learning the basic skills
Little understanding or comprehension of how the game is played (in and out of possession)	Let them play: give them room to explore and learn through their own experience while helping them understand the basic concepts/rules of the game

MENTAL

Characteristics	Meeting Needs
Sensitive to criticism, enjoy being successful and seek praise	Lots of praise and encouragement
Short concentration span	Keeping all players involved, all of the time
Enjoy fun games	
Lack of spatial awareness	Attach stories imagination to games

PHYSICAL

Characteristics	Meeting Needs
Often Uncoordinated	Provide opportunities for players to explore different movement patterns i.e. hopping, skipping, twisting and turning and combinations of these patterns
Energetic	
Desire for gymnastic type activities with lots of different movement	Include games that involve quick changes of direction, turning at different angles, weaving and dodging, use a ball for extra motivation

SOCIAL / EMOTIONAL

Characteristics	Meeting Needs
Not very aware of group involvement in activities	Help players to become more aware of their teammates
Start to engage with other peers as they develop through Fun Football	Build on individual development
Excitable and playful	Introduce the concept of 'team' through games

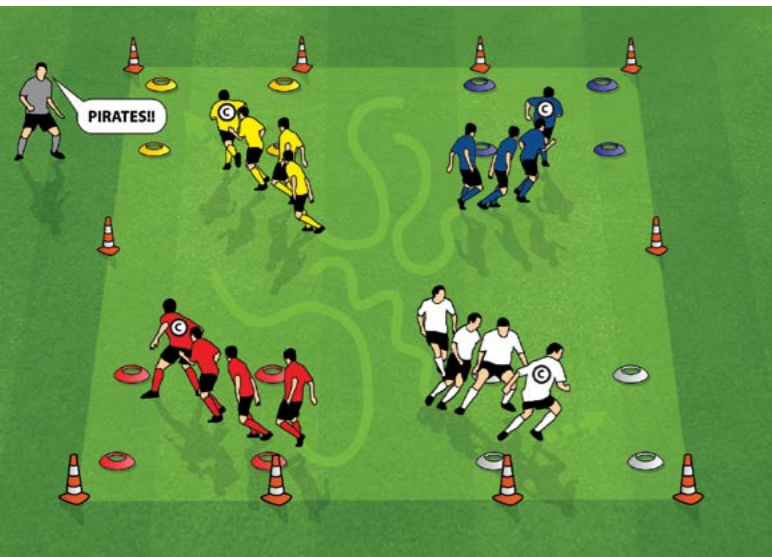
WEEK	GENERAL MOVEMENT (10mins)	FOOTBALL TECHNIQUE (10mins)	SMALL SIDED GAMES (20mins)	FOOTBALL COORDINATION (10mins)
1	Pirates of the Caribbean	Back to the Island	Line Ball & 2 Goal Game with Close-Range Shooting	Doctor Doctor
2	The Weather Man	Driving Test	Triangle Goal Game & 2 Goal Game	First to Score
3	Gee Gee's	Target practice	2 Goal Game with Close-Range Shooting & 1 Goal Game	Ghostbusters
4	The Weather Man	Fun Mini Festival (8 teams, 4 games of 7 minutes each = 30 minutes total)		First to score
5	Car Chase	Off the wall	2 Goal Game with Close-Range Shooting & Diagonal Goals	Box to box
6	Pirates of the Caribbean	Back to the Island	Triangle Goal Game & 2 Goal Game	Ghostbusters
7	Gee Gee's	Target practice	2 Goal Game & 2 Goal Game with Close-Range Shooting	Doctor Doctor
8	Car Chase	Fun Mini Festival (8 teams, 4 games of 7 minutes each = 30 minutes total)		First to Score



PIRATES OF THE CARIBBEAN (GENERAL MOVEMENT)

SETUP

1. Set up a big square (30 x 15m) using 10 cones
2. Set up 4 islands by making a small square with 4 cones per island (2 x 1m)
3. Divide group into 4 teams and appoint each team their own island (little square)
4. Pick a captain for each team
5. Option to set up more islands to make things easier (requires more cones/discs)



HOW TO PLAY

1. The coach is Captain Jack Sparrow and on his/her signal (visual or verbal) the boots (teams) start sailing (walking in line inside the area, captain up front). The coach (Captain Jack), from time to time, mixes up the way the teams have to move (see progressions)
2. On the next command from Captain Jack, 'Pirates!', the players have to get back to the island as quick as possible
3. Competition: Which group can get back the quickest?

PROGRESSION

- BASIC:**
- Walk backwards
 - Walk quietly/loud
 - Big steps/small steps
- INTERMEDIATE:** Jump with two legs together, skip on one leg
- ADVANCED:** If a player (sailor) on their way back to safety (on the island) gets tapped by Captain Jack they turn into a rock and have to freeze on the spot. Their arms are seaweed and are the only part of their body they are allowed to move. If in the following round they manage to tap another sailor they turn into a rock as well, but if they manage to tap Captain Jack they are free again and join the game again as a sailor

OUTCOMES

- Offer a range of movements for players to try

BACK TO THE ISLAND (FOOTBALL TECHNIQUE)

SETUP

1. Set up a big square (30 x 15m) using 10 cones
2. Set up 4 islands by making a small square with 4 cones/discs per island (2 x 1m)
3. Divide group into 4 teams and appoint each team their own island (little square)
4. Put number of balls in the middle (depending on how many players you have in your group)



HOW TO PLAY

1. On the coach's signal (i.e. raise 1 hand in the air) two players from each team run to try and collect one ball per pair. They have to stay together as a team, maximum 2 meters apart. They can collect a ball either from the middle or from one of the other islands. Once they got a ball they have to get it back by passing it between the two of them, but are not allowed to dribble/move with the ball. Once they bring a ball bag they tag the next pair to go etc.
2. After each round (2 or 3 minutes) the coach decides which team has found the best way to fulfil the task.

PROGRESSION

- BASIC:**
- Pass with left/right foot only
 - Pass with inside of foot
- INTERMEDIATE:**
- Pass with outside of the foot
 - Pass with sole of the foot
- ADVANCED:** One of the two opposite islands has 6 balls (1 ball per player).
- Task 1:** Throw the balls to the opposite island. Which two teams can finish first?
- Task 2:** Shoot or pass the balls.
- Task 3:** Players' choice.

OUTCOMES

- Get familiar with the ball. How it moves, bounces etc.
- Use different parts of the foot to pass
- Team work

LINE BALL (SMALL SIDED GAMES)

HOW TO PLAY

1. In this SSG the teams 'score' when a player can stop the ball on the opposition's 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

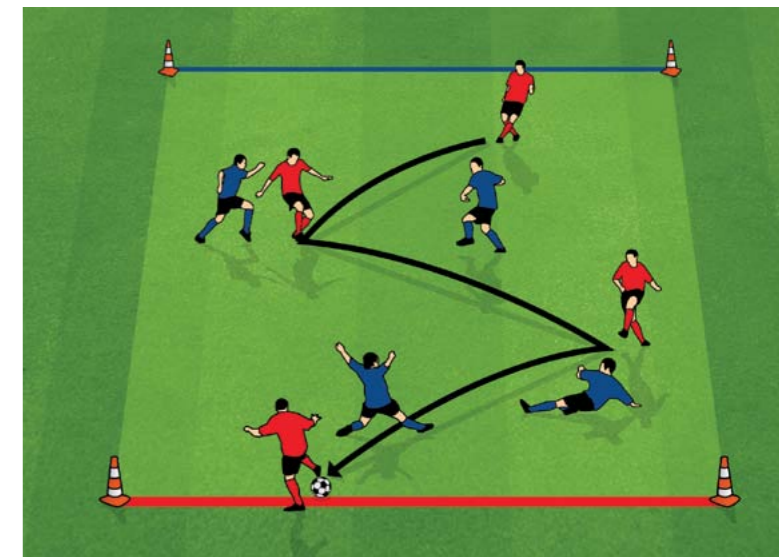
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

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

SETUP

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



2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

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

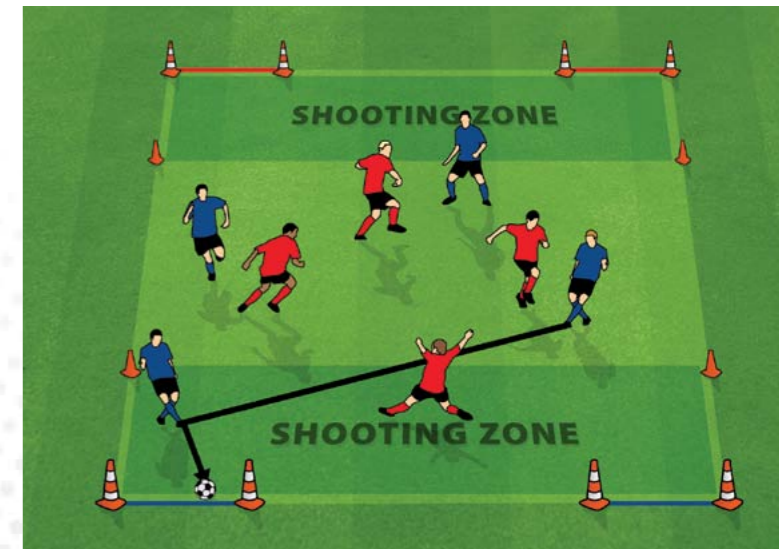
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

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

SETUP

1. Create an area up to 30m 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





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

- 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

DRIVING TEST (FOOTBALL TECHNIQUE)

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

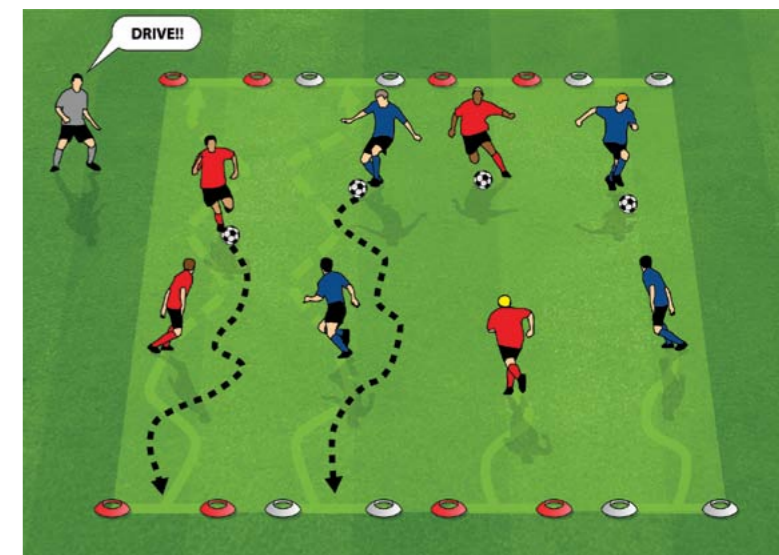
- BASIC:** Use different parts of the foot
Use different turning techniques
- INTERMEDIATE:** Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes
- ADVANCED:** Follow a partner

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

SETUP

1. Set up a square with 8 goals
2. Divide players over the 8 goals and position them in front of the goals
3. On one side each of the players has a ball (drivers). The other side without the ball are pedestrians.



WEEK 2

THE WEATHER MAN (GENERAL MOVEMENT)

SETUP

1. Set up an area and divide the group into 4 teams
2. Set up 4 smaller squares inside each pitch (see diagram)



HOW TO PLAY

1. Each team walks around freely in the area, while doing so the coach (the weather man) shouts out instructions to which the players have to react as quickly as possible.
 - "Fire!" Players quickly move into the corners behind the small squares
 - "Water!" Players run into the little squares and move around
 - "Thunder!" Players freeze on the spot & are not allowed to move
 - "Storm!" Players lay down flat on the ground

PROGRESSION

- BASIC:**
- Walk backwards
 - Walk quietly/loud
 - Take very big/little steps
- INTERMEDIATE:**
- Jump two footed
 - Jump one footed (left/right)
- ADVANCED:** Introduce a football for each player and use different surfaces the players have to use while dribbling around

OUTCOMES

- Quick reactions and lots of different movement
- **ADVANCED:** Use of different parts of the foot while dribbling

TRIANGLE GAME (SMALL SIDED GAMES)

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

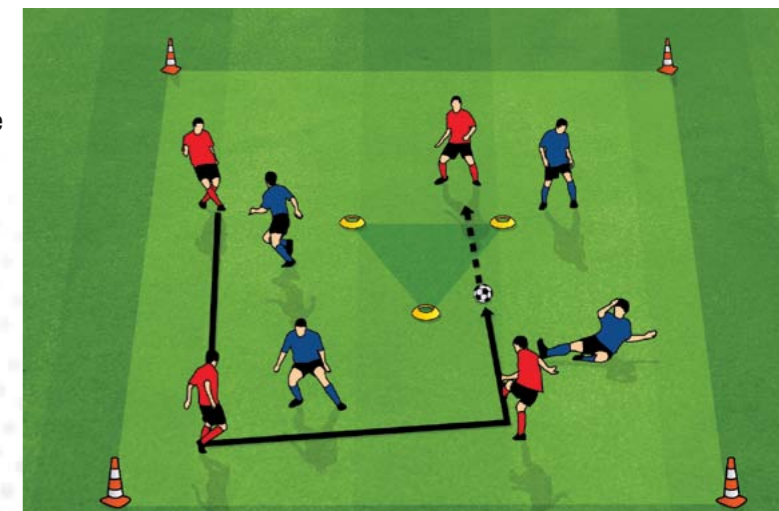
- INTERMEDIATE:** Specify which foot can be used to pass or score
Assign 2 specific sides of the triangle that can be scored through by each team
- ADVANCED:** Limit the number of touches players can take e.g. 2 touch only

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

SETUP

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

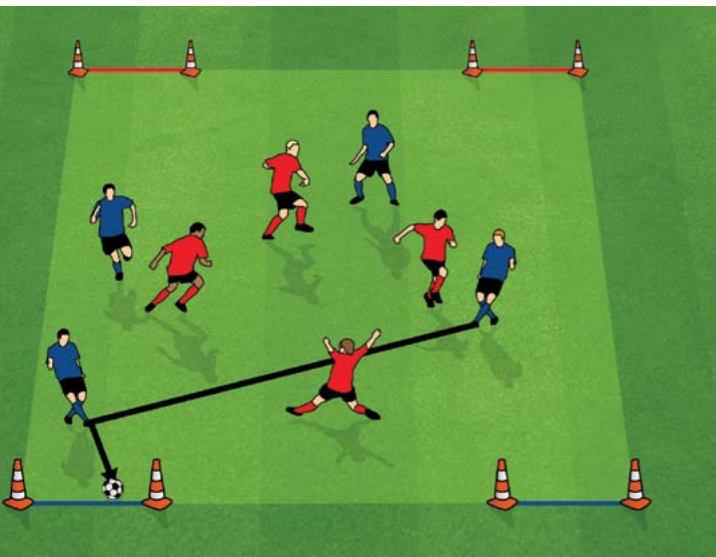




2 GOAL GAME (SMALL SIDED GAMES)

SETUP

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



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

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

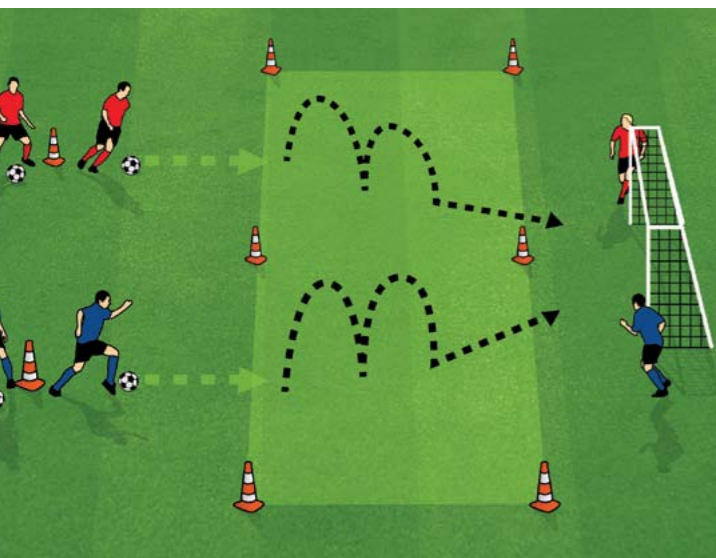
OUTCOMES

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

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

GEE GEE'S (GENERAL MOVEMENT)

HOW TO PLAY

1. The children walk together in the same direction around the outside of the little squares trying to keep the same distance between teams
2. Each time the coach decides how the players walk around (see progressions). Once the coach shouts "Gee Gees!" the race is on to get back to their area and sit in their allocated little square as quickly as possible (players keep moving in the same direction on the outside)
3. Which group will win the horse race?
4. Give points each round and see which team has the most at the end

PROGRESSION

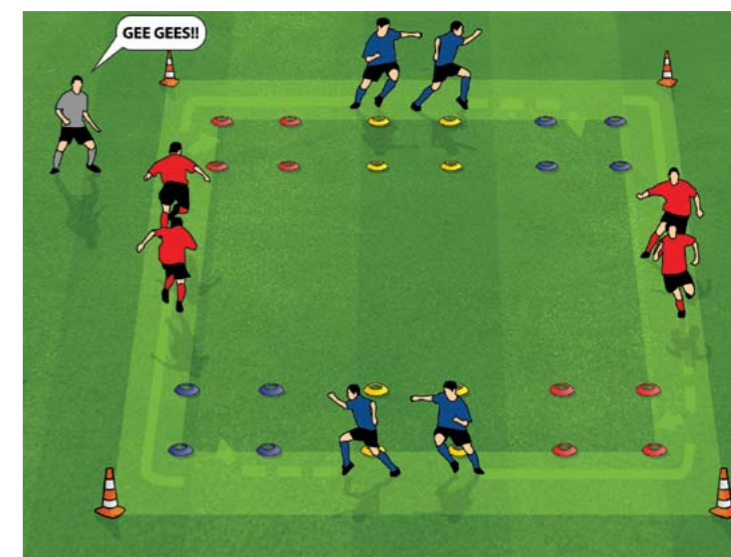
- BASIC:
- Walking backwards
 - Walk quietly/loud
 - Take very big/small steps
- INTERMEDIATE: Jump two footed/on one leg (left/right)
- ADVANCED Introduce a ball for each player.

OUTCOMES

- A range of movement in a team game
- Advanced: Changing direction while dribbling

SETUP

1. Set up a number of little squares inside the playing area, at least 3m distance between the squares and the outside line
2. Divide the group into teams



TARGET PRACTICE (FOOTBALL TECHNIQUE)

HOW TO PLAY

1. The players dribble to halfway and have a shot at goal.
2. After each shot the player collects the ball and gets to the back of the group

PROGRESSION

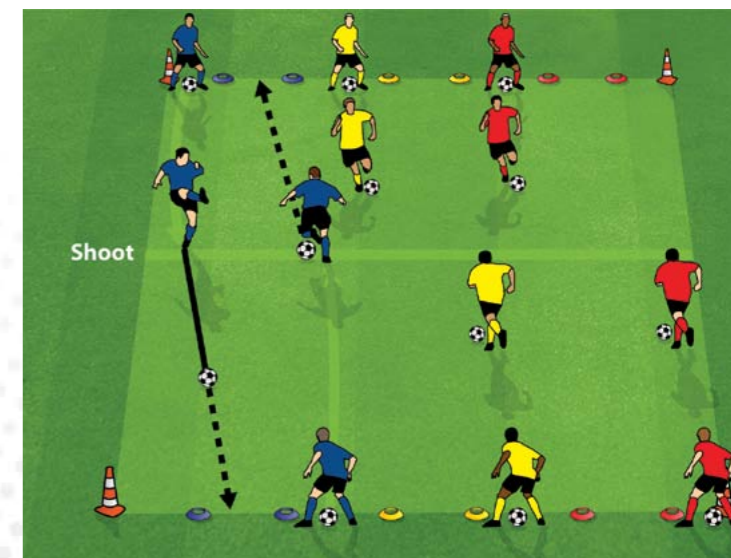
- BASIC:
- All groups add up the number of goals they score. Which group will score the most?
 - Shoot with your other foot
- INTERMEDIATE: Mark out a line, i.e. use a cone, that indicates where the players have to shoot from
- ADVANCED: Same drill, but this time include a goalkeeper in each goal. Whoever takes the shot goes in goal next and the goalkeeper goes to the back of the line after collecting the ball

OUTCOMES

- Shooting with both the right and left foot

SETUP

1. Set up 6 goals and place a group of players next to each one, so all groups line up diagonally
2. Each group has two footballs

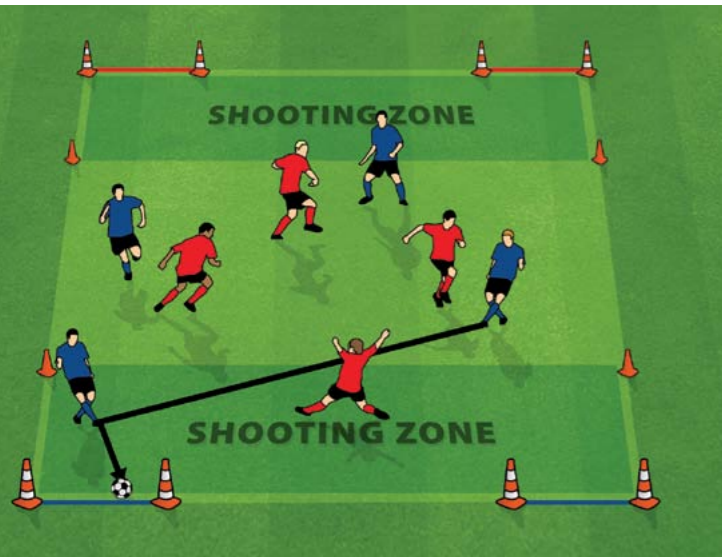




2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 30m 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. 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

GHOSTBUSTERS (FOOTBALL COORDINATION)

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

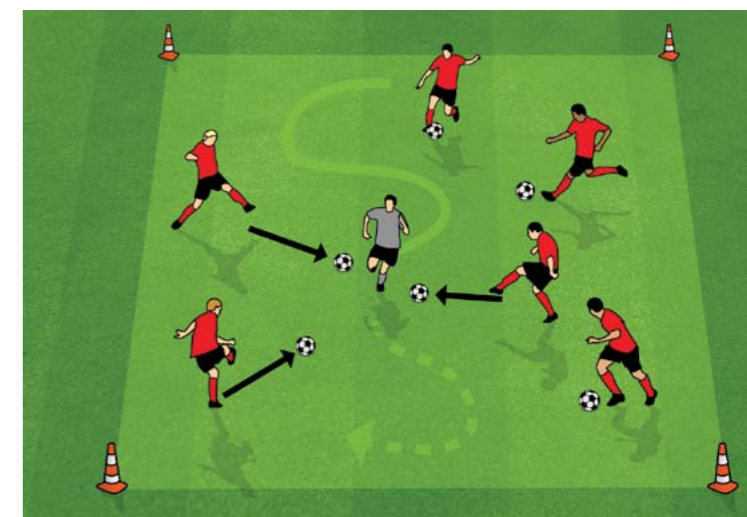
- BASIC: Change the part of the foot used to dribble
 INTERMEDIATE: Players can only 'shoot' with their non-dominant foot

OUTCOMES

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

SETUP

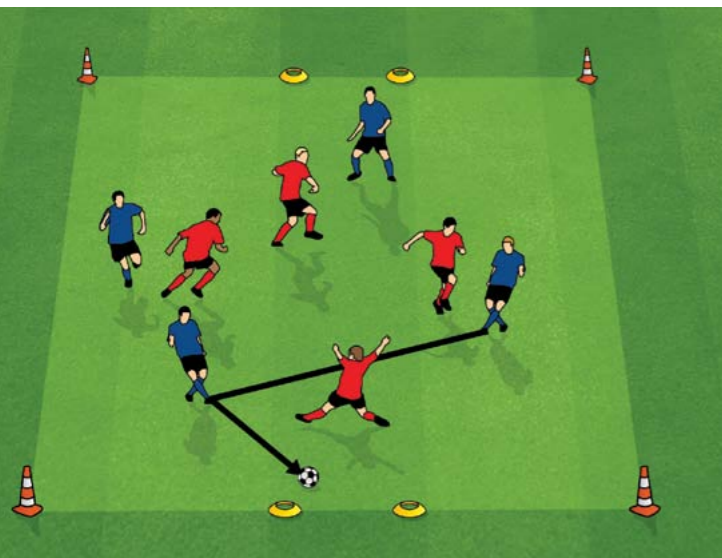
1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



1 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

WEEK 4

THE WEATHER MAN (GENERAL MOVEMENT)

HOW TO PLAY

1. Each team walks around freely in the area, while doing so the coach (the weather man) shouts out instructions to which the players have to react as quickly as possible.
 - "Fire!" Players quickly move into the corners behind the small squares
 - "Water!" Players run into the little squares and move around
 - "Thunder!" Players freeze on the spot & are not allowed to move
 - "Storm!" Players lay down flat on the ground

PROGRESSION

- BASIC:
 - Walk backwards
 - Walk quietly/loud
 - Take very big/little steps
 INTERMEDIATE:
 - Jump two footed
 - Jump one footed (left/right)
 ADVANCED: Introduce a football for each player and use different surfaces the players have to use while dribbling around

OUTCOMES

- Quick reactions and lots of different movement
- ADVANCED: Use of different parts of the foot while dribbling

SETUP

1. Set up an area and divide the group into 4 teams
2. Set up 4 smaller squares inside each pitch (see diagram)

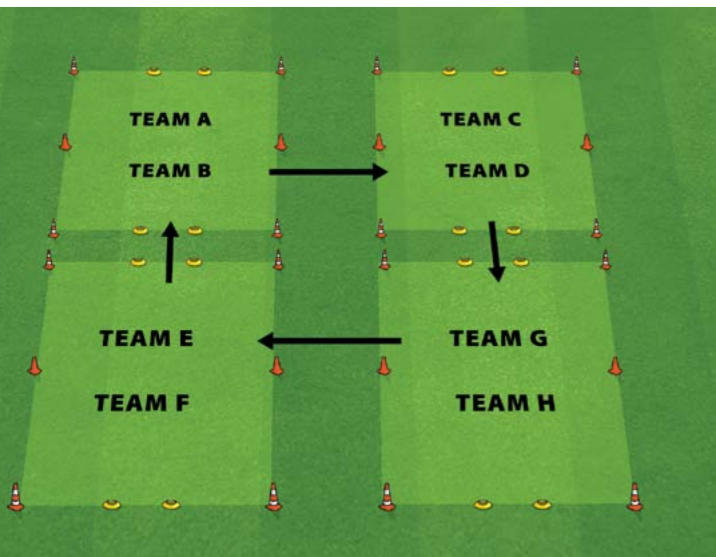




FUN MINI FESTIVAL

SETUP

1. Set up 4 mini pitches



HOW TO PLAY

1. Divide the group into 8 teams
2. Team A, C, F and H wear bibs
3. Team B, D, E and G rotate clockwise after each game (3 rotations)
4. Adjust number of pitches according to player numbers and space available, but use same principal

OUTCOMES

- Each team gets to play a number of games (7 minutes per game) in which to just play and enjoy themselves. No scores are kept.

CAR CHASE (GENERAL MOVEMENT)

HOW TO PLAY

1. The players move freely through the area following their driver
2. On the coach's signal the players grab hold of the player in front of them by the hips and the whole group, as a unit, has to drive through 5 goals as quickly as possible and once finished sit down. Which group will finish first?
3. Change the driver after each round

PROGRESSION

- BASIC:** The driver uses different movement forms which the others have to copy, i.e. little steps, big steps etc.
- INTERMEDIATE:**
- Different ways of holding on to the player in front, i.e. holding on to the shoulders
 - The players hold on to the shoulders of the player in front and jump one footed through 5 (or just 3) goals
- ADVANCE:** Introduce a ball for each player

OUTCOMES

- Work and move as a team
- Learn how to deal with winning and losing

SETUP

1. Spread a number of goals (2 to 3m wide) evenly throughout the playing area
2. Divide the group into teams and appoint each team a driver (leader), who decides the direction of the group while moving around



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

OFF THE WALL (FOOTBALL TECHNIQUE)

HOW TO PLAY

1. The players with a ball move around the area and each time they come across a player in a goal that is free they pass the ball to that player, call "One-two!" which is reason for the 'wall' player to pass it straight back (one-two). After that they look for the next free player
2. Swap the groups (standing in goal and having ball)

PROGRESSION

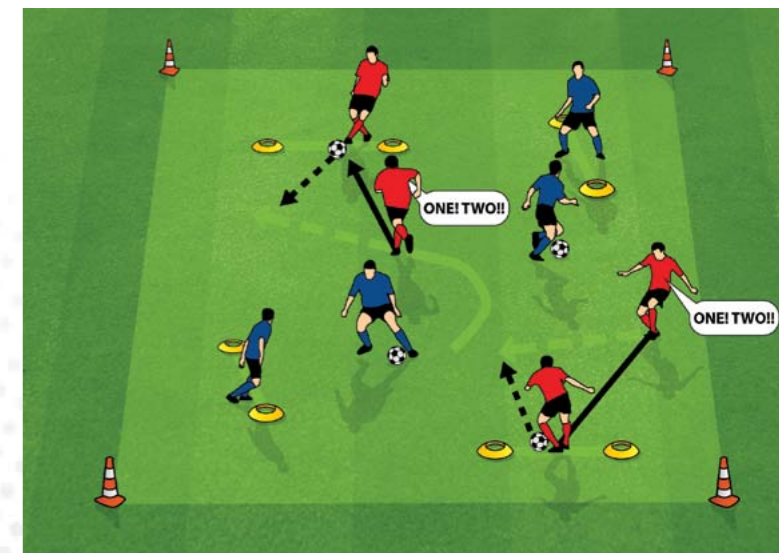
- BASIC:** Pass with inside foot left/right
- INTERMEDIATE:** Pass with outside foot left/right
- ADVANCE:** The players dribble from goal to goal and try to score a point by dribbling past the player standing in the goal. Players add up the number of goals they score. Who can score the most goals? In case players struggle to get through the goals you can widen them

OUTCOMES

- Dribbling with your head up

SETUP

1. Spread a number of goals (2 to 3m wide) evenly throughout the playing area
2. Half of the group stand in a goal each
3. The other half has a ball each

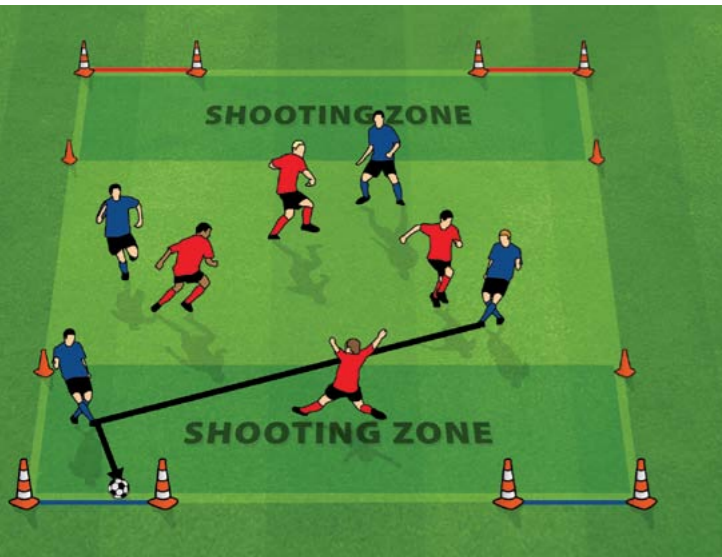




2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 30m 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. 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

BOX TO BOX (FOOTBALL COORDINATION)

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

SETUP

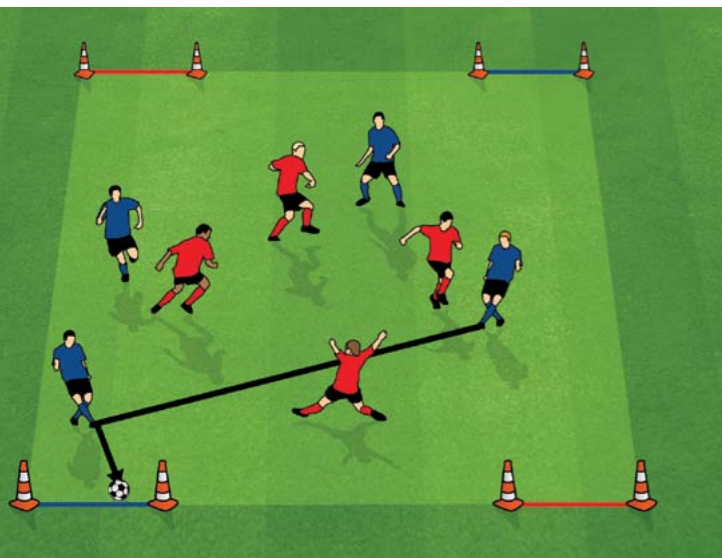
1. Set up two 10m x 15m areas. Modify the size depending on the number of players
2. Every player has a ball and starts inside the same area



DIAGONAL GOALS (SMALL SIDED GAMES)

SETUP

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

WEEK 6

PIRATES OF THE CARIBBEAN (GENERAL MOVEMENT)

HOW TO PLAY

1. The coach is Captain Jack Sparrow and on his/her signal (visual or verbal) the boots (teams) start sailing (walking in line inside the area, captain up front). The coach (Captain Jack), from time to time, mixes up the way the teams have to move (see progressions)
2. On the next command from Captain Jack, 'Pirates!', the players have to get back to the island as quick as possible
3. Competition: Which group can get back the quickest?

PROGRESSION

- BASIC:** - Walk backwards
 - Walk quietly/loud
 - Big steps/small steps
INTERMEDIATE: Jump with two legs together, skip on one leg
ADVANCED: If a player (sailor) on their way back to safety (on the island) gets tapped by Captain Jack they turn into a rock and have to freeze on the spot. Their arms are seaweed and are the only part of their body they are allowed to move. If in the following round they manage to tap another sailor they turn into a rock as well, but if they manage to tap Captain Jack they are free again and join the game again as a sailor

OUTCOMES

- Offer a range of movements for players to try

SETUP

1. Set up a big square (30 x 15m) using 10 cones
2. Set up 4 islands by making a small square with 4 cones per island (2 x 1m)
3. Divide group into 4 teams and appoint each team their own island (little square)
4. Pick a captain for each team
5. Option to set up more islands to make things easier (requires more cones/discs)





BACK TO THE ISLAND (FOOTBALL TECHNIQUE)

SETUP

1. Set up a big square (30 x 1m) using 10 cones
2. Set up 4 islands by making a small square with 4 cones/discs per island (2 x 1m)
3. Divide group into 4 teams and appoint each team their own island (little square)
4. Put number of balls in the middle (depending on how many players you have in your group)



HOW TO PLAY

1. On the coach's signal (i.e. raise 1 hand in the air) two players from each team run to try and collect one ball per pair. They have to stay together as a team, maximum 2 meters apart. They can collect a ball either from the middle or from one of the other islands. Once they got a ball they have to get it back by passing it between the two of them, but are not allowed to dribble/move with the ball. Once they bring a ball bag they tag the next pair to go etc.
2. After each round (2 or 3 minutes) the coach decides which team has found the best way to fulfil the task.

PROGRESSION

- BASIC:**
- Pass with left/right foot only
 - Pass with inside of foot
- INTERMEDIATE:**
- Pass with outside of the foot
 - Pass with sole of the foot
- ADVANCED:**
- One of the two opposite islands has 6 balls (1 ball per player).
- Task 1: Throw the balls to the opposite island. Which two teams can finish first?
- Task 2: Shoot or pass the balls.
- Task 3: Players' choice.

OUTCOMES

- Get familiar with the ball. How it moves, bounces etc.
- Use different parts of the foot to pass
- Team work

2 GOAL GAME (SMALL SIDED GAMES)

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

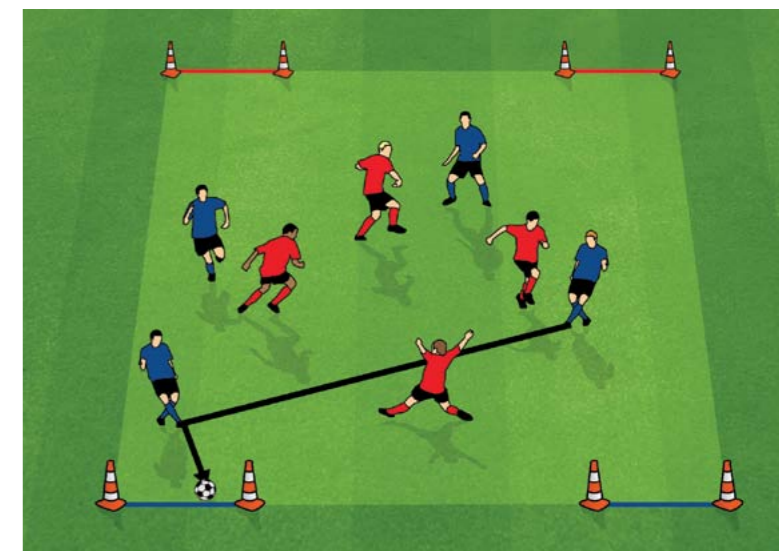
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

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

SETUP

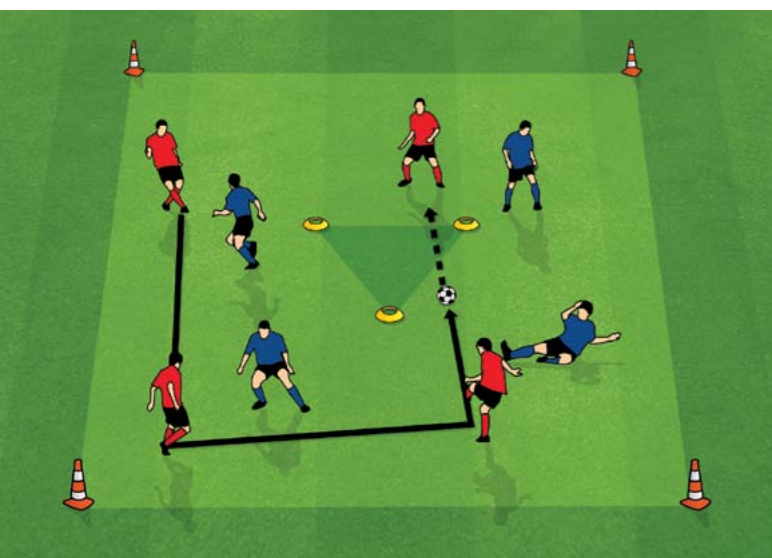
1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



TRIANGLE GAME (SMALL SIDED GAMES)

SETUP

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



HOW TO PLAY

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

PROGRESSION

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

OUTCOMES

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

GHOSTBUSTERS (FOOTBALL COORDINATION)

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

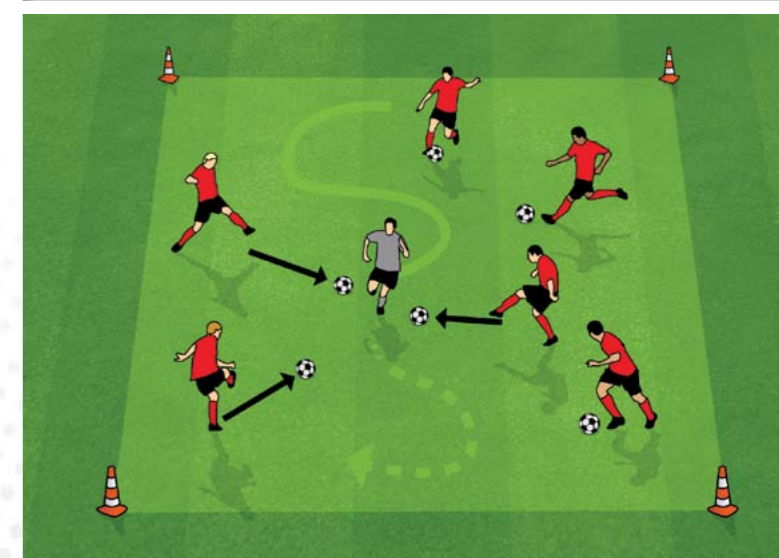
- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only 'shoot' with their non-dominant foot

OUTCOMES

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

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





GEE GEE'S (GENERAL MOVEMENT)

SETUP

1. Set up a number of little squares inside the playing area, at least 3m distance between the squares and the outside line
2. Divide the group into teams



HOW TO PLAY

1. The children walk together in the same direction around the outside of the little squares trying to keep the same distance between teams
2. Each time the coach decides how the players walk around (see progressions). Once the coach shouts "Gee Gees!" the race is on to get back to their area and sit in their allocated little square as quickly as possible (players keep moving in the same direction on the outside)
3. Which group will win the horse race?
4. Give points each round and see which team has the most at the end

PROGRESSION

- BASIC:**
- Walking backwards
 - Walk quietly/loud
 - Take very big/small steps
- INTERMEDIATE:** Jump two footed/on one leg (left/right)
- ADVANCED** Introduce a ball for each player.

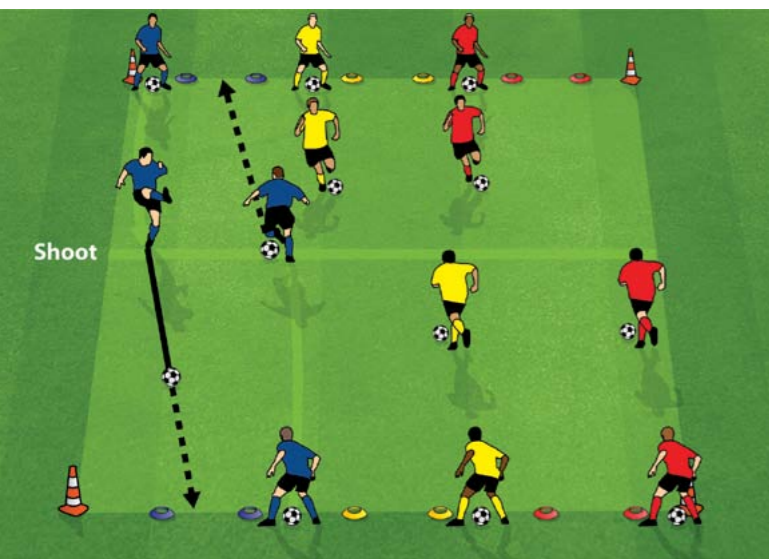
OUTCOMES

- A range of movement in a team game
- Advanced: Changing direction while dribbling

TARGET PRACTICE (FOOTBALL TECHNIQUE)

SETUP

1. Set up 6 goals and place a group of players next to each one, so all groups line up diagonally
2. Each group has two footballs



HOW TO PLAY

1. The players dribble to halfway and have a shot at goal.
2. After each shot the player collects the ball and gets to the back of the group

PROGRESSION

- BASIC:**
- All groups add up the number of goals they score. Which group will score the most?
 - Shoot with your other foot
- INTERMEDIATE:** Mark out a line, i.e. use a cone, that indicates where the players have to shoot from
- ADVANCED:** Same drill, but this time include a goalkeeper in each goal. Whoever takes the shot goes in goal next and the goalkeeper goes to the back of the line after collecting the ball

OUTCOMES

- Shooting with both the right and left foot

2 GOAL GAME (SMALL SIDED GAMES)

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

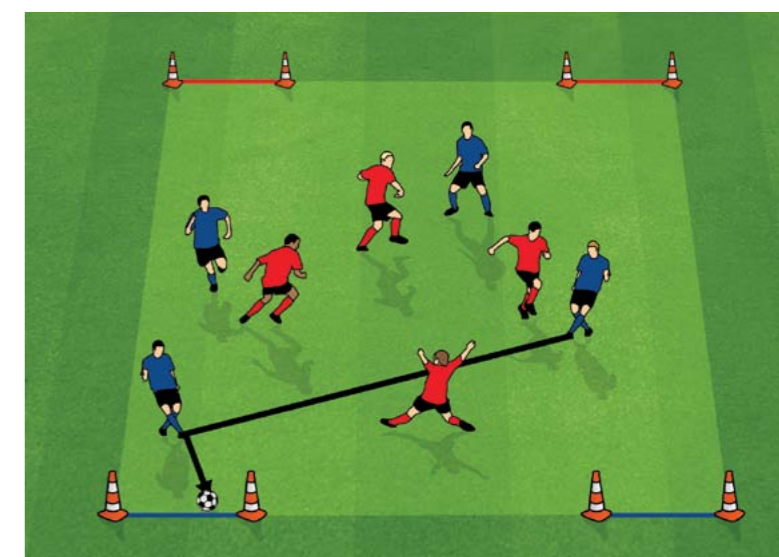
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

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

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



2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

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

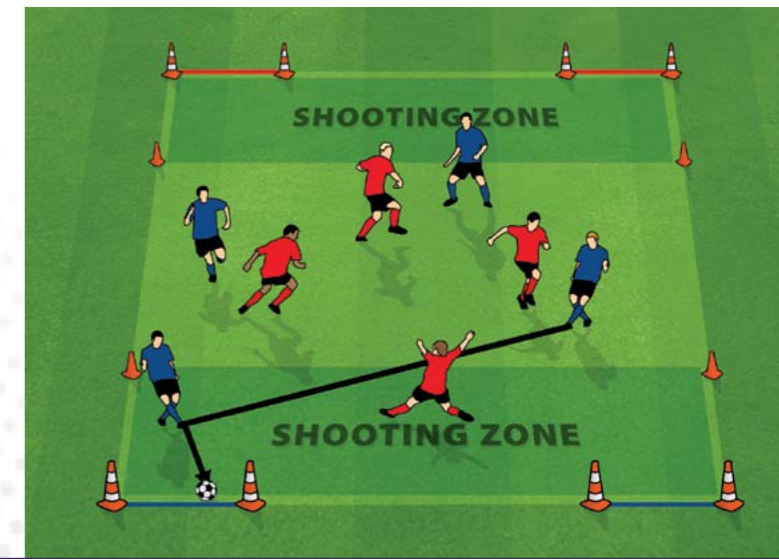
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

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

SETUP

1. Create an area up to 30m 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





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

- 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

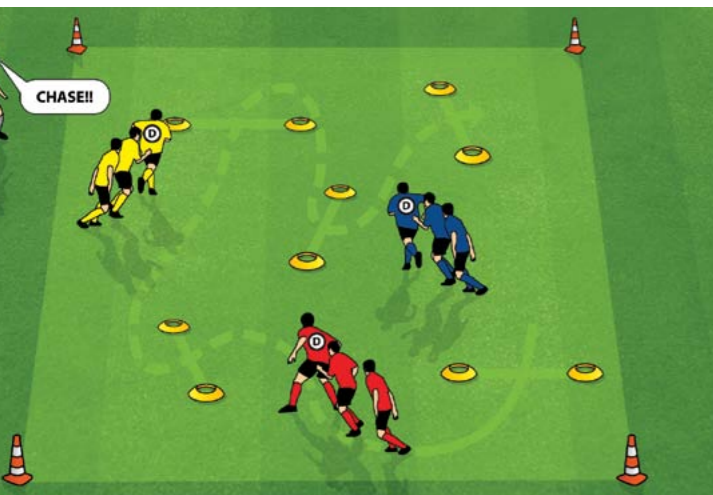
- Protecting the ball while dribbling
- Passing accuracy over different distances

WEEK 8

CAR CHASE (GENERAL MOVEMENT)

SETUP

1. Spread a number of goals (2 to 3m wide) evenly throughout the playing area
2. Divide the group into teams and appoint each team a driver (leader), who decides the direction of the group while moving around



HOW TO PLAY

1. The players move freely through the area following their driver
2. On the coach's signal the players grab hold of the player in front of them by the hips and the whole group, as a unit, has to drive through 5 goals as quickly as possible and once finished sit down. Which group will finish first?
3. Change the driver after each round

PROGRESSION

- BASIC:** The driver uses different movement forms which the others have to copy, i.e. little steps, big steps etc.
- INTERMEDIATE:**
- Different ways of holding on to the player in front, i.e. holding on to the shoulders
 - The players hold on to the shoulders of the player in front and jump one footed through 5 (or just 3) goals
- ADVANCE:** Introduce a ball for each player

OUTCOMES

- Work and move as a team
- Learn how to deal with winning and losing

FUN MINI FESTIVAL

HOW TO PLAY

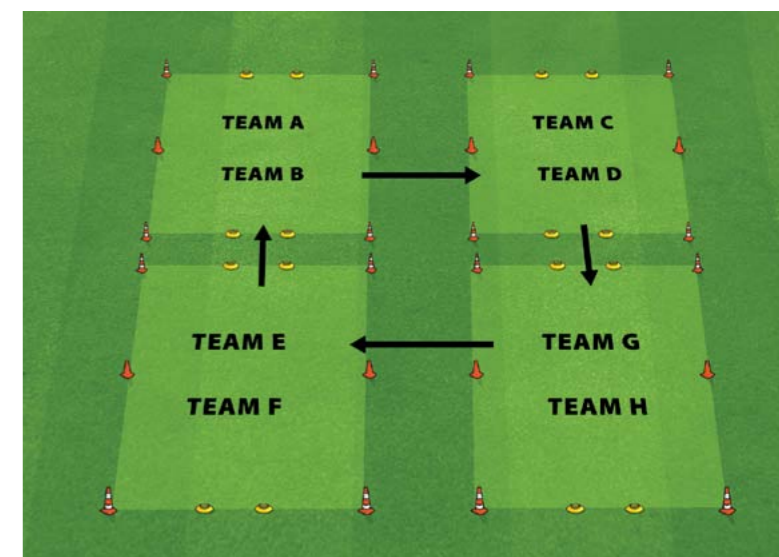
1. Divide the group into 8 teams
2. Team A, C, F and H wear bibs
3. Team B, D, E and G rotate clockwise after each game (3 rotations)
4. Adjust number of pitches according to player numbers and space available, but use same principal

OUTCOMES

- Each team gets to play a number of games (7 minutes per game) in which to just play and enjoy themselves. No scores are kept.

SETUP

1. Set up 4 mini pitches



FIRST TO SCORE (FOOTBALL COORDINATION)

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

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





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

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