



Program Content

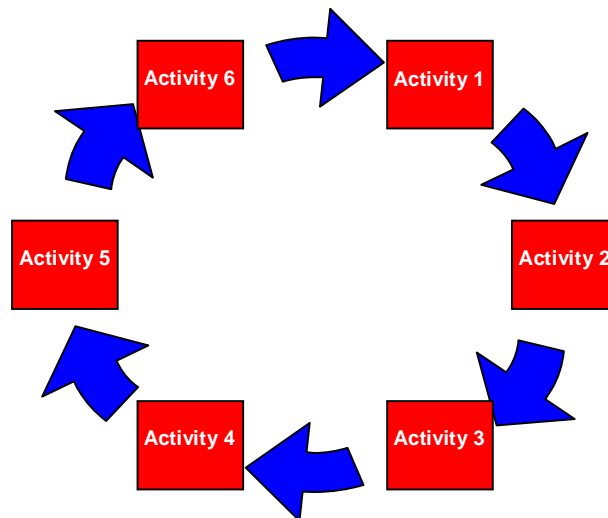
The Telstra Football Anytime Program consists of six sessions with each lasting 75 minutes.

Each Session will be conducted as a tabloid rotation which will consist of a warm up and 6 activities that the children will rotate through.

Tabloid Rotation

- § The Head Coach will organise and supervise the tabloid rotation, session activities and Volunteer Program Supervisor / Parent Helper.
- § Children are divided into groups of 10 based on similar age.
- § A ratio of 10 children to one Volunteer Program Supervisor / Parent Helper.
- § Children will perform each activity for 10 minutes (or as directed by head coach) before moving to the next activity
- § The Volunteer Program Supervisor / Parent Helper will remain on the same activity for the entire session to ensure the children have a variety of different supervisors.

Each Session will be set-up as follows;



Catering for different numbers;

There is a warm up and 6 activities to each session which will cater for 60 children. Should you not have 60 children you will need to be flexible. The following is a guideline to assist you with delivering the program for the number of children participating and the equipment available;

- 20 children – Set-up and complete only activity 1 & 2, then set-up and complete activities 3 & 4, etc...
- 30 children – Set-up and complete only activity 1, 2 & 3, then set-up and complete activities 4, 5 & 6
- 30 – 60 children – Head Coach selects appropriate number of activities from the program
- 60+ children – Two separate tabloids of 4, 5 & 6 activities can be set up

Session 1

Warm Up – 5 minutes

No equipment

Each group will perform the following general movement warm up under the supervision of the Volunteer Program Supervisor prior to commencing activity 1;

Crab Walks

Player assumes push up position. Feet approximately 15cm apart and arms shoulder width apart.

Keeping the back as flat as possible, they begin to move side to side. This is done by alternately bringing the hands and feet together and apart.



Solider Walk

Players walk forward, swinging one leg up in front. The leg is kept straight, lifting up to 90 degrees. The legs are alternated, on every step, coming up on the toes and keeping the back straight

Tunnels

Half of group stands still, legs apart. How many tunnels can you get through in 30 seconds? Then change.



The activity rotation will now commence and children will rotate around the following activities every ten minutes or as directed by the Head Coach:

NB: Progressions can be utilised for more experienced players. The Head coach will advise of any progressions to be used based on age and the perceived ability of the players involved.

Activity 1 – Tagging Games

Stuck in the Mud

Minimum Equipment required: 4 Markers

Set-up a 16m x 16m square area. Two players are selected to be taggers. The remaining players run around within the area trying to avoid being tagged. Once a player has been tagged, they are 'stuck in the mud'. This player must stand still with their legs and arms wide apart and can only be freed to run around again once a team mate crawls through their legs. The taggers are rotated every two minutes.

Teaching Points

- § Move into spaces, head up, forward and backwards running
- § Develop skill of 'faking' (make opponent think you are going in one direction, then accelerate in the other)
- § Change of speed and direction
- § Involve decision making, vision and teamwork

Activity 2 – Small-Sided Games

4 Small Goals

Minimum Equipment required: 1 ball, 10 markers, and 5 bibs

Set up a 30m long x 20m wide pitch. Two sets of goals are set-up at each end and each goal is 2m in width.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a goal, start with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper. A goal can be scored in any one of the two goals. Defenders are not permitted to guard goals.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

Activity 3 – Ball Mastery

Juggling Variations

Minimum Equipment required: 5 Balls

Players work in pairs with one ball between two children. One player performs the activity while their partner watches and counts.

It is suggested that players start basic and progress through the following juggling variations as they achieve;

- § While standing hold ball – drop it or throw it up, let it bounce on the ground, kick it up and catch it. How many can you do?

Progression

- § Kick it before it Bounces
- § Left foot, right foot and catch.
- § Kick it then use thigh and catch.
- § Left thigh, right thigh juggling
- § Free Juggling – any legal part of body to keep ball in air
- § Alternate feet and thigh juggling
- § One foot juggling
- § Partner free juggling

Teaching Points

- § Use top of foot/ laces
- § Curl toe ball will spin
- § Keep eye on ball



Activity 4 – Passing & Receiving / Dribbling

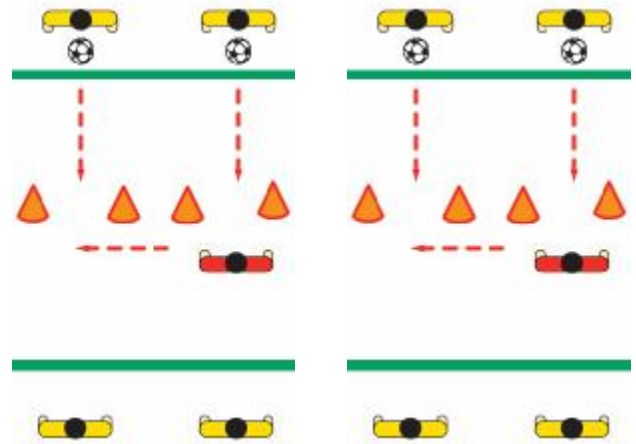
Through the Gate

Minimum Equipment required: 4 balls, 12 markers

Set up 2 stations as seen in the diagram. 8m in length and the two sets of gates in the middle. Each gate is 2m in width.

5 players participate in each set-up activity. Players attempt to pass the ball through the gate to their partner opposite. Pairs try to get as many successful passes as they can in one minute on the supervisor's instruction. A spare player is in the middle and tries to block these passes. If they block the pass they replace the person that passed the ball.

For 5 and 6 year old players you may wish to start without the opposing player and practice passing through gates.



Teaching Points

- § Control ball
- § Use inside of foot for passing
- § Soft knees, stay on balls of feet
- § Use side steps
- § Practice both right and left foot

Activity 5 – Small-Sided Games / Shooting

Up the Ladder

Minimum Equipment required: 6 balls, 16 markers

Set up 2 – Dead ball shooting competitions as seen in the diagram. The goal width is 2m without a goal keeper and 5m with a goal keeper. The first Zone is 5m, the second zone is 10m and the third zone is 15m away from the goal.

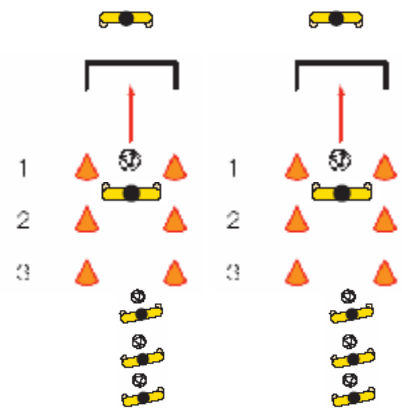
Start with no goal keeper and each person has a shot from the first zone, if they are successful they move to second zone after fetching the ball when it is their turn again. Players that are unsuccessful with their shot remain at that zone after fetching the ball when it is their turn again. Start with one player from each group behind the goals and players rotate to this position when they have had their shot.

Progression

- § Once all players have scored 3 goals select one player from each group to become a goal keeper and extend goals to 5m wide.
- § Set-up each of the three scoring zones at different angles and distances

Teaching Points

- § Keep eye on ball
- § Use top of foot/laces, point toe towards ground
- § Knee over ball
- § Arms out for balance
- § Strike ball through middle
- § Follow through
- § Practice with both feet right and left



Activity 6 – 1 v 1 Activities

1 v 1 - Game

Minimum Equipment required: 2 balls, 14 markers

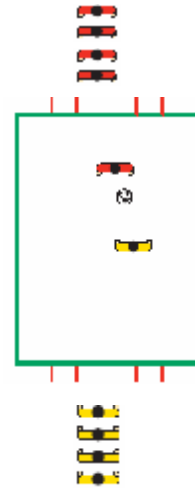
Set up a 16m long x 10m wide rectangular area. Across each 10m line there are two goals set up each 2m in width as seen in the diagram.

The supervisor selects one player from each line to play a 1 v1 game against each other, with each player being able to score a goal in either of the two goals opposite them. Each game lasts 30 seconds or until the ball is out of play. On the supervisors instruction a new pair starts playing 1 v 1 with a new ball. Players waiting in the line can assist with collecting balls.

Ensure waiting players do not stand directly behind the goals.

Teaching Points

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot



Session 2

Warm Up – 5 minutes

No equipment

Each group will perform the following general movement warm up under the supervision of the Volunteer Program Supervisor prior to commencing activity 1;

Me and My Shadow

In pairs, follow your partner as they jog and change direction all over the training area.

Step and Twist

Start with feet together, arms out to the side and head up. Take a long step forward, dropping the back knee to the ground, players twist to the side of the out stretched foot. Move back to starting position in one smooth movement.

Forward Rolls

Perform forward roll and finish with squat down low.. jump as high as you can



The activity rotation will now commence and children will rotate around the following activities every ten minutes or as directed by the Head Coach:

NB: Progressions can be utilised for more experienced players. The Head coach will advise of any progressions to be used based on age and the perceived ability of the players involved.

Activity 1 – Tagging Games

Pairs Tag

Minimum Equipment required: 4 Markers

Set-up a 16m x 16m square area. A pair of 'hunters', who are joined by holding hands, chase solo runners, who when tagged join together with the 'hunters' to make a three and son on until all children are tagged. Start game again using the two children tagged last as the 'hunters'.

Teaching Points

Hunters

- § Work as a team
- § Pressure players into small areas
- § Communicate to each other which players you will target

Free players

- § Move into spaces, head up, forward and backwards running
- § Develop skill of 'faking' (make opponent think you are going in one direction, then accelerate in the other)
- § Change of speed and direction
- § Involve decision making, vision and teamwork

Activity 2 – Small-Sided Games

End Line Game

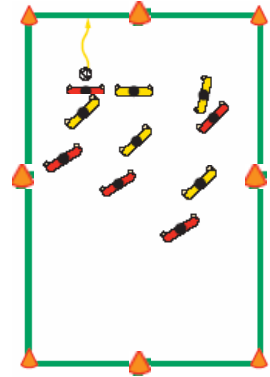
Minimum Equipment required: 1 ball, 8 markers, 5 bibs

Set up a 30m long x 20m wide pitch.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. A goal is scored by either dribbling the ball over the opponents' end line or stopping the ball on the opponents' end line. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a point is scored, start with a kick in from the back line.

Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes



Activity 3 – Ball Mastery

Ball Feeling

Minimum Equipment required: 10 balls, 4 markers

Set-up a 16m x 16m square area.

Players place their ball in front of them and touch the top of the static ball with the sole of the foot, move to alternate feet back and forth and quicken as players get use to movement. **Progression;** Move ball forward across the square using alternate feet. Finish with children having races across the square.

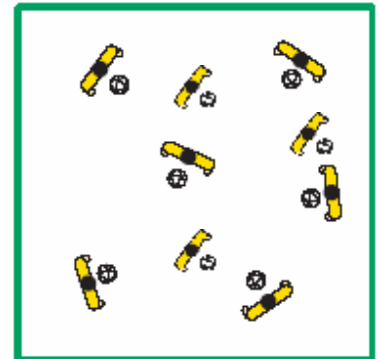
“Ground Juggling” – move the ball side to side from left to right, touching ball with one foot then the other. Use the upper part of the inside of the foot, near big toe. **Progression;** Move ball forward across the square using alternate feet. Finish with children having races across the square.

Teaching Points - Static ball

- § Use balls of feet
- § Keep head up
- § Practice both forward and backward and side movements

Teaching points - Ground juggling

- § Use inside of feet
- § Keep head up
- § Control at bottom of ball



Activity 4 – Passing & Receiving / Dribbling

Crab Pot

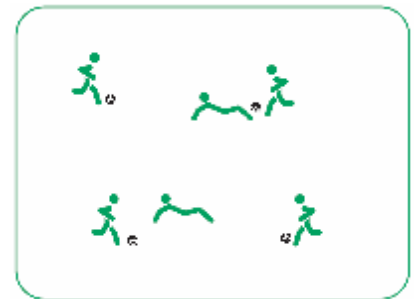
Minimum Equipment required: 5 balls, 4 markers

Set up a 6m x 6m square area.

5 players dribble the ball within the area trying to avoid the other 5 players who are the 'crabs' who move around on their hands and feet (chest facing upwards); if a crab kicks your ball out of the square, fetch ball and swap roles with the 'crab' responsible.

Teaching Points:

- § Use dribbling-inside/outside of foot
- § Little touches
- § Keep head up
- § Use forward, backward and side movements



Activity 5 – Small-Sided Games / Shooting

5 v 5 Game – All Up

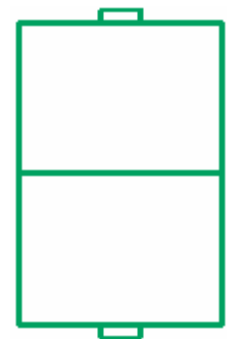
Minimum Equipment required: 1 ball, 10 markers, 5 bibs

Set up a 30m long x 20m wide pitch. A goal is set-up at each end and each goal is 2m in width. Markers are placed on sideline to indicate half way line.

Divide your group into 2 teams, i.e. 5 v 5. Give one team a set of bibs and commence playing. For a goal to be scored the entire team have to be in the attacking half of the field. Supervisor attempts to keep ball in play with minimal instruction or stoppages and ensures defenders do not guard the goals. No throw in's but a kick in from the side line. After a goal, recommence game with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper.

Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes



Activity 6 – 1 v 1 Games

Minimum Equipment required: 2 balls, 8 markers, 5 bibs

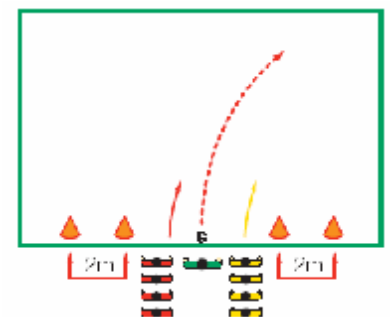
Set up a 24m x 16m rectangular area.

The supervisor rolls the balls out and the first player from each line chases and attempts to get the ball. It then becomes a contest to score in either goal.

The Supervisor may wish to have 3 groups, one group in red bibs, one in blue bibs and the other no bibs. It then becomes a 1 v 1 v 1 contest to see which player can score a goal.

Teaching Points:

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot



Session 3-

Warm Up – 5 minutes

No equipment

Each group will perform the following general movement warm up under the supervision of the Volunteer Program Supervisor prior to commencing activity 1;

Me and My Shadow

In pairs, follow your partner as they jog and change direction all over the training area.



Step and Twist

Start with feet together, arms out to the side and head up. Take a long step forward, dropping the back knee to the ground, players twist to the side of the out stretched foot. Move back to starting position in one smooth movement.



Forward Rolls

Perform forward roll and finish with squat down low. jump as high as you can



The activity rotation will now commence and children will rotate around the following activities every ten minutes or as directed by the Head Coach:

NB: Progressions can be utilised for more experienced players. The Head coach will advise of any progressions to be used based on age and the perceived ability of the players involved.

Activity 1 – Tagging Games

Catch the Tails

Minimum Equipment required: 4 Markers, 8 bibs

Set-up a 16m x 16m square area.

Two players are selected as 'Hunters' and stand in the square, the remainder of the players tuck a bib into their shorts hanging out like a 'tail'. Players with the tails run around the area trying to avoid having their tail taken by a 'hunter'. If your tail is taken you become a 'hunter' until all players 'tails' are removed. The game restarts with the last two players from the previous game to have their 'tails' taken becoming the 'hunters'.

Teaching Points-

Hunters

- § Work as a team
- § Pressure players into small areas
- § Communicate to each other which players you will target

Free players

- § Move into spaces, head up, forward and backwards running
- § Develop skill of 'faking' (make opponent think you are going in one direction, then accelerate in the other)
- § Change of speed and direction
- § Involve decision making, vision and teamwork

Activity 2 – Small-Sided Games

4 Small Goals

Minimum Equipment required: 1 ball, 10 markers, 5 bibs

Set up a 30m long x 20m wide pitch. Two sets of goals are set-up at each end and each goal is 2m in width.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a goal, start with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper. A goal can be scored in any one of the two goals. Defenders are not permitted to guard goals.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

Activity 3 – Ball Mastery-

Minimum Equipment required: 5 Balls

Juggling Variations

Players work in pairs with one ball between two children. One player performs the activity while their partner watches and counts.

It is suggested that players start basic and progress through the following juggling variations as they achieve;

- § While standing hold ball – drop it or throw it up, let it bounce on the ground, kick it up and catch it. How many can you do?

Progression:

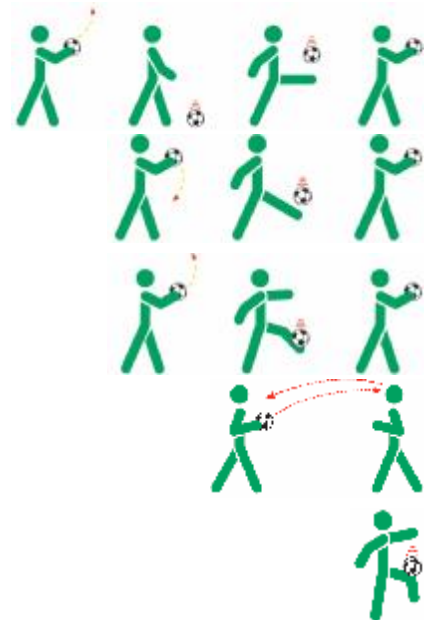
- § Kick it before it Bounces
- § Left foot, right foot and catch.
- § Kick it then use thigh and catch.
- § Left thigh, right thigh juggling
- § Free Juggling – any legal part of body to keep ball in air
- § Alternate feet and thigh juggling
- § One foot juggling
- § Head and catch
- § Head partner juggling
- § Partner free juggling

Teaching Points

- § Use top of foot/ laces
- § Curl toe ball will spin
- § Keep eye on ball
- § Use forehead (heading)
- § Keep mouth closed (heading)
- § Use neck muscles (heading)

Progression

Progress to 3 and 4 in a circle one bounce in middle allowed
Use head to juggle on own then with partner



Activity 4 – Passing & Receiving / Dribbling

Round Them Up

Minimum Equipment required: 8 balls, 8 markers

Set up 2 – 8m x 8m square areas.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. A goal is scored by either dribbling the ball over the opponents' end line or stopping the ball on the opponents' end line. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a point is scored, start with a kick in from the back line.

Teaching Points

- § Run with ball moving into space
- § Shield ball with your body
- § Increased 1 v 1 situations
- § Change pace, direction and use fakes



Activity 5 – Small-Sided Games / Shooting

Simple Shooting

Minimum Equipment required: 8 balls, 14 markers

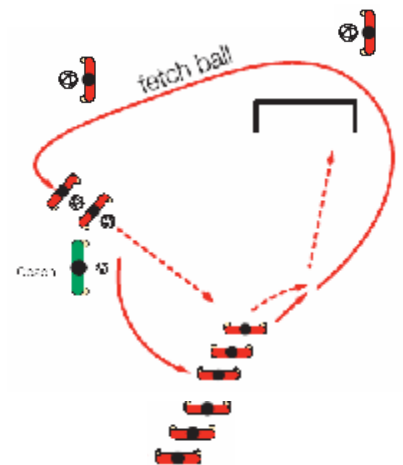
Set-up 2 small goal 2m in width. Place a marker 20m (7+ years) and 10m (5 & 6 years) in front of this goal and children line up behind this marker.

The supervisor stands to the side and serves the ball into play along the ground; the first player in the line receives the ball and shoots. The player fetches the ball and dribbles the ball back around to the coach and rejoins the back of the line. Count how many goals you score.

If you have a parent helper you could split into two simple shooting activities and have 5 children per station.

Teaching Points

- § Keep eye on ball
- § Use top of foot/laces, point toe towards ground
- § Increase speed of run
- § Arms out for balance
- § Strike ball through middle and follow through
- § Practice with both feet



Activity 6 – 1 v 1 Games

1 v 1 - Game

Minimum Equipment required: 2 balls, 14 markers

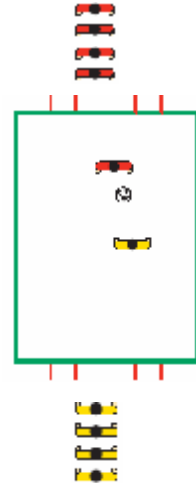
Set up a 16m long x 10m wide rectangular area. Across each 10m line there are two goals set-up each 2m in width as seen in the diagram.

The supervisor selects one player from each line to play a 1 v1 game against each other, with each player being able to score a goal in either of the two goals opposite them. Each game lasts 30 seconds or until the ball is out of play. On the supervisor instruction a new pair starts playing 1 v 1 with a new ball. Players waiting in the line can assist with collecting balls.

Ensure waiting players do not stand directly behind the goals.

Teaching Points:

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot



Session 4-

Warm Up – 5 minutes

No equipment

Each group will perform the following general movement warm up under the supervision of the Volunteer Program Supervisor prior to commencing activity 1;

Crab Walks

Player assumes push up position. Feet approximately 15cm apart and arms shoulder width apart.

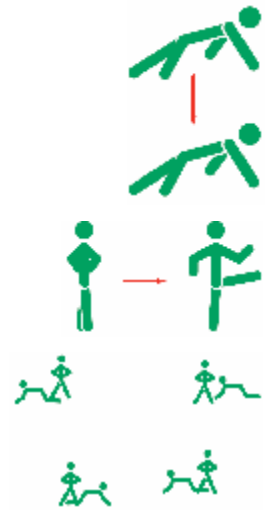
Keeping the back as flat as possible, they begin to move side to side. This is done by alternately bringing the hands and feet together and apart.

Solider Walk

Players walk forward, swinging one leg up in front. The leg is kept straight, lifting up to 90 degrees. The legs are alternated, on every step, coming up on the toes and keeping the back straight

Tunnels

Half of group stand still, legs apart. How many tunnels can you get through in 30 seconds? Then change.



The activity rotation will now commence and children will rotate around the following activities every ten minutes or as directed by the Head Coach:

NB: Progressions can be utilised for more experienced players. The Head coach will advise of any progressions to be used based on age and the perceived ability of the players involved.

Activity 1 – Tagging Games

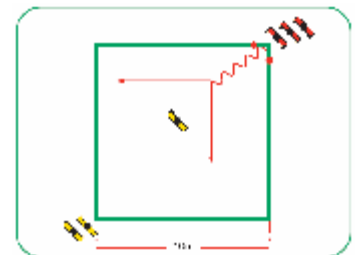
Dog and Bone

Minimum Equipment required: 4 Markers

Set up a 10m x 10m square area. The 'bone' runs in from one corner and has to run across to either of the two sidelines opposite. The 'dog' waits halfway across the square and has to get the 'bone' by tagging them before they cross one of the lines.

Teaching Points

- § Develop skill of 'faking' (make opponent think you are going in one direction, then accelerate in the other)
- § Change of speed and direction
- § Involve decision making and vision



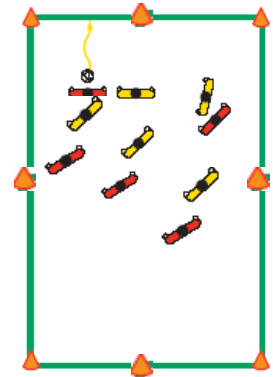
Activity 2 – Small-Sided Games

End Line Game

Minimum Equipment required: 1 ball, 8 markers, 5 bibs

Set up a 30m long x 20m wide pitch.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. A goal is scored by either dribbling the ball over the opponents' end line or stopping the ball on the opponents' end line. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a point is scored, start with a kick in from the back line.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

Activity 3 – Ball Mastery

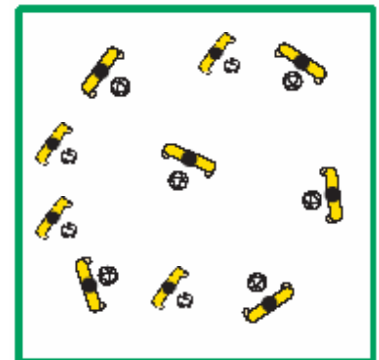
Ball Feeling

Minimum Equipment required: 10 balls, 4 markers

Set-up a 16m x 16m square area.

Players place their ball in front of them and touch the top of the static ball with the sole of the foot, move to alternate feet back and forth and quicken as players get use to movement. **Progression;** Move ball forward across the square using alternate feet. Finish with children having races across the square.

“Ground Juggling” – move the ball side to side from left to right, touching ball with one foot then the other. Use the upper part of the inside of the foot, near big toe. **Progression;** Move ball forward across the square using alternate feet. Finish with children having races across the square.



Progression

- § Supervisor call ‘STOP’ – stop ball dead using sole of foot, left and right, players change to another ball and continue until next call.
- § Change direction – inside and outside of foot
- § Dribbling variations – left foot only, right foot only, outside foot only, inside foot only, alternate feet

Teaching Points – Static Ball

- § Use balls of feet
- § Keep head up
- § Practice both forward and backward and side movements

Teaching points - Ground Juggling

- § Use inside of feet
- § Keep head up
- § Control at bottom of ball

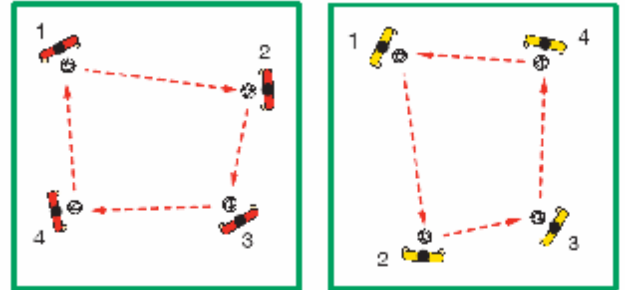
Activity 4 – Passing & Receiving / Dribbling

Numbers Game

Minimum Equipment required: 5 balls, 8 markers

Set up 2 – 8m x 8m square areas.

5 players in one area and the other 5 players in the other area. Each set of players receive a number 1 – 5. Players pass the ball to the next player in order, i.e. 1 to 2, 2 to 3, 3 to 4, 4 to 5 & 5 to 1. Start with one ball per grid and players are stationary.



Progression

- § Add more balls to each square
- § Reverse numbers 5-1, all odd numbers only all even numbers only
- § Supervisor calls out player number they pass to
- § Players move around the area
- § Combine two areas into one large area, place bibs on one group of 5 players and continue to pass your ball in sequence to your group of 5 players.

Teaching Points

- § Head up
- § Communicate with player you receive from and player you pass to
- § Use inside of foot to pass
- § Move into space once you have passed the ball

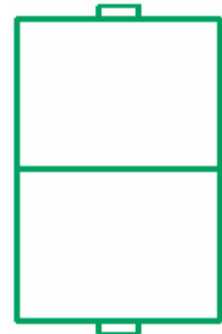
Activity 5 – Small-Sided Games / Shooting

5 v 5 Game – All Up

Minimum Equipment required: 1 ball, 10 markers, 5 bibs

Set up a 30m long x 20m wide pitch. A goal is set-up at each end and each goal is 2m in width. Markers are placed on sideline to indicate half way line.

Divide your group into 2 teams, i.e. 5 v 5. Give one team a set of bibs and commence playing. For a goal to be scored the entire team have to be in the attacking half of the field. Supervisor attempts to keep ball in play with minimal instruction or stoppages and ensures defenders do not guard the goals. No throw ins but a kick in from the side line. After a goal, recommence game with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

Activity 6 – 1 v 1 Games

Minimum Equipment required: 2 balls, 8 markers

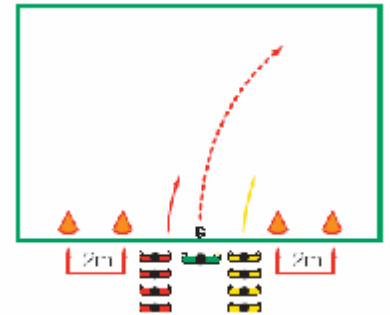
Set up a 24m x 16m rectangular area.

The supervisor rolls the balls out and the first player from each line chases and attempts to get the ball. It then becomes a contest to score a goal in either goal.

The Supervisor may wish to have 3 groups, one group in red bibs, one in blue bibs and the other no bibs. It then becomes a 1 v 1 v 1 contest to see which player can score a goal.

Teaching Points

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot



Activity 2 – Small-Sided Games

4 Small Goals

Minimum Equipment required: 1 ball, 10 markers, 5 bibs

Set up a 30m long x 20m wide pitch. Two sets of goals are set-up at each end and each goal is 2m in width.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw in's but a kick in from the side line. After a goal, start with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper. A goal can be scored in any one of the two goals. Defenders are not permitted to guard goals.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

Activity 3 – Ball Mastery

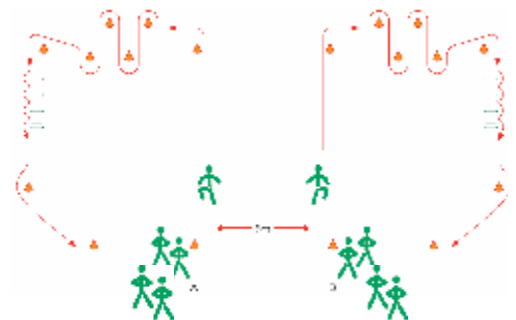
Obstacle Course

Minimum Equipment required: 6 balls, 18 markers, 8 bibs

Set up two identical obstacle courses as per the diagram with 5 players at each.

Players run to the first marker, turn left, weave in and out of markers, turn left at next marker and jump over the four bibs, run to the next marker turn left and touch the next players hand. Can be a race or relay.

After players complete obstacle course without a ball twice, then add a ball and players use as a dribbling obstacle course with the players waiting practicing free juggling with spare balls. Once a player completes the first dribbling section of the course the next person starts.



Teaching Points

- § Use dribbling-inside/outside of foot
- § Little touches and control ball close
- § Keep head up
- § Change of pace and direction

Activity 4 – Passing & Receiving / Dribbling

Protect and Pounce

Minimum Equipment required: 10 balls, 4 markers

Set a 16m x 16m square area.

Players dribble inside a square, protecting their ball from other players while trying to kick other player's balls out of the square. If successful in kicking another player's ball out of the square, give yourself a point. When your ball is kicked out of the square, fetch it then start dribbling again. The game can also be played by elimination, once your ball is kicked out you are eliminated, fetch your ball and stand outside the square and practice your juggling until there is one player left who is deemed the winner. All back in to start again.



Teaching Points

- § Run with ball use right and left feet moving into space
- § Shield ball with your body
- § Increased 1 v 1 situations
- § Change pace, direction and use fakes

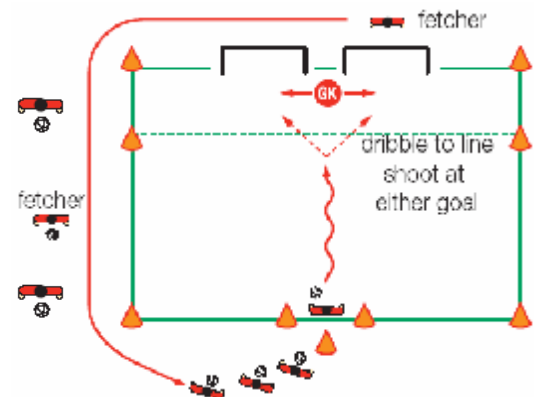
Activity 5 – Small-Sided Games / Shooting

One from Two

Minimum Equipment required: 8 balls, 12 markers

Set up two goals. Each goal is 3m in width and a 1m wide gap between goals. Set-up a line 10m from the goals. Set up a marker 20m from the goal that the players line up behind with a ball at their feet.

Select one player to stand behind the goals and select a goal keeper to stand in front of the goals in the 1m gap between goals. On the supervisors instruction the first person dribbles to the line, stops the ball and shoots at either of the two goals. The goalkeeper standing between the two goals attempts to stop the ball. The goal keeper moves to the person fetching the ball behind the goal and the player that kicked the ball moves to keeper for next shot. As soon as the player has the shot at goal, the next player in the line can commence dribbling. The game is fast and continuous. The fetcher dribbles the ball around the outside and rejoins the line of children ready to dribble and shoot.



Teaching Points

- § Keep eye on ball
- § Use top of foot/laces, point toe towards ground
- § Increase speed of run
- § Arms out for balance
- § Strike ball through middle and follow through
- § Practice with both feet

Activity 6 – 1 v 1 Games

Minimum Equipment required: 2 balls, 14 markers

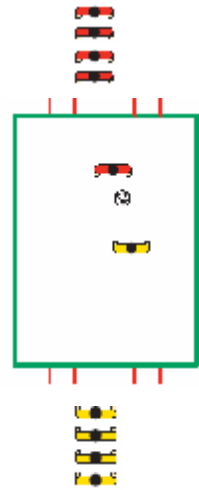
Set up a 16m long x 10m wide rectangular area. Across each 10m line there are two goals set up each 2m in width as seen in the diagram.

The supervisor selects one player from each line to play a 1 v 1 game against each other, with each player being able to score a goal in either of the two goals opposite them. Each game lasts 30 seconds or until the ball is out of play. On the supervisor instruction a new pair starts playing 1 v 1 with a new ball. Players waiting in the line can assist with collecting balls.

Ensure waiting players do not stand directly behind the goals.

Teaching Points

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot



Session 6

Warm Up – 5 minutes

No equipment

Each group will perform the following general movement warm up under the supervision of the Volunteer Program Supervisor prior to commencing activity 1;

Me and My Shadow

In pairs, follow your partner as they jog and change direction all over the training area.

Step and Twist

Start with feet together, arms out to the side and head up. Take a long step forward, dropping the back knee to the ground, players twist to the side of the out stretched foot. Move back to starting position in one smooth movement.

Forward Rolls

Perform forward roll and finish with squat down low and jump as high as you can



The activity rotation will now commence and children will rotate around the following activities every ten minutes or as directed by the Head Coach:

NB: Progressions can be utilised for more experienced players. The Head coach will advise of any progressions to be used based on age and the perceived ability of the players involved.

Activity 1 – Tagging Games

The Head Coach selects the most popular tagging game from the previous 5 sessions to set-up and play in this session

Activity 2 – Small-Sided Games

End Line Game

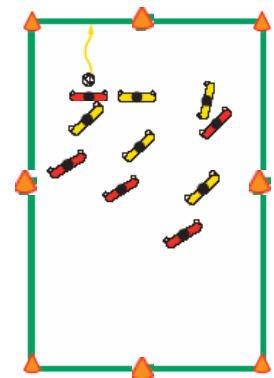
Minimum Equipment required: 1 ball, 8 markers, 5 bibs

Set up a 30m long x 20m wide pitch.

Divide your group into 2 teams, i.e. 5 v 5 (7+ years) and 4 v 4 (5 & 6 years with reserves). Give one team a set of bibs and commence playing. A goal is scored by either dribbling the ball over the opponents' end line or stopping the ball on the opponents' end line. Supervisor attempts to keep ball in play with minimal instruction or stoppages. No throw ins but a kick in from the side line. After a point is scored, start with a kick in from the back line.

Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes



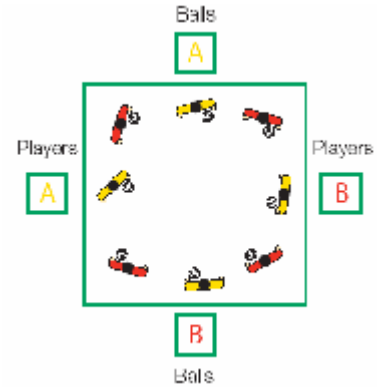
Activity 3 – Ball Mastery

Empty it! Fill it!

Minimum Equipment required: 10 balls, 12 markers, 14 bibs (7 one colour / 7 one colour)

Set-up a 16m x 16m square area. Outside this area place two markers 2m apart outside each of the side lines. Mark two of these areas with one colour bib and the other two areas with another colour bib.

Divide group into two teams. Each team has their two boxes outside the square area, one area for their balls, and the other area for themselves. All players dribble ball around in the area. On the Supervisor call of 'Empty it', all players dribble their ball and stop it in appropriate area, leaving the ball there they move to the area for themselves. First team to get all their players in the area gets a point. The supervisor then call 'Fill it' players move to get their balls and then dribble these into the square, First team to get completely in the square with control of the ball gets a point. The game continues by all players dribbling around the square.



Teaching Points

- § Use dribbling-inside/outside of foot
- § Little touches and control ball close
- § Keep head up
- § Change of pace and direction

Activity 4 – Passing & Receiving / Dribbling

Pairs through the Gates

Minimum Equipment required: 5 balls, 16 markers

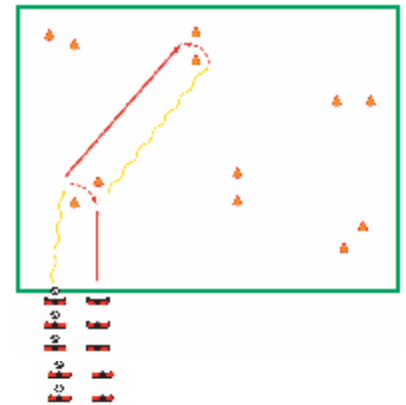
Set up a 16m x 16m square area. Within the area set up 5 to 6 gates with each gate 2m wide. A pair of players run out with a ball until they have made a successful pass through each gate within the square and rejoin the line of players waiting. If the pair of players perform an unsuccessful pass i.e. hit or miss the gates, or lose control and the ball is out of the square the pair of players rejoin the line of players waiting. Start with one pair of players at a time.

Progression

- § 1 pair at a time to beat the clock
- § 2 lines of pairs and race pair against pair at the same time.
- § Have more than one pair in the square at the same time

Teaching Points

- § Keep head up
- § Dribble ball to gate use inside and outside of feet
- § Pass through the gate with inside of foot
- § Communication and vision



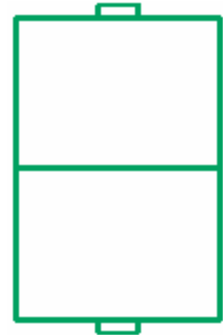
Activity 5 – Small-Sided Games / Shooting

5 v 5 Game – All Up

Minimum Equipment required: 1 ball, 10 markers, 5 bibs

Set up a 30m long x 20m wide pitch. A goal is set-up at each end and each goal is 2m in width. Markers are placed on sideline to indicate half way line.

Divide your group into 2 teams, i.e. 5 v 5. Give one team a set of bibs and commence playing. For a goal to be scored the entire team have to be in the attacking half of the field. Supervisor attempts to keep ball in play with minimal instruction or stoppages and ensures defenders do not guard the goals. No throw in's but a kick in from the side line. After a goal, re-commence game with a kick in from the back line. At all restarts defending players must be 4.5m away. There is no goal keeper.



Teaching Points

- § Run with ball moving into space
- § Shield ball with your body and mark opposition players
- § Increased passing and 1 v 1 situations
- § Change pace, direction and use fakes

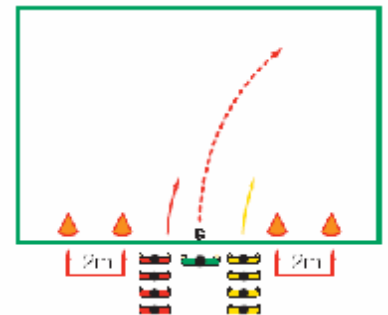
Activity 6 – 1 v 1 Games

Minimum Equipment required: 2 balls, 8 markers

Set up a 24m x 16m rectangular area.

The supervisor rolls the balls out and the first player from each line chases and attempts to get the ball. It then becomes a contest to score a goal in either goal.

The Supervisor may wish to have 3 groups, one group in red bibs, one in blue bibs and the other no bibs. It then becomes a 1 v 1 v 1 contest to see which player can score a goal.



Teaching Points

- § Run with ball, use fake, change of pace and direction to shoot
- § Keep head up
- § Shield ball, place your body between player and ball and keep control
- § Use any trick you know to beat other player to shoot