



Player Pathway

U7

U9

U11

Games Development Coach

Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

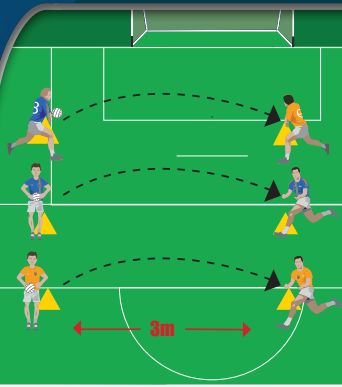


- Place enough small flexi cones on the floor so that there is at least one for each player with half placed upside down.
- Divide the class in two, each team has to turn the cones over to be a cup or a saucer.
- Team with most cones turned over within a set time eg 30 secs win

STEP: Split cones unevenly sometimes

ACTIVITY 1

ORGANISATION

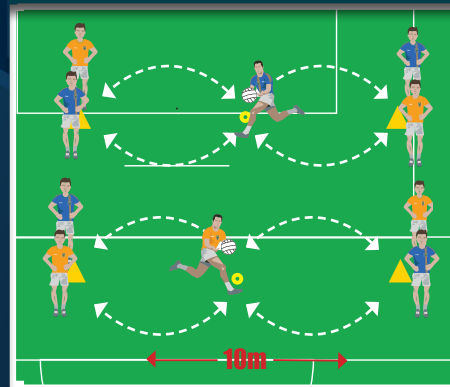


- Divide group into pairs; 1 ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Players stand approx 3 metres apart
- Each player in turn fist passes the ball to their partner
- Routine is continued for approx 1 min
- Remember both left and right hands should be used to practice the fist pass

STEP: To increase the difficulty; increase the distance between the players

ACTIVITY 2

ORGANISATION



- Divide the players into groups of 5; one ball per group
- Mark out a distance of 10m using cones
- 2 players stand at either cone, side by side
- Position the fifth player, ball in hand, in the middle
- The middle player passes the ball to each of the side players in turn, first to one side and then the other, over and back
- Encourage the middle player to move with the ball as they pass and to the ball to receive it by placing a marker in the middle

Step: Vary the drill by challenging the end players to move in and out in turn for the pass

ACTIVITY 3

ORGANISATION

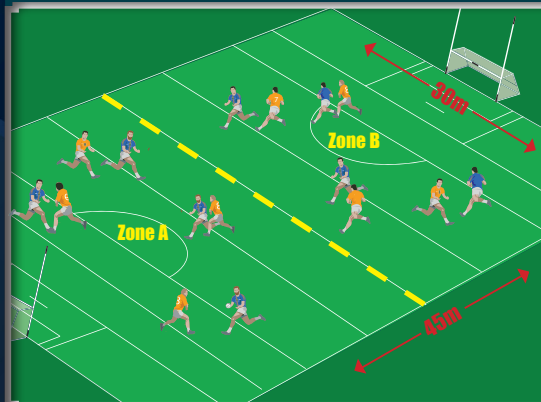


- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score 'hits' by striking the other team with the ball using the fist pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- A hit is cancelled if the ball is caught
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

STEP: Use a sponge ball when playing the game with young players

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 40m x 65m)

- Small sided games 9v9 etc.
- After 4/5 seconds players must play or release the ball
- 2 plays of the ball ie 1 bounce & 1 toe tap or 2 toe taps
- Game should mirror blitz day rules

STEP: Can only use Fist pass to score



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WARM UP ACTIVITY

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- Use markers that can be stood on or lines
- Begin with targets that are nearer to the coach first.
- Then, progressively go on to targets further away
- Please vary the distance and intensity (walk or slow jog for younger players)

STEP: Use different commands (Hop, skip etc)

ACTIVITY 1

ORGANISATION

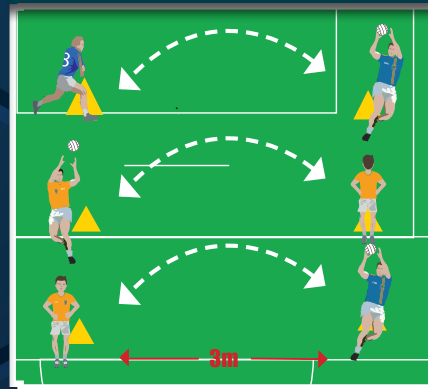


- Mark out a grid appropriate to the number of players
- While remaining within the grid each player throws a ball high above their heads to perform the high catch
- Continue the drill for a set period of time

STEP: Adapt the drill by requiring the players to kick the ball up to perform the high catch

ACTIVITY 2

ORGANISATION



- Divide the group into pairs; one ball per pair
- Each player in turn throws the ball above their opponents head for them to perform the high catch
- Initially the catcher jumps off both feet from a stationary position; bend the knees and extend the arms backwards before springing up and extending the arms forward and up to catch the ball
- To progress the drill the catcher takes one step forward to jump while swinging the other leg forward; concentrate on gaining as much height as possible with the swinging leg

Step: As the players become more competent allow the catcher to jog forward to jump for the ball

ACTIVITY 3

ORGANISATION

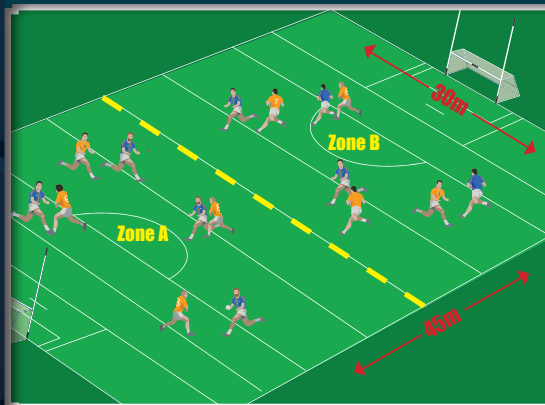


- Mark out a court using markers
- Mark out a centre net or barrier using cones to divide the court into two sides
- Divide the players into 2 equal teams
- The objective of the game is to kick the ball into the opponents section of the court
- If the ball is caught using the High Catch it is returned in the same way, but if the ball is not caught, the player who dropped it or who nearest must surrender as 'prisoner' to the other side
- The game is over when all the players of 1 team have been taken prisoner by the other

STEP: Require the catcher to Fist or Hand Pass to a team mate immediately on landing before the ball can be kicked back to the opposite side

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 40m x 65m)

- Small sided games 9v9 etc.
- After 4/5 seconds players must play or release the ball
- 2 plays of the ball ie 1 bounce & 1 toe tap or 2 toe taps
- Game should mirror blitz day rules

STEP: Player performs High Catch that team gets extra point



U9 Football Skills Session **HOOK KICK**



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WARM UP ACTIVITY

ORGANISATION



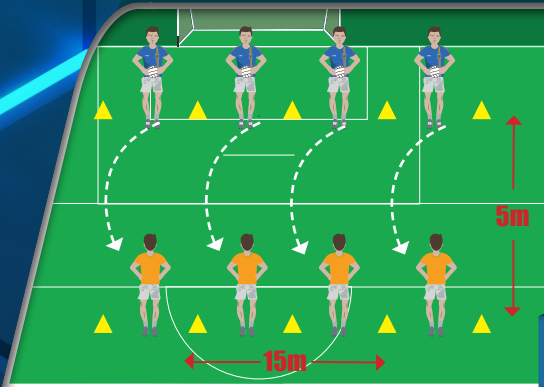
CATS AND MICE

- Two groups of equal size line up facing the coach.
- If the coach shouts mice the cats have to chase the mice to a line about 10 metres away and vice-versa for shouting cats.
- You can make it more fun by pointing in one direction and shouting another.

STEP: You can make it more fun by pointing in one direction and shouting another.

ACTIVITY 1

ORGANISATION

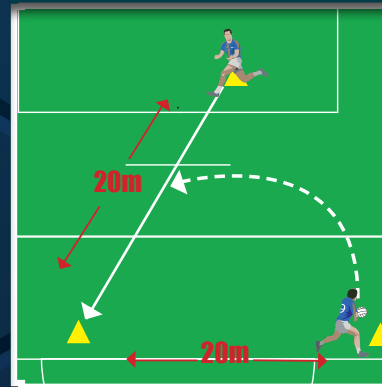


- Divide the group into pairs, one ball per pair
- Mark out channel 5 metres wide and 15m long for each pair
- Each player in turn hook kicks the ball to their partner
- It may be necessary to group the players on the basis of ability
- Repeat the drill getting the players to use the opposite leg

STEP: To increase the difficulty of the drill; increase the distance between the players

ACTIVITY 2

ORGANISATION

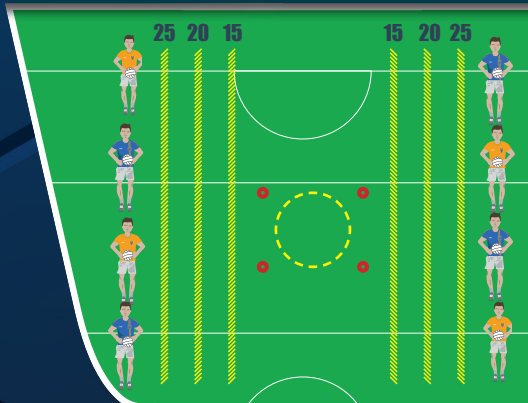


- Divide the players into pairs, 1 ball per pair
- Place 3 cones 20m apart to form a triangle
- 1st, each player hook kicks the ball on the run while moving along a length of the triangle; their partner remains in a stationary position
- 2nd, each player hook kicks the ball from a stationary position to their partner who is moving along the far length of the triangle
- 3rd, each player hook kicks the ball on the run to their partner who is also moving
- Change direction of movement to kick off the alternate side

STEP: To increase the difficulty; increase the distance between the players

ACTIVITY 3

ORGANISATION

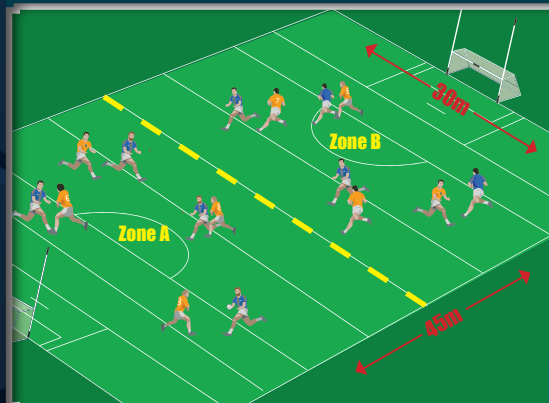


- Place 4 cones in a 10m square formation
- Inside the 10m mark out a circle
- Mark out a line of cones 15m, 20m and 25m to either side of the grid
- Divide the players into two groups; one group at either side
- Beginning at one side and behind the 15 metre line, the players attempt to land the ball in the square or circle
- Award 1 point for every kick that lands in the square and 3 points for every kick that lands in the circle

Step: Progress the drill by moving the players back behind the 20m lines and the 25m lines as they become more proficient outside hand rounding each pole

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 40m x 65m)

- Small sided games 9v9 etc.
- After 4/5 seconds players must play or release the ball
- 2 plays of the ball ie 1 bounce & 1 toe tap or 2 toe taps

Game should mirror blitz day rules

STEP: Can only score using the Hook kick



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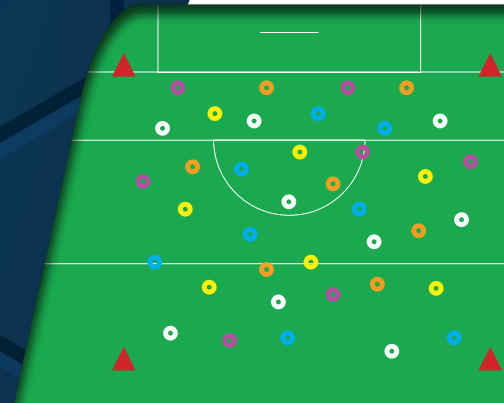
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WARM UP ACTIVITY

ORGANISATION



- The players run around the playing area randomly
- On a signal from the coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

ACTIVITY 1

ORGANISATION

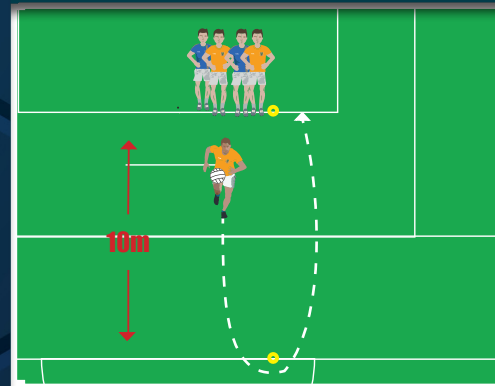


- Each player has a ball
- Ensure each player has adequate space to perform the technique in a stationary position
- On the whistle, the players solo the ball on the spot
- The players count how many times they can solo the ball successfully in 30 seconds
- Start again if the ball is dropped or if the ball goes above the head
- Set a target for each player depending on their ability
- Players repeat the drill using the opposite leg

STEP: To increase the challenge move the players further apart as their technique improves

ACTIVITY 2

ORGANISATION

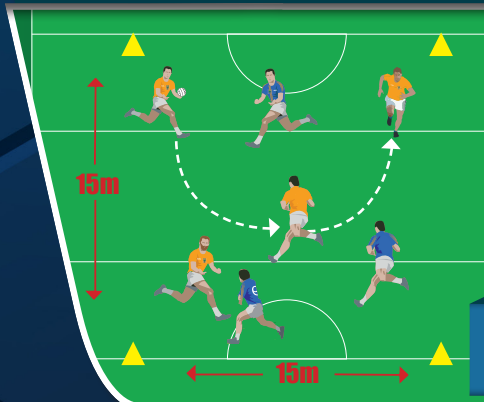


- Mark out a distance of 10m using cones
- Divide the players into groups of 5; one ball per group
- The players line up behind one of the cones
- In turn each player solos out and around the far cone, fist passing for the next player as they returns to the back of the line
- Continue the drill for a set time
- Repeat the drill using the opposite foot

STEP: Increase the speed of the drill as the players become more proficient

ACTIVITY 3

ORGANISATION

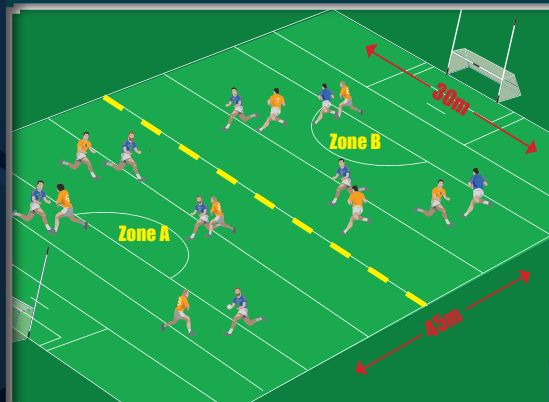


- Mark out a grid 15m x 15m
- One player with a ball must solo around and attempt to tag the other players
- The player must solo at least once every four steps
- Once a player has been tagged, they must leave the game
- Change the player with the ball when all the players have been tagged

STEP: Players at the beginning – Increase the number of 'taggers' to reduce the difficulty of the game

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 40m x 65m)

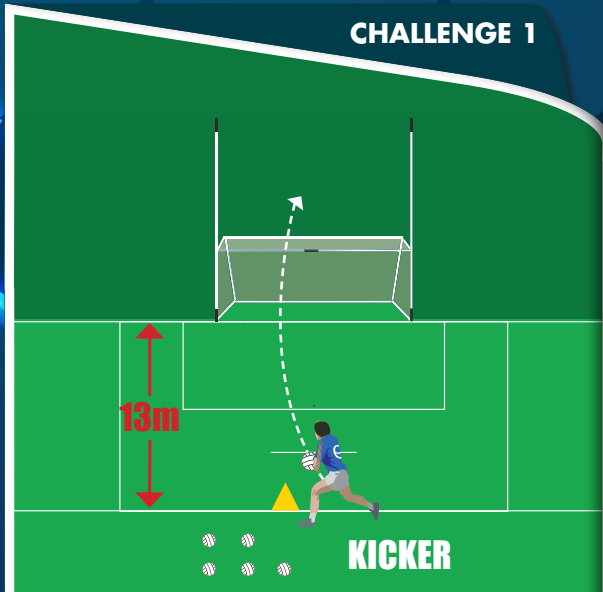
- Small sided games 9v9 etc.
- After 4/5 seconds players must play or release the ball
- 2 plays of the ball ie 1 bounce & 1 toe tap or 2 toe taps

Game should mirror blitz day rules

STEP: Increase size of pitch to make performing the Skill easier



CHALLENGE 1



A skills challenge to test proficiency at the **SCORING/KICKING** for a point

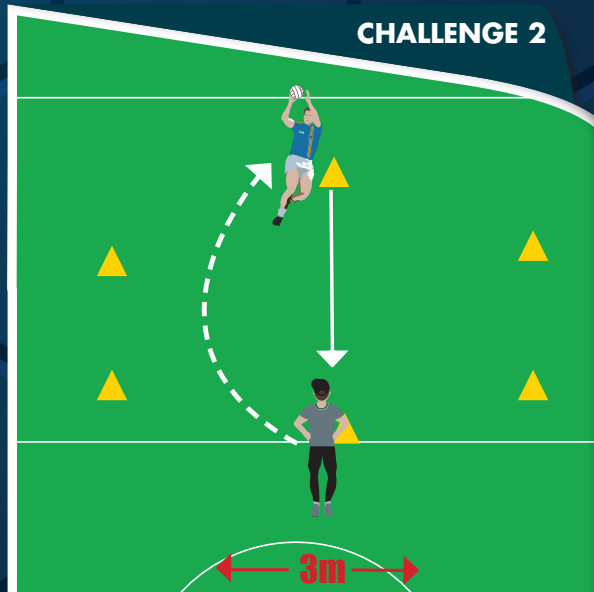
ORGANISATION

Place a cone 13m in front of the goals. The player performs the Kick from the cone attempting to score a point – players have to kick from behind the 13m line

SCORING

- 1 point is awarded for each point scored. The challenge must be attempted four times, two with the left foot and two with the right foot, giving a possible total of 4 points

CHALLENGE 2



A skills challenge to test proficiency at the **HIGH CATCH**

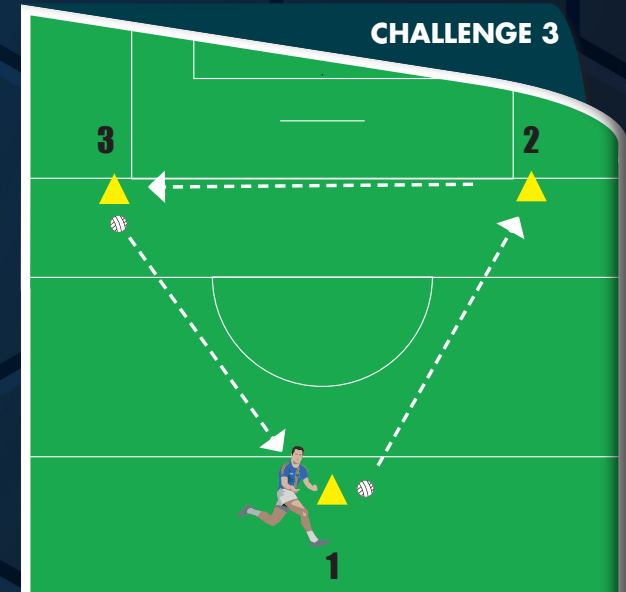
ORGANISATION

Set up a grid 3m X 3m, with a further cone 3m to each side. The player lines up at one side and the Coach (or a second player) stands at the other. The Coach throws the ball underarm as the player moves into the square to catch the ball overhead. The player then returns to the cone and repeats the challenge

SCORING

- 1 point is awarded for each successful catch. Attempt the challenge six times giving a possible total of 6 points

CHALLENGE 3



A skills challenge to test proficiency at the **CROUCH LIFT / PICK UP**

ORGANISATION

Place three cones to form a triangle, cones 3m apart. Place a ball at two of the cones. The player, starting from cone 1, picks up the ball at cone 1, drops it at cone 3. Picks it up again at cone 2, drops it at cone 1 etc

SCORING

- 1 point is awarded for each successful pick up. Attempt the challenge three times in a row giving a possible total of 6 points