



U7 Football Skills Session **PUNT KICK**



Player Pathway

U7

U9

U11

Games Development Coach

Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION



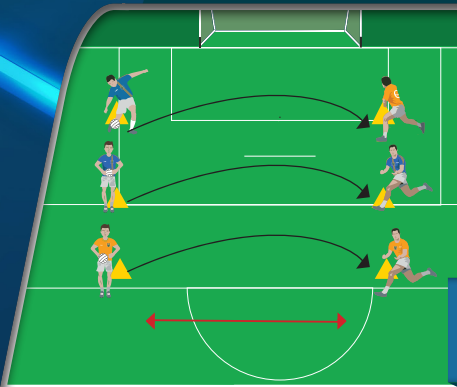
BACK TO BACK

- The players move around the playing area randomly while avoiding the other players
- On a signal from the coach they pair off quickly and stand back to back

STEP: Coach calls players to get in groups of 3, 4 etc back to back

ACTIVITY 1

ORGANISATION

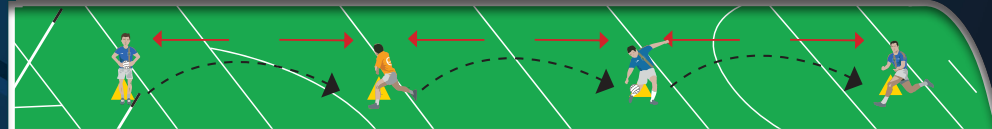


- Divide the group into pairs, one football per pair
- Each pair to face each other at a challenging distance
- Each player in turn punt kicks the ball to their partner
- To kick with the right leg take the first step with the left leg & vice versa

STEP: Space - To increase difficulty of drill, increase distance between players

ACTIVITY 2

ORGANISATION

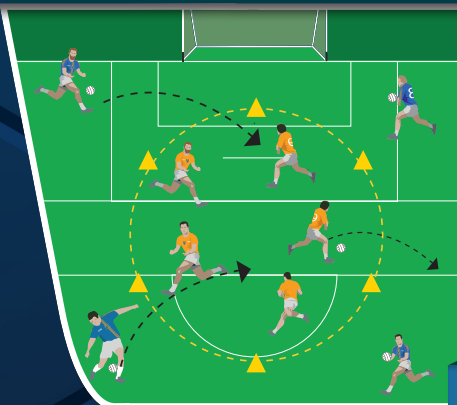


- Mark out 4 cones in a line at a distance that is suitable to the players ability
- One player is positioned at each cone
- The ball is punt kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

STEP: To increase difficulty of the drill further introduce an opponent for each player to provide token opposition

ACTIVITY 3

ORGANISATION

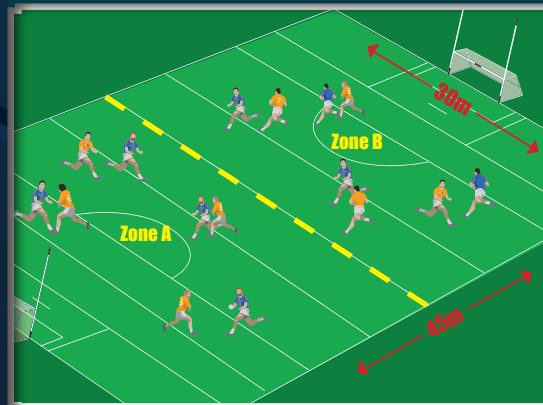


- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle & the other inside the circle
- Players inside must attempt to keep the circle clear by punt kicking each ball from the circle
- Outside players must retrieve the balls & place them back in the circle
- Switch roles of players after set time

STEP: Outside Team must punt kick to land inside the circle, inside team clear balls away by rolling

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small Games 7 v 7
- After 4 / 5 seconds players must play or release the ball
- 2 plays of the ball i.e bounce & 1 toe tap or 2 toe taps
- Game should mirror blitz day rules

STEP: Coach to add condition of Punt kick only - the team that performs 2 successful Punt kick passes in a row get 1 extra point



Player Pathway

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WARM UP ACTIVITY

ORGANISATION



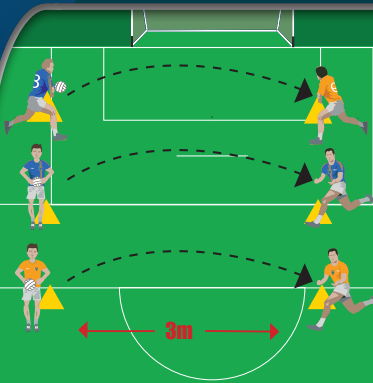
FLUSH THE TOILET

- One player on for every 7 in the group. They have to chase and tag the players not 'on'
- When players are tagged they stand with legs and arms out and cannot move
- They are released when a player who is not tagged pushes down their out reached arms
- Game continues until everybody is caught

STEP: Use more catchers

ACTIVITY 1

ORGANISATION

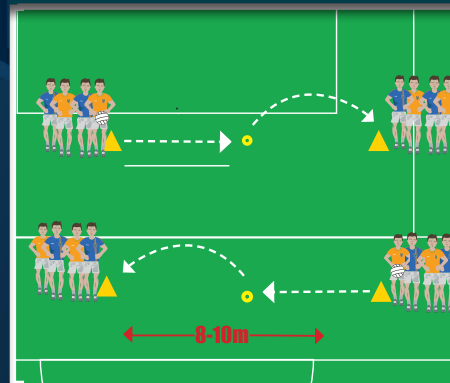


- Divide the group into pairs, one football per pair
- The players stand approximately 3 metres apart
- Each player in turn throws the ball underarm for their partner to body catch
- Count the number of successful catches in 30 seconds

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

ACTIVITY 2

ORGANISATION

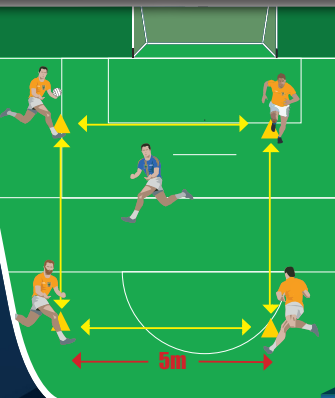


- Divide the players into groups of 8; 1 ball/group
- Mark out a distance of approx 8 - 10m using cones
- Place a marker half way between the outer cones
- 4 players line up at either cone
- The player in possession throws the ball underarm for the opposite player to run forward and catch at the halfway marker
- The catching player runs on and hands the ball to the next player to repeat
- Each player follows on to line up at the back of the opposite line

STEP: To increase the difficulty the throw the ball higher

ACTIVITY 3

ORGANISATION

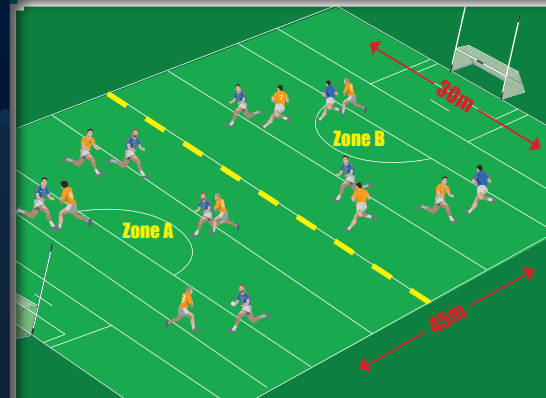


- Mark out a grid 5m by 5m using cones
- Divide the players into groups of 5
- Position 1 player along each length of grid
- Position 5th player in the middle of the grid
- The outside players must move along the lengths of the grid throwing the ball to each other to retain possession
- The ball must be caught using the Body Catch technique
- The middle player attempts to intercept the ball, If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

STEP: To increase the difficulty increase the size of the grid

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small sided games 7v7 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: Coach to add condition of Hand & Kick pass only - the team that performs 2 body catches in a row get 1 extra point



Player Pathway

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WARM UP ACTIVITY

ORGANISATION



STUCK IN THE MUD

- One player on for every 7 in the group. They have to chase and tag the players not 'on'
- When players are tagged they stand with their legs apart
- They are released when a player who is not tagged crawls between their legs
- Game continues until everybody is caught

STEP: Use more catchers

ACTIVITY 1

ORGANISATION

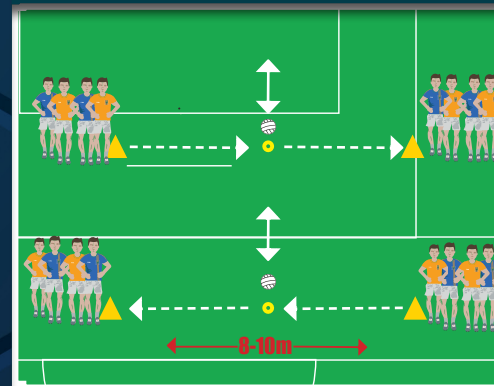


- Place lots of obstacles or mines - inside the playing area
- Divide the players into 4 groups, one at each side of the playing area
- The players must dodge the 'mines' as they travel from one side of the playing area to the other
- Gradually increase the number of teams traveling at the same time
- Vary the exercise by getting the players to move through the grid sideways or backwards
- Introduce a scoring system where players start with a number of points and lose one each time they touch a mine or another player

STEP: Make area smaller to increase difficulty

ACTIVITY 2

ORGANISATION



- Form lines of 4 players 8 to 10 meters apart
- Place a marker half way between each line
- The player in possession walks forward four steps before bouncing the ball and catching it again
- The player then walks on and hands the ball to the next player who repeats the drill
- Each player in turn moves to the back of the opposite line

STEP: As the players become more proficient, increase the pace to jogging - Challenge the players to bounce the ball at an angle for their partner to catch

ACTIVITY 3

ORGANISATION

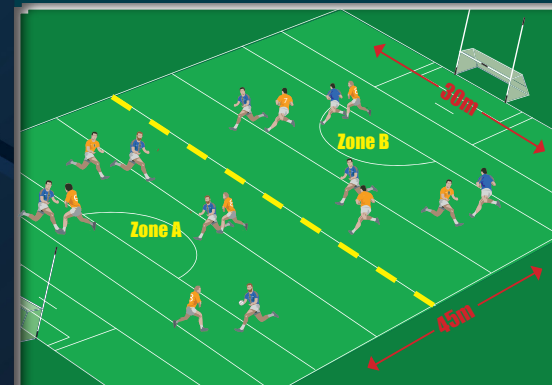


- Place four poles or cones in a line at 2 to 3 metre intervals
- Line the players up before the first pole
- The first player in the line runs out and back, bouncing the ball while rounding each pole
- The ball should be bounced with the outside hand while rounding each pole, (outside hand is hand furthest away from pole)
- Each successive player repeats the drill

STEP: Challenge the players to dribble bounce the ball in and out between the poles; switch to the outside hand rounding each pole

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small sided games 7v7 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



U7 Football Skills Session **HAND PASS**



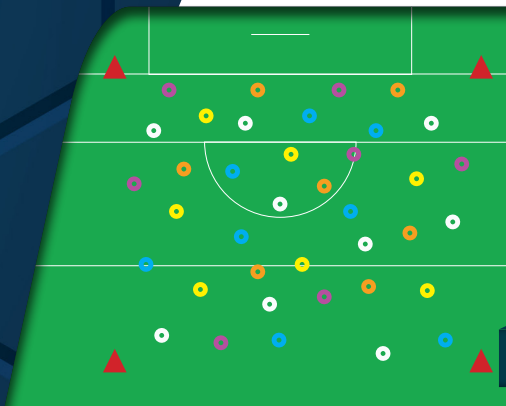
Player Pathway



CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION

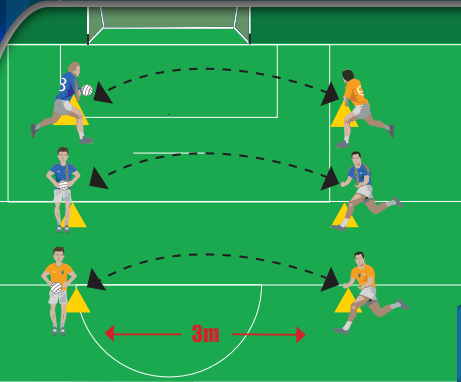


- Place a number of caps or markers around the playing area
- The players move from one marker to another using one step or leap
- Use different coloured markers and challenge individual players to cross the playing area 'stepping' from markers of one colour only

STEP: Make area smaller to increase difficulty

ACTIVITY 1

ORGANISATION

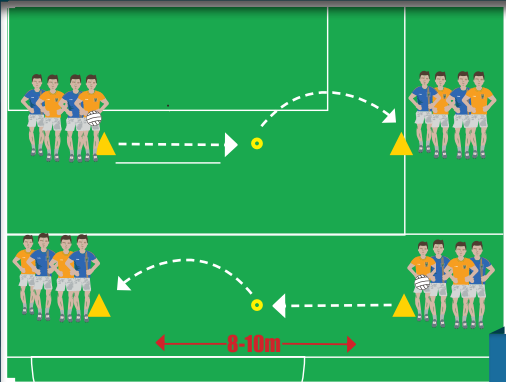


- Divide the group into pairs; one ball per pair
- Use cones to ensure that each pair has adequate space to perform the technique in a stationary position
- Players stand a challenging distance apart
- Each player in turn hand passes the ball to his partner
- Continue the routine for approximately 1 minute

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

ACTIVITY 2

ORGANISATION

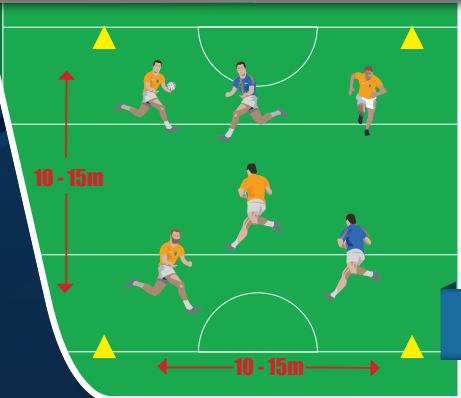


- Divide the players into groups of 8; one ball per group
- Mark out a distance of approx 8 - 10 metres
- Place a marker half way between the outer cones
- Four players line up at either cone
- The player in possession jogs forward, hand passing the ball from the marker to the first player on the far side, who repeats the drill
- Each player follows on to line up at the back of the opposite line

STEP: As the players become more proficient, increase the pace to jogging

ACTIVITY 3

ORGANISATION

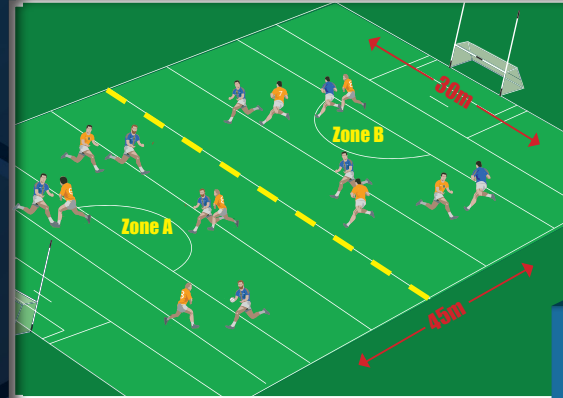


- Mark out a grid approx 10 - 15m square
- Divide the players into uneven teams
- The team with the greater number of players have the ball and must attempt to successfully complete as many handpasses as possible in succession
- The opposing players may attempt to intercept the ball by catching or by blocking it
- Switch the players around after a set time

STEP: To increase the difficulty for the team in possession increase the number of opponents

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 30m x 45m)

- Small sided games 7v7 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: Coach to add condition of Hand pass only -if players perform a 1,2 using the hand pass their them receive an 1 extra point



U7 Football Skills Session **LOW CATCH**



Player Pathway

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Games Development Coach

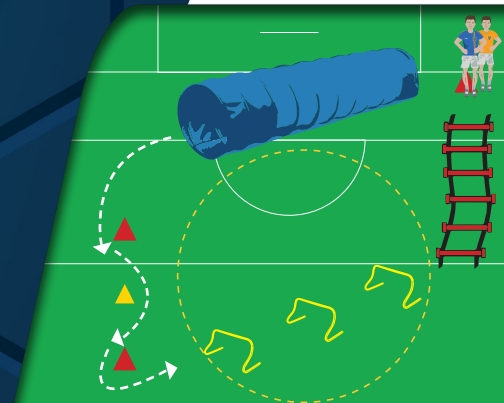
Club Coach

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CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION



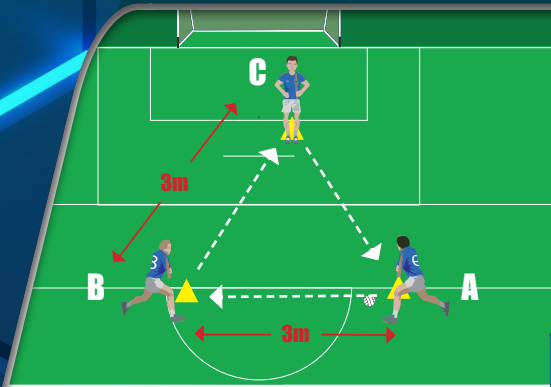
COORDINATION - OBSTACLE COURSE

- Place different obstacles, for example a tunnel, cones and jumps around the playing area
- The players negotiate the course as quickly as possible

STEP: Introduce time limit for players to complete course

ACTIVITY 1

ORGANISATION

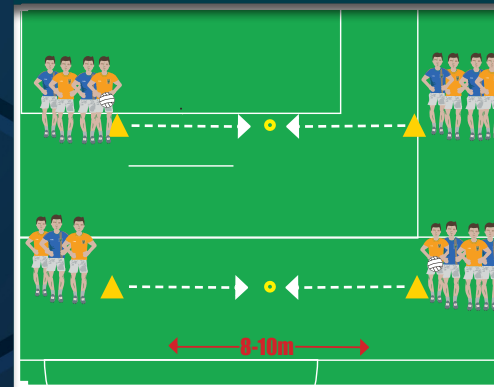


- Divide the players into groups of 3, each group in triangle formation approx 3 metres apart
- Ensure each group has adequate space to perform the technique
- Player A throws the ball low towards the feet of player B
- Player B then repeats the drill with Player C and so on around the triangle
- After a set time, change the direction of the drill

STEP: To increase the intensity of the drill, introduce a second ball

ACTIVITY 2

ORGANISATION

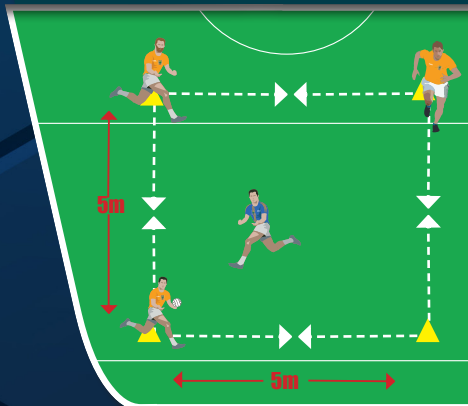


- Players in groups of 8; one ball per group
- Mark out a distance of approx 8 - 10 metres
- Place a marker halfway between the outer cones, 4 players line up at either cone
- The player in possession throws the ball underarm for the player opposite
- This player runs forward & catches the ball at the halfway marker, runs on & hands the ball to the next player
- Each player follows on to line up at the back of the opposite line

STEP: To increase the difficulty allow the throwers to place the ball slightly to either side of the catching player an angle for their partner to catch

ACTIVITY 3

ORGANISATION

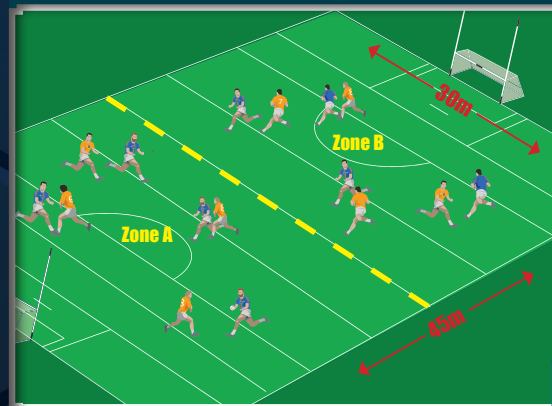


- Mark out a grid 5m by 5m using cones
- Position one player at each of 3 corners of the grid
- Position a further player in the middle of the grid
- The outside players must throw the ball along the lengths of the grid to keep possession
- The ball may only be thrown and caught at a cone
- The middle player attempts to intercept the ball
- If the ball is dropped or intercepted, the outside player responsible moves to take up position as the 'piggy in the middle'

STEP: To increase the difficulty increase the size of the grid

ACTIVITY 4

ORGANISATION

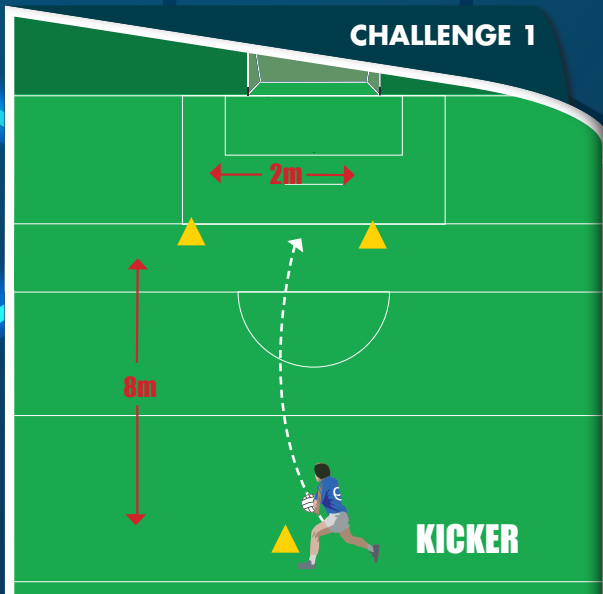


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- Small sided games 7v7 etc.
- After 4/5 seconds players must play or release the ball
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Game should mirror blitz day rules

STEP: The team that performs 2 Low Catches in a row get 1 extra point.



CHALLENGE 1

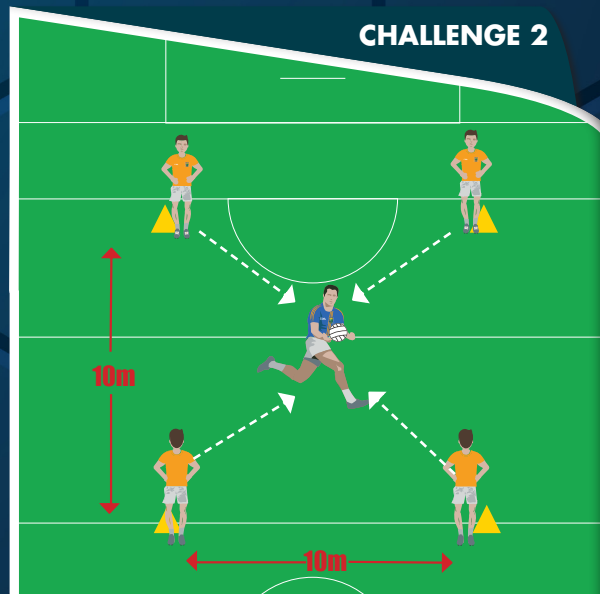
A skills challenge to test proficiency at the **PUNT KICK**

ORGANISATION

Mark out a goal 2m wide with two cones. Place another cone 8m from the goal where the players will kick from. The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left. The ball must pass through the goal without bouncing or rolling

SCORING

- The player is awarded 1 point for each goal scored. Attempt the challenge 10 times (5 right foot, 5 left foot) giving a possible total of 10 points



CHALLENGE 2

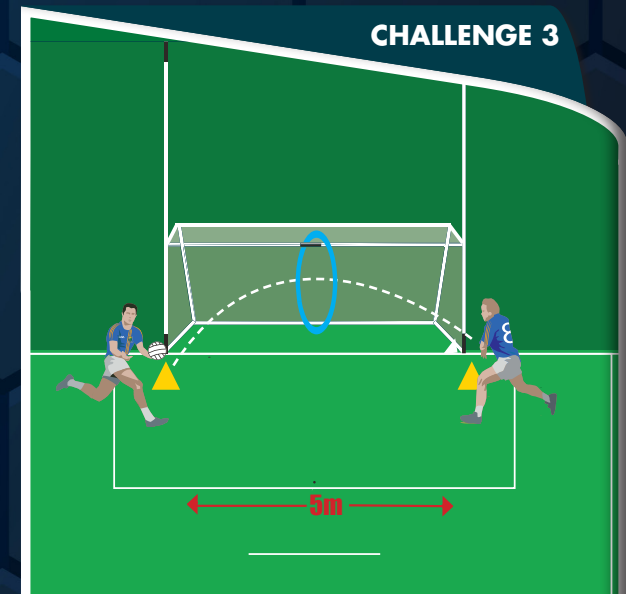
A skills challenge to test proficiency at the **BODY CATCH**

ORGANISATION

The player is in the centre of a 10 x 10 square and 4 coaches/players at each corner. They throw the ball above the head to the player who lets it drop and performs the body Catch. The player then fist passes it back towards the coach. The player rotates through the 4 corners to perform 4 body catches

SCORING

- 1 point is awarded for each successful body catch. Attempt the challenge twice giving a possible total of 8 points



CHALLENGE 3

A skills challenge to test proficiency at the **HAND PASS**

ORGANISATION

Place two cones 5m apart the performing player stands at one of the cones and attempts to Hand Pass the ball through a target.

SCORING

- 1 point is awarded for each Hand Pass through the target. The challenge must be attempted 6 times, 5 with the left hand and 5 with the right giving a possible total of 10 Points