



Player Pathway

U7

U9

U11

Games Development Coach

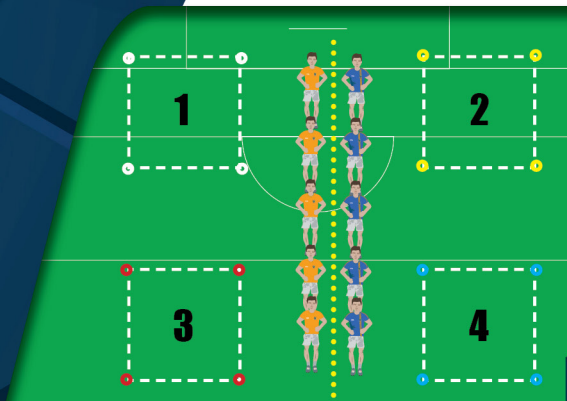
Club Coach

Primary School Coach

CONNECTING CLUBS, SCHOOLS & COUNTY

WARM UP ACTIVITY

ORGANISATION



- This Activity works on players reactions and also their listening ability
- Players face their partner with one standing either side of the line
- Whatever body part/action the coach calls the players must touch/do
- After a couple of seconds coach calls a number and players must all run to that corner (Compete against your partner)

STEP: To make it more challenging you can change the name of each corner (Use numbers, colours, counties)

ACTIVITY 1

ORGANISATION

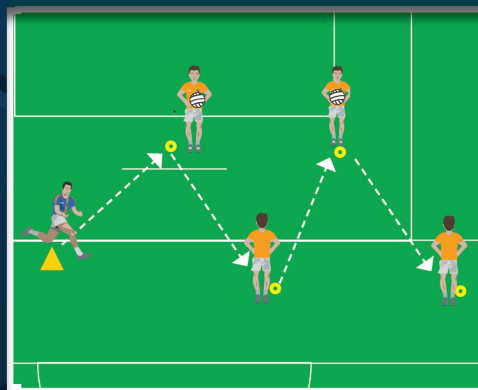


- Divide group into pairs; 1 ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the block down

STEP: Progress drill by getting Player B to stand and then to step into the block from meter away

ACTIVITY 2

ORGANISATION



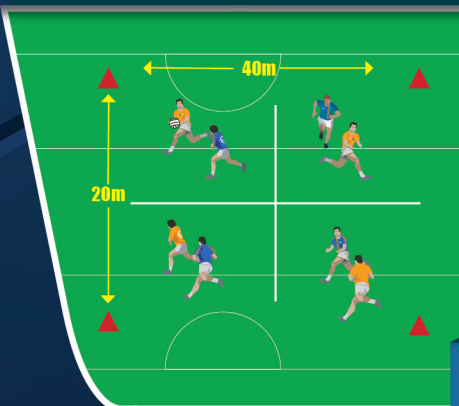
- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart; one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

Step: As the players become more proficient increase the pace of the drill

Task - As the players become more competent the blocker may be required to dive to block each kick

ACTIVITY 3

ORGANISATION

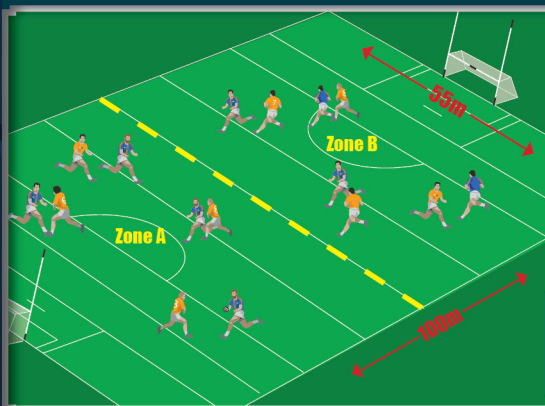


- Mark out a grid approx 40m X 20m
- Divide the grid into 4 sections
- Divide the players into two teams of four; one player per section
- The players attempt to retain possession by kicking the ball from section to section
- The opposing team attempt to block the kick attempts
- If the kick is successful, that team must be allowed to retain possession
- Continue game for a set period of time

STEP: Initially allow the ball to be passed either clockwise or anti-clockwise; as the players progress, allow the ball to be played in any direction

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 v 11 games where possible
- Normal rules apply
- Game should mirror blitz day rules

STEP: Coach to add condition of kick pass only. Award 2 points for every successful block down



U11 Football Skills Session **CHIP LIFT**



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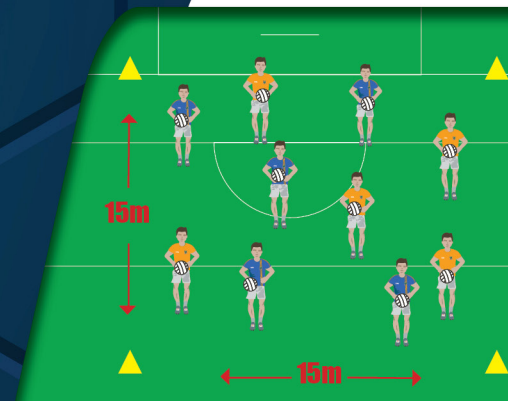
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WARM UP ACTIVITY

ORGANISATION



- Players spread out in a 15m X 15m area
- Every player has a ball
- Players jog around taking a play of their ball every 4 steps
- Coach can call any action they want (either with the ball or without, be creative as possible)
- If you perform the wrong activity or go when you are not supposed to you must drop the ball and sprint around the outside of the grid before you can join back in

ACTIVITY 1

ORGANISATION

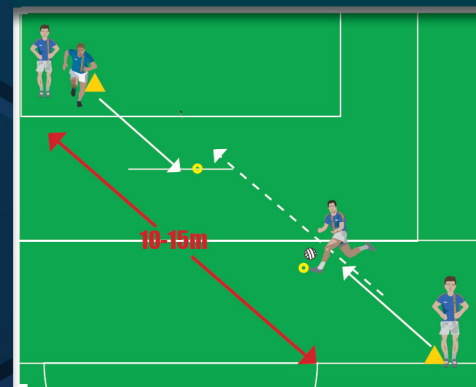


- Players are in pairs with 1 ball
- Player 1 rolls the ball along the ground to player 2 who performs the chip lift
- Player 2 performs the chip lift 8 times (4 right foot, 4 left foot) then swap roles

STEP: Increase difficulty by getting player performing the chip lift to move towards the ball as it is rolling towards them

ACTIVITY 2

ORGANISATION



- Place 4 cones in a line at equal distances over approximately 10 to 15m
- Divide the players into equal groups, positioned at each of the outer cones
- Place a ball at one of the centre cones
- The front player nearest the ball jogs forward to chip lift the ball
- Continuing forward they place the ball at next cone for the first player opposite to repeat the drill, & so on
- The players continue to the end of the opposite line

Step: To increase difficulty introduce a race between groups

ACTIVITY 3

ORGANISATION

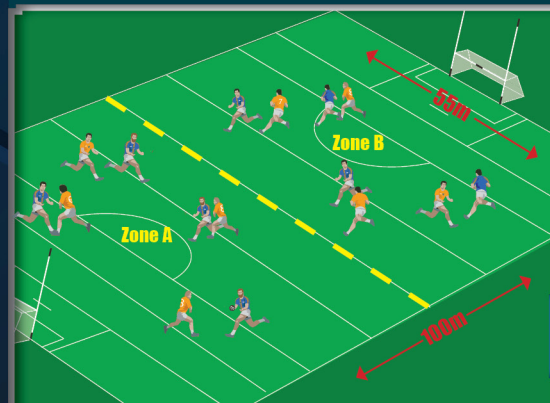


- Players are divided into 2 even teams
- Both teams start outside of 15m X 15m grid that has all footballs randomly placed inside it
- One team is the 'Robbers' and they get a point each time they successfully perform a chip lift and carry the ball 4 steps
- The second team are the 'Cops', they must distract and shadow the robbers (they are not allowed touch or tackle)
- If a 'Robber' fails to pick a ball up on their first attempt they must leave that ball and go find another one
- Switch roles after 30 seconds

STEP: Decrease the difficulty by reducing the number of 'Cops'

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 V 11 games where possible
- Normal rules apply
- Game should mirror blitz day rules

STEP: Award 2 points for every Successful chip lift



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WARM UP ACTIVITY

ORGANISATION

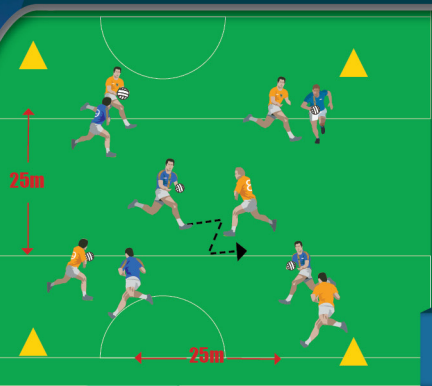


- Every Player has a ball
- 2 taggers & 8 runners
- Solo every 4 steps
- Taggers tag runners by pressing ball against them

STEP: To Make it more difficult add more taggers

ACTIVITY 1

ORGANISATION

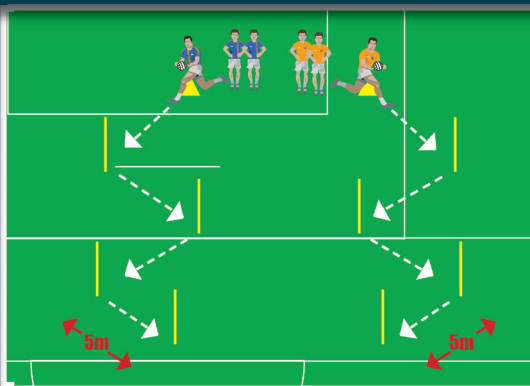


- Grid 25m X 25m
- Divide players in to pairs
- Player with ball performs dummy solo while partner provides little to no pressure
- When player performs skill encourage them to change direction as quickly as possible
- When player performs skill 4 on right foot and 4 on left foot, players should swap

STEP: To increase the difficulty of the drill, increase pressure on the player

ACTIVITY 2

ORGANISATION

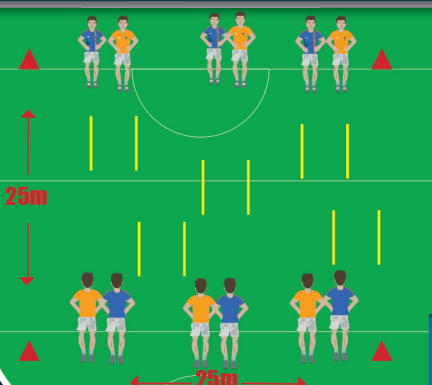


- Divide players equally behind cones (no more than 4)
- On Coaches whistle players start
- Just before players reach poles, players perform dummy solo (2 right, 2 left)
- After performing dummy solo encourage play to change direction quickly

Step: Race between all groups

ACTIVITY 3

ORGANISATION

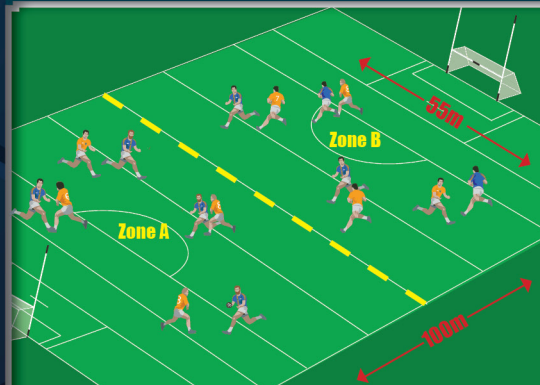


- Set up square 25m X 25m with a variety of small goals randomly set up around the inside
- Players start on the outside of square with ball each
- On whistle players must try evade other players using the dummy solo and solo ball through as many gates as possible
- Players must go for a different goal each time

Step: After 30 seconds players count up how many gates they passed through

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 V 11 games where possible
- Normal rules apply
- Game should mirror blitz day rules

STEP: If you score after a successful dummy solo you get double the score



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WARM UP ACTIVITY

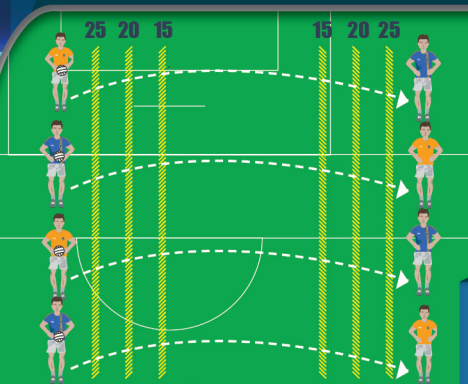
ORGANISATION



- Mark out a playing area that players must stay inside
- 2 catchers known as sharks
- Number of cones to be placed inside square
- Players cannot touch cones until coach shouts 'shark attack'
- When this is called players must get to a cone before being caught
- If they don't get to a cone or are caught they then become a shark
- Coach will remove cones during each round until there is none left

ACTIVITY 1

ORGANISATION

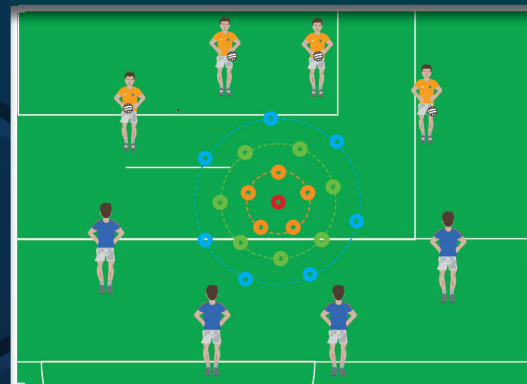


- Mark out a line of cones 15m, 20m and 25m as seen in diagram
- Divide players in to pairs
- Beginning at the 15m line, the players attempt to kick using outside of the boot to their partner
- Players should attempt to kick using both left and right feet

STEP: Progress the drill by moving players back behind the 20m lines and 25m lines as they become more proficient

ACTIVITY 2

ORGANISATION

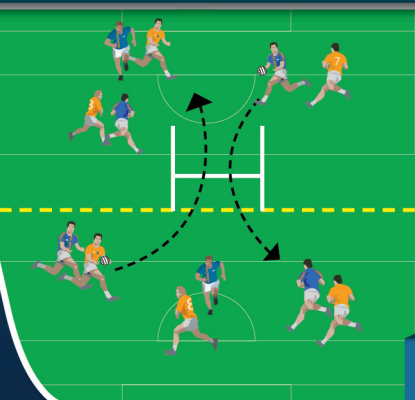


- Divide players in to 2 teams
 - Team 1 V Team 2
 - Use outside the boot kick to score
 - Where ball bounces first
- RED** = 10 **ORANGE** = 5 **GREEN** = 3 **BLUE** = 1

Step: Progress the activity by moving players back so they have to kick at a further distance as they become more proficient

ACTIVITY 3

ORGANISATION

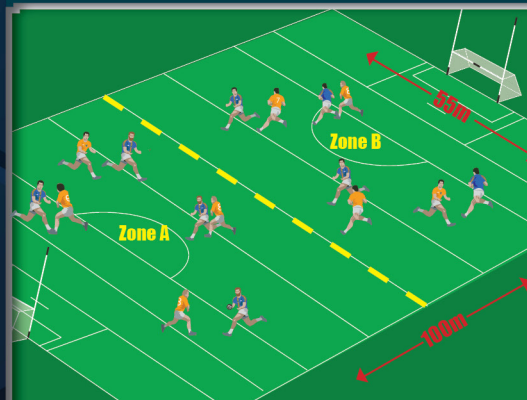


- Players are divided into 2 even teams
- Players pair off with someone on the opposite team
- Half the players must stay at the front of the goals and half at the back
- Score by kicking (outside of the boot) over the bar from outside the circle of cones
- Players cannot cross to the opposite side of the goal, you can however pass the ball over to your teammates

STEP: Decrease the number of defenders to make the teams uneven so performing the skill becomes easier to reduce the difficulty of the game

ACTIVITY 4

ORGANISATION



This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

- 11 V 11 games where possible
- Normal rules apply
- Game should mirror blitz day rules

STEP: 2 points awarded for kicking score using outside the boot technique



U11 Football Skills Session **SIDE STEP**



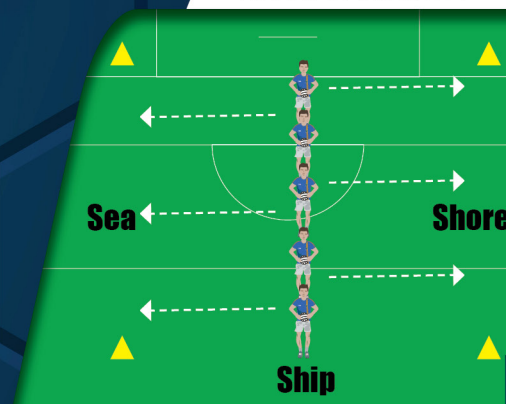
Player Pathway



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WARM UP ACTIVITY

ORGANISATION

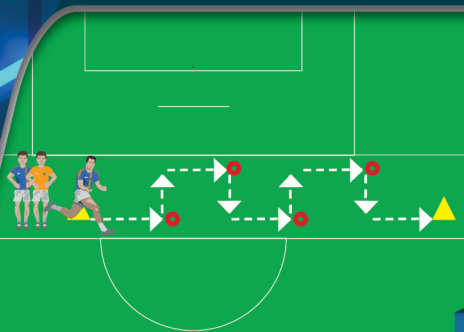


- Players line up on ship as shown in diagram with a football each
- When coach calls Ship, Sea or Shore the players must travel with their football as fast as they can to that area
- Coach tries to trick players by pointing one way and calling another
- Quickest player gets a point. First to 5 points

Step: Vary the way players travel with the ball (solo, hop etc)

ACTIVITY 1

ORGANISATION

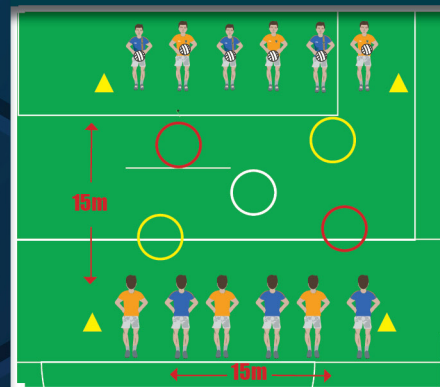


- Place 2 cones approximately 15m apart
- Place 4 markers at regular intervals between the cones, the first and third to one side and the second and fourth to the other
- In turn each player walks forward and sidesteps each marker, sidestepping to the left off the markers to the right and to the right off the markers to the left
- Continue the drill over and back for a set time

STEP: To increase the difficulty challenge the players to perform the drill while jogging

ACTIVITY 2

ORGANISATION



- Mark out a grid 15m long by 10m wide
- Place a number of hoops or obstacles within grid
- Divide the players into 2 equal teams one at either end of the grid; each player has a ball
- On the whistle, all the players jog through the grid attempting to avoid the opposing team players and the obstacles
- If a player touches an obstacle, or a player from the opposing team, they must leave the grid
- Repeat the drill until all the players have left the grid, or for a set time

STEP: To increase the difficulty of the drill, allow players to tackle for the ball

ACTIVITY 3

ORGANISATION

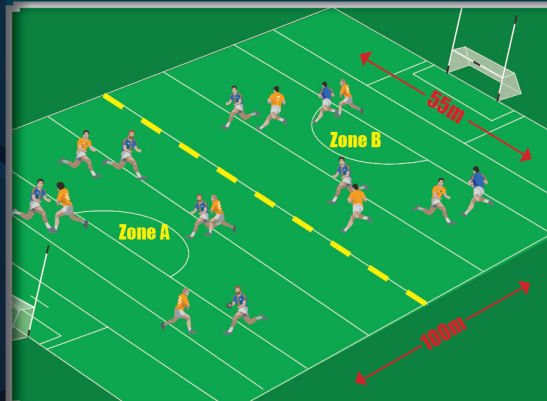


- Place 2 cones approximately 10m apart
- Divide the players into groups of 4
- 3 players line up behind one cone; the 4th player is positioned midway between the cones
- Each player in turn must approach and side step the middle player and continue to the far cone
- The middle player does not move or attempt to block the sidestepping player
- The players should practice sidestepping off both the left and right feet

Step: To progress the drill, introduce a ball; encourage the players to use the outside hand to bounce the ball as they move out of the side step

ACTIVITY 4

ORGANISATION



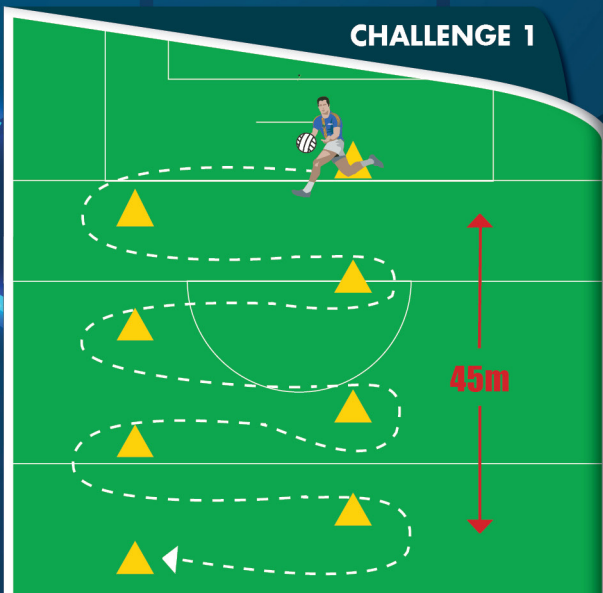
This is a game that mirrors rules at Go Games (Recommended pitch size 100m x 55m)

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STEP: Double the score if player scores after using side step



CHALLENGE 1



A skills challenge to test proficiency at the **SOLO RUN**

ORGANISATION

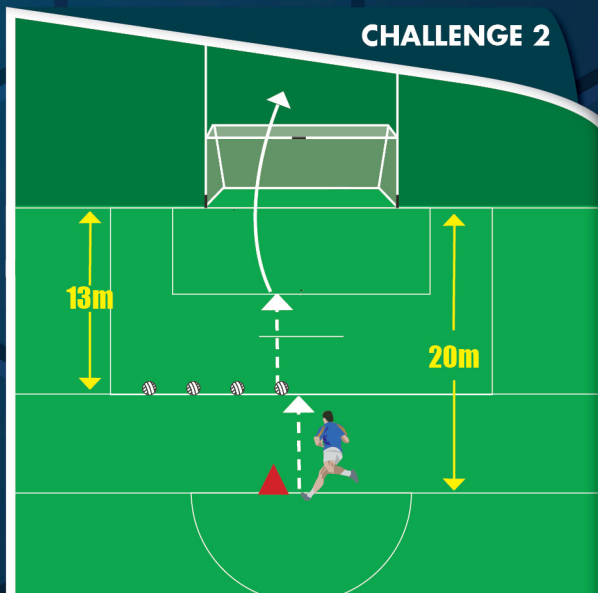
Using eight cones at intervals of 7m set up a formation as shown between the 45m line and the end line. Finishing at last cone.

Starting at the end line the player must Solo in a zig-zag manner around each of the cones using the right foot and the left foot.

SCORING

- Award 1 point for each successful solo at each cone (Total 8 Points)

CHALLENGE 2



A skills challenge to test proficiency at the **FIST PASS FOR A SCORE**

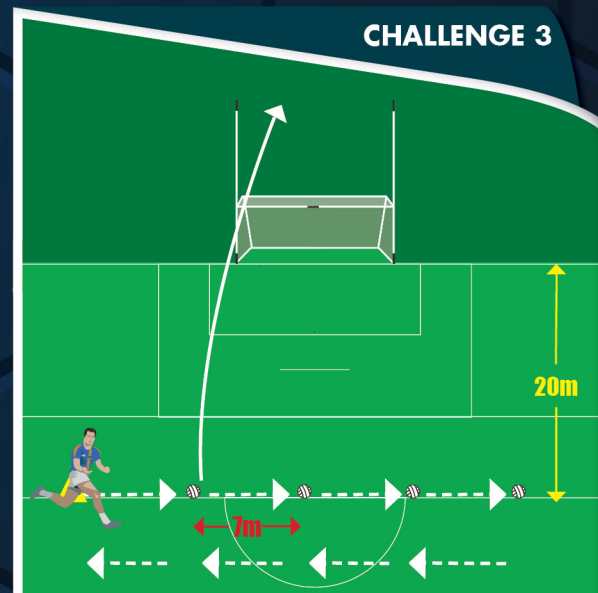
ORGANISATION

Place 5 balls, 2m apart, on the 13m line in front of the goal. The player, beginning on the 20m line runs to pick up the first ball and continues towards goal to Fist Pass the ball over the bar from outside the small rectangle. Player returns to round the start cone each time, repeating the challenge with the remaining ball. Complete challenge using right hand first then repeat challenge using left hand.

SCORING

- Award 2 points for each point scored, within a time of 35 seconds

CHALLENGE 3



A skills challenge to test proficiency at the **PICK UP AND KICK**

ORGANISATION

Place 5 footballs along the 20m line at intervals of 7m, evenly spaced in front of the goal area beginning 5m to one side, the player must pick up each ball in turn, take it into the hand and kick it over the bar. Player completes challenge in one direction using right foot, Stops then repeats challenge in opposite direction using left foot

SCORING

- Award 3 points for each point scored within a time of 20 seconds in each direction