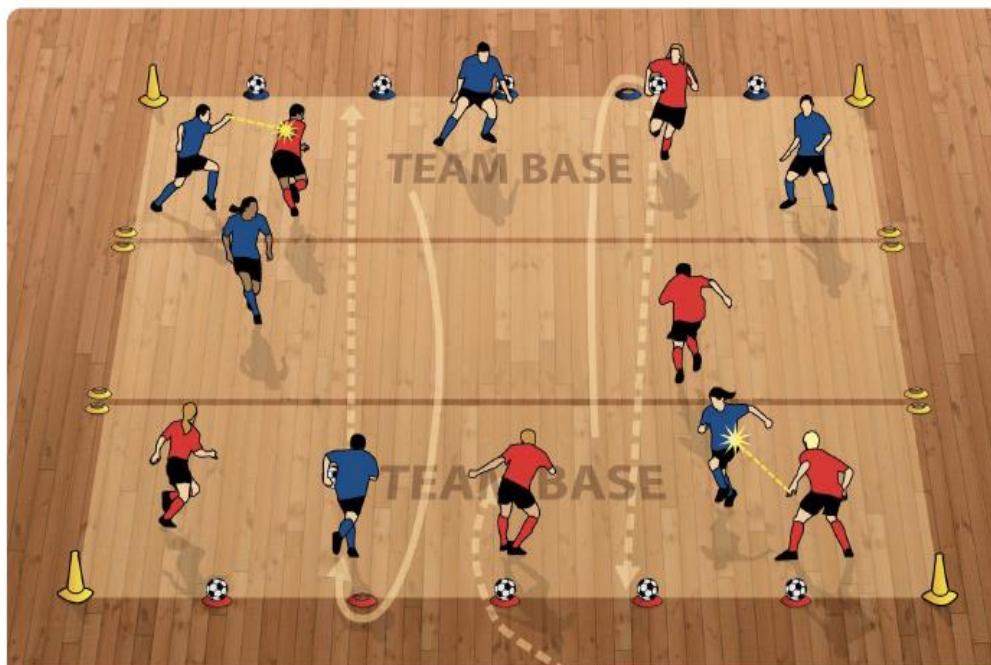


First Kicks In - House 5-9 Years old - Week 1



CAPTURE THE FLAG WEEK 1: DRIBBLING | GENERAL MOVEMENT

SETUP

1. Area of up to 30x20m, split into thirds. Modify area depending on the age and number of players.
2. Teams start at their end of the area, in the "Team Base".
3. Footballs (Flags) on cones at each end of area.

HOW TO PLAY

1. Each team must enter the other teams base and then try to capture a flag. Once player has the flag they are safe to return to home base.

2. Opposition players can stop the other team by tagging them in their base. The attacking player must then return to their own base before they can attack again.

↑ STEP UP

- Players must dribble ball back to home base

↓ STEP DOWN

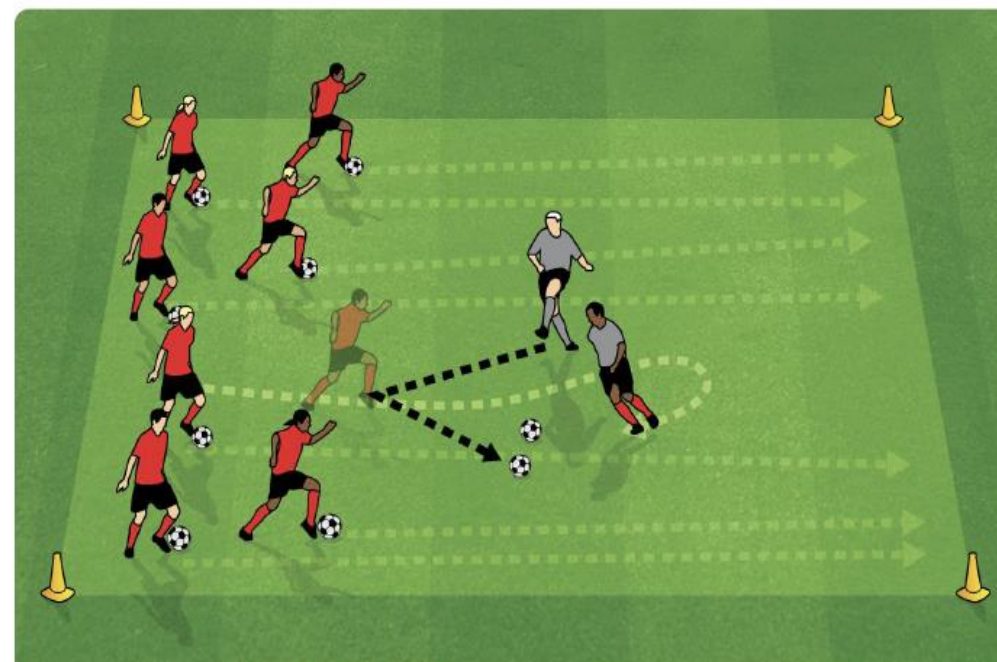
- Players can carry ball back to home base in hands

OUTCOMES

- Dodging, weaving, acceleration
- Dribbling speed and direction
- Awareness of roles and responsibilities (defence/attack)



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



FISHY, FISHY, FISHY WEEK 1: DRIBBLING | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 25x15m. This is the sea. Modify area depending on the age and number of players.
2. Players are the fish & start at one end of the sea.
3. Coach is the shark and begins in middle of sea with a football.

HOW TO PLAY

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea".

2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim (run) to the opposite shallow end of the sea.

3. Sharks try to "eat" the fish by passing their ball and hitting player's below the knee or the player's football.

4. If fish is "eaten", they become a shark. The last fish swimming is the winner.

↑ STEP UP

- Players must dribble a ball as they swim through the sea

↓ STEP DOWN

- Sharks must link arms in pairs

OUTCOMES

- Dribbling with different parts of the foot
- Changing speed with the ball
- Using different fakes / turns to disguise

