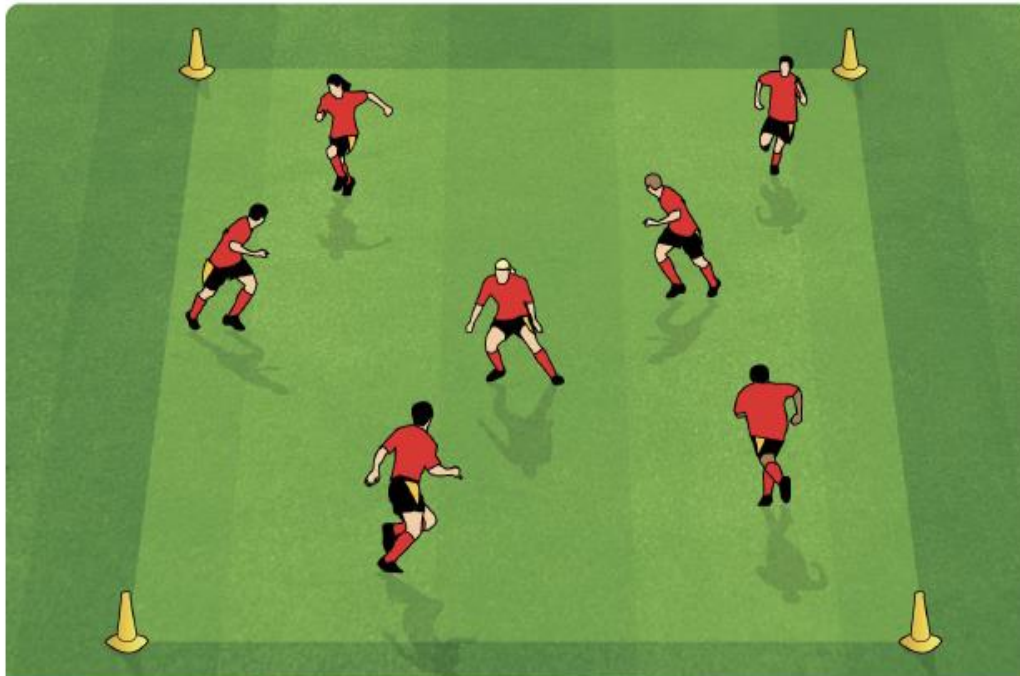


# First Kicks In - House 5-9 Years old - Week 2



**FLAG TAG** WEEK 2: SHOOTING | GENERAL MOVEMENT

### SETUP

1. Area of up to 20x20m. Modify area depending on the age and number of players.
2. All players have a bib tucked into their shorts.

### HOW TO PLAY

1. Players chase each other around the area, attempting to snatch the flag off other players.
2. If a player snatches a flag, they keep hold of it.
3. If a player loses their flag, they play on, trying to snatch other flags.

4. The game ends when the last player has their own flag snatched.
5. The winner is the player who captures the most flags.

### ↑ STEP UP

- Give every player a ball to dribble while the play

### ↓ STEP DOWN

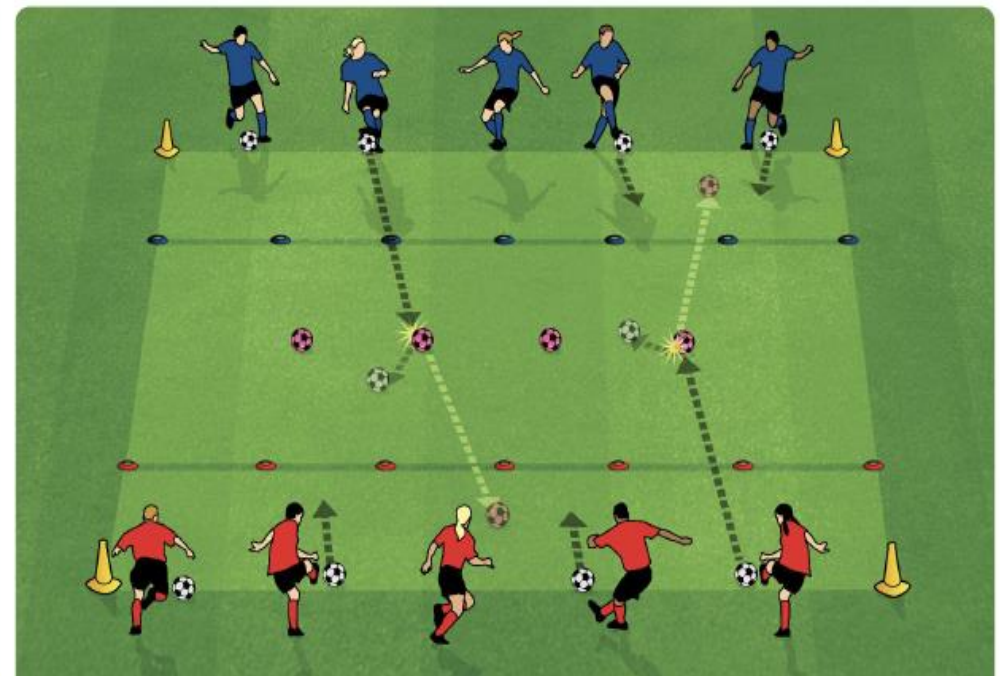
- Create two teams – the winning team captures all the opposition flags first

### OUTCOMES

- Dodging & weaving
- Acceleration and deceleration
- Changing direction quickly



Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development



**PINBALL** WEEK 2: SHOOTING | FOOTBALL TECHNIQUE

### SETUP

1. Area of up to 25x12m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly.
3. Where possible have 4 balls of different colour to other balls as pinballs. Pinballs are placed in the middle of the playing area.
4. Each player has a ball each.

### HOW TO PLAY

1. Each team has to kick their footballs from their line to hit the pinballs so they travel over the opposition line.
2. Teams receive a point for every pin ball that they get over the oppositions line.
3. Players are not allowed to stop the pin balls with their feet.
4. Players can only enter the central area to retrieve footballs to dribble back to their line.
5. Reset to the middle, if the pin balls go out of the grid.
6. Play for 2 minutes and see who got the most points.

### ↑ STEP UP

- Reduce the number of pinballs

### ↓ STEP DOWN

- Bring the teams closer together

### OUTCOMES

- Passing accuracy
- Receiving and control
- Teamwork
- Verbal communication

