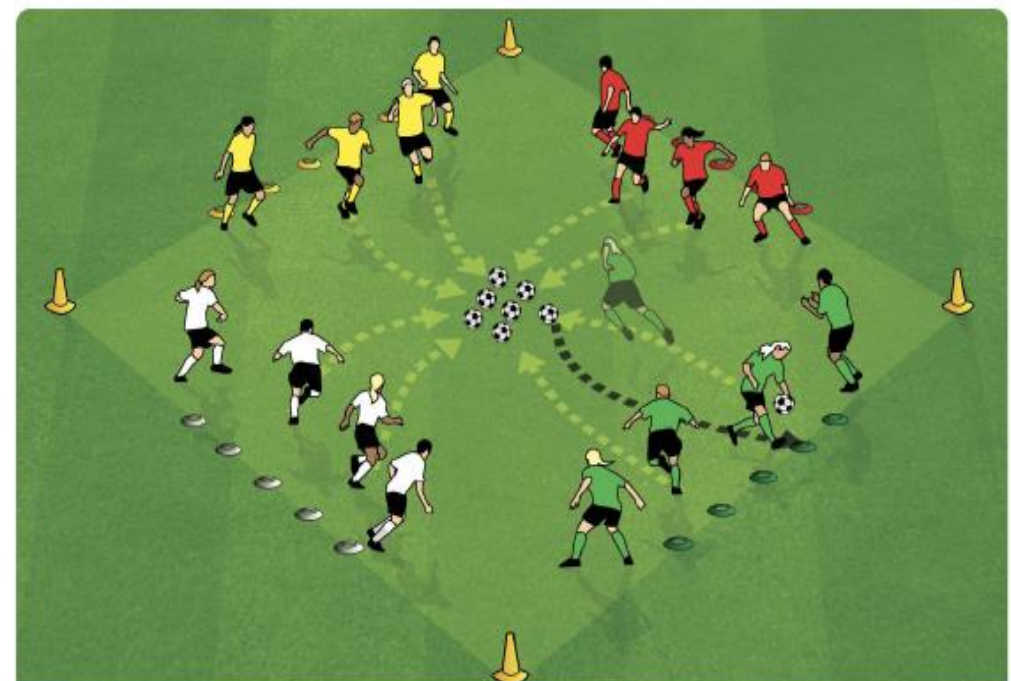


# First Kicks In - House 5-9 Years old - Week 3



**SWAMP MONSTERS** WEEK 3: BALL CONTROL | FOOTBALL COORDINATION



**ROB THE NEST** WEEK 3: BALL CONTROL | FOOTBALL TECHNIQUE

**SETUP**

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Select 2 defenders (Swamp Monsters) in bibs.
3. All other players (Explorers) have a ball each.

**HOW TO PLAY**

1. The game begins when the coach yells "Look out for the Swamp Monsters".
2. The Explorers dribble around the area and try to escape from the Swamp Monsters who try to tag the Explorers.

3. If the Swamp Monsters tag a Explorer, the Explorer stands with their legs wide apart, and hold the ball above their head.
4. The stuck Explorers can be freed if another Explorer dribbles the ball through their open legs. Once freed the stuck Explorers continue to try escape from the Swamp Monsters.
5. Play for 1 minute or until the Swamp Monsters capture all the Explorers.
6. Swap Swamp Monsters for each new game.

**↑ STEP UP**

- All Swamp Monsters have a ball as well

- Increase the number of Swamp Monsters
- ↓ STEP DOWN**
- Decrease the number of Swamp Monsters
  - Increase the size of the playing area

**OUTCOMES**

- Moving the body and ball to escape away from a defender
- Acceleration and deceleration with the ball
- Awareness of space



**SETUP**

1. Area of up to 30x30m. Modify area depending on the age and number of players.
2. Each area border to have 5 cones in a line. These are the team nests.
3. 4 teams named: Kākā, Kea, Takahe, Kiwi, with each team nominating a "Nest Defender".
4. Lots of footballs in the middle of the area. These are the "Eggs".

**HOW TO PLAY**

1. On the coaches call, all the birds must collect as many Eggs as

possible from the centre (1 egg at a time per bird) and place them on a cone at their "Nest."

2. Once "Eggs" are gone from the centre, Birds are allowed to steal from other "Nests", without being tagged by a Nest Defender.
3. If Birds are tagged, they must return to their Nest before trying again.
4. Play for 1 minute and see who has the most Eggs in their nest.

**↑ STEP UP**

- Birds must dribble their Eggs back to the Nest

**↓ STEP DOWN**

- Remove the Nest Defenders

**OUTCOMES**

- Dodging, weaving, stepping
- Dodging and weaving
- Acceleration and deceleration
- Dribbling

