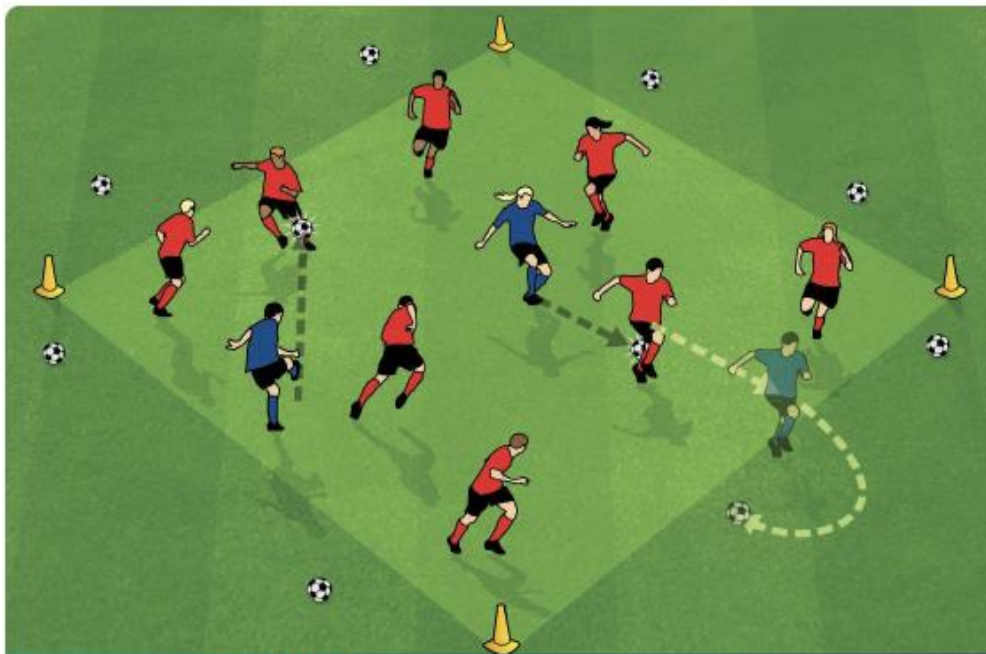


First Kicks In - House 5-9 Years old - Week 5



POKÉMON GO WEEK 5: PASSING | FOOTBALL TECHNIQUE



GATE KEEPERS WEEK 5: PASSING | FOOTBALL COORDINATION

SETUP

1. Area of up to 20x20m. Modify area depending on the age and number of players.
2. 2 players are bibbed and have a football each. These are the Trainers and their football is the "Poké Ball".
3. All other players begin inside the area without a football. These are the Pokémon.
4. Other Poké Balls placed around the outside of the area.

HOW TO PLAY

1. Two "Trainers" try and catch "Pokémon" by hitting them below the knee with a "Poké Ball".
 - Once hit below the knee the Pokémon is captured by the trainer. They then retrieve a Poké Ball from the outside the area and help the trainer capture the other Pokémon.
 - Play 1 minutes rounds to see how many Pokémon can be caught.

↑ STEP UP

- Make the area size bigger to force longer passes

↓ STEP DOWN

- Increase the number of Trainers at the start of the game

OUTCOMES

- Passing accuracy
- Passing speed
- Timing of pass
- Dribbling whilst keeping the ball close to you



SETUP

1. Area of up to 25x25m, with four goals placed around the outside of the area. Modify area depending on the age and number of players.
2. 2 bibbed players are the "Gate Keepers".
3. Other players find a partner and have a ball between them.
4. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.

HOW TO PLAY

1. Players pass through the Gates to their partner and get a point each time they do.

2. Gate Keepers stop players from passing through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each pair wins.
4. Rotate Gate Keepers and players attempt to beat their score.

↑ STEP UP

- Gate Keepers are allowed to tackle and pass footballs into goal. If this happens, the player's score goes back to zero

↓ STEP DOWN

- Reduce the number of Gate Keepers

OUTCOMES

- Passing accuracy
- Passing speed
- Timing of pass
- Passing in front of your team mate or to their feet

