



FIRST KICKS In-House

5-8 years old

Director of Football:
Sander Waterland

HOW TO USE THE McDONALD'S JUNIOR FOOTBALL GAME CARDS

Our goal is to enthuse young players so they fall in love with our sport and stay in it for life. To help achieve this, the McDonald's Junior Football Game Cards offers volunteer coaches fun games for 4-12 year olds, each focusing on a particular technical outcome.

WEEK 1 | DRIBBLING

WEEK 2 | 1V1s

WEEK 3 | PASSING

WEEK 4 | SHOOTING

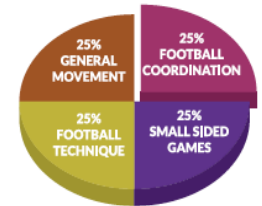
WEEK 5 | BALL CONTROL

Every activity is an opportunity for young children to take part in fun, enjoyable football games which develop them as players and as people. Each game can be used for Football or Futsal and are perfect for playing in or outdoors. To do this check that SMILES are evident in your sessions:

- S Safe.** Check that the playing area, playing and coaching equipment is safe and know your emergency procedures
- M Maximum Participation.** Try to ensure that all players are engaged in the activities provided
- I Inclusive.** Think of ways to adapt the games and activities to allow any child to join in
- L Learning.** Try to help the players to learn through playing and don't give them all of the answers straight away
- E Enjoyment.** Create a positive, fun environment which will help children fall in love with the game
- S Success.** Observe the activity and try to make the challenge point for players not too easy and not too hard



4-6 YEARS



7-8 YEARS



9-12 YEARS

