



# SESSION GUIDE

6-9 YEAR OLDS



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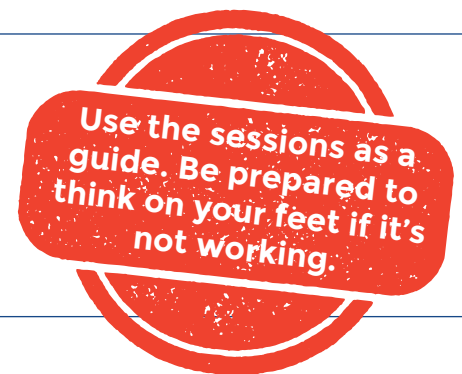
# SESSION 1

## OBJECTIVE

Experience a high number of touches on the ball and get to 'know their ball'.

Develop the basic skills including: change of pace and direction; learn to enjoy the game of football through self-discovery, experimentation and personal achievement.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30)
<b>ACTIVITIES (45 MINUTES)</b>	<p>Here! There! Nowhere! (5 minutes)</p> <p>Football Juggling (5 minutes)</p> <p>Dribblers and Robbers (10 minutes)</p> <p>Back to Back (15 minutes)</p> <p>Football Marbles (5 minutes)</p> <p>What did you like? (5 minutes)</p>



# HERE! THERE! NOWHERE!

On a call from the Program Leader, players run with their football towards the Program Leader ('Here!'), away from the Program Leader ('There!') or perform toe taps on the spot ('Nowhere!').

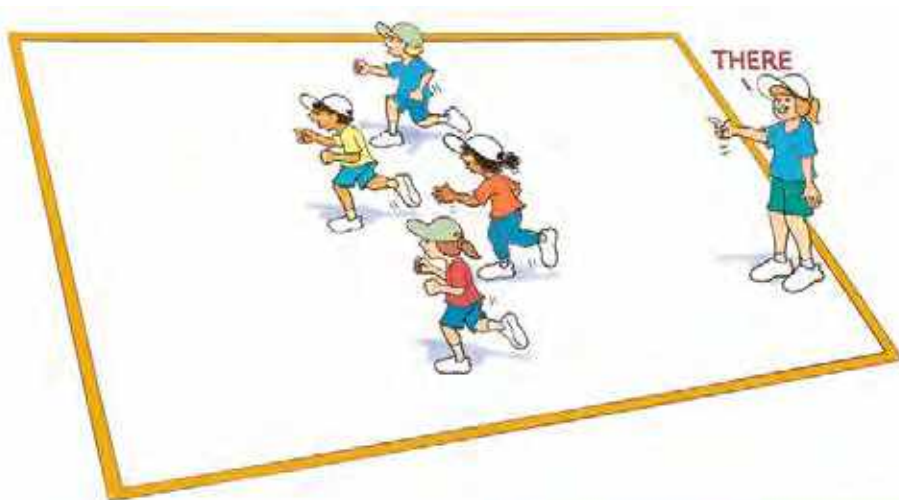
## SESSION 1

• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Establish a large playing area to encourage running (dribbling) with the ball.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Start without the ball at first, then introduce a ball for every player after a few turns;</li> <li>• You explain the actions then make random calls that the players follow:               <ul style="list-style-type: none"> <li>- 'Here!' – all players run with the ball toward you;</li> <li>- 'There!' – all players run with their ball away from you in the direction they are pointing;</li> <li>- 'Nowhere!' – all players stand on the spot and alternately tap the ball with the balls of their feet (toe taps).</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players able to maintain control of the ball whilst dribbling?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players must touch the ball every 1 or 2 steps;</li> <li>• Use both feet when dribbling.</li> </ul>



# FOOTBALL JUGGLING

Players with a football experiment with different ways to juggle the ball using various parts of their body.

## SESSION 1

• BEGINNING / 5 MINUTES

## EQUIPMENT

• 1 ball per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• All players have a ball and spread out randomly in the playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Demonstrate how to drop the ball on the ground, lightly kick it and catch it;</li> <li>• Ask 'how many times can you drop, kick and catch your ball in a row?';</li> <li>• Players can experiment with different types of juggling including:               <ul style="list-style-type: none"> <li>- Drop onto thigh and catch;</li> <li>- Foot to foot;</li> <li>- Try using both feet.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players achieving success?</li> <li>• Is it too hard or too easy?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players to attempt to kick the ball no higher than eye level;</li> <li>• Players to drop the ball straight onto their foot;</li> <li>• Try and use both feet.</li> </ul>

**Objective:**  
Ball mastery,  
Ball control!





# DRIBBLERS AND ROBBERS

Players (dribblers) with a football move around the area. One or two players are robbers and attempt to intercept dribblers' balls without making body contact.

## SESSION 1

• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One or two players are robbers and start without a ball. All other players (dribblers) spread out in the playing area with a ball each.</li> <li>• Program Leader can start as robber to ensure game success.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, robbers attempt to win possession of a player's ball;</li> <li>• When a robber wins possession of a ball, they score a point and give the ball back to the dribbler;</li> <li>• Robbers cannot steal the ball from the same dribbler twice in a row;</li> <li>• Play continues until you call 'Time!';</li> <li>• Robbers count total score at the end of the game.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping control of the ball?</li> <li>• Is it too easy for the robbers?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase/decrease the number of robbers;</li> <li>• Change the size of the area to create more space for dribblers.</li> </ul>

**Objective:**  
Running with the ball, Ball control



# BACK TO BACK

On 'Go!' players standing back to back run around a marker on their goal line then attempt to run the football over their opponent's goal line to score a point. Play in groups of 2 to 4.

## SESSION 1

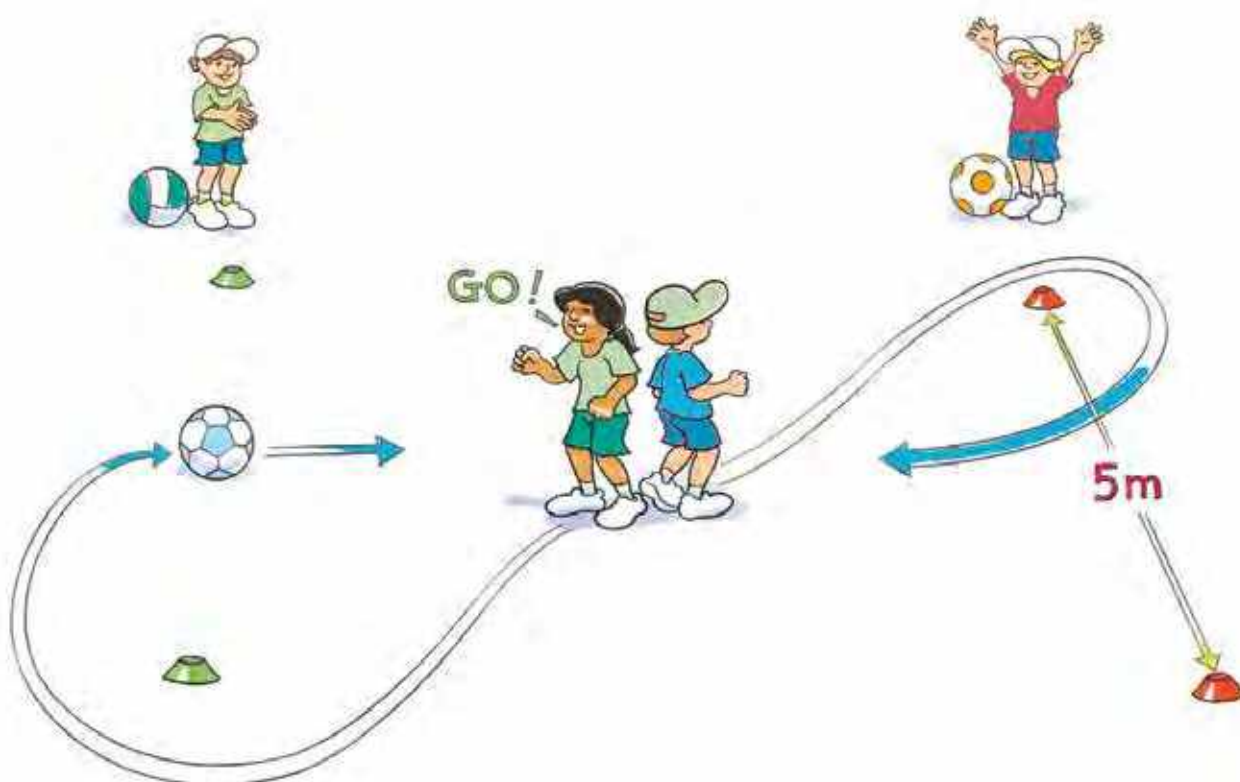
• MIDDLE / 15 MINUTES

## EQUIPMENT

• 1 football per pair, a set of marker cones

WHAT TO DO	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Pairs with a ball collect four marker cones to create their goal lines (Program Leader will need to help set this up for younger groups);</li> <li>• A ball is placed on a goal line at one end of the pitch;</li> <li>• Pairs start back to back in the middle of their pitch.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• When the player facing the ball calls out 'Go!' both players run to opposite ends of their pitch and around a marker cone;</li> <li>• The player who was facing the ball collects it and attempts to run with the ball over their opponent's goal line to score a point;</li> <li>• Players take turns facing the ball and calling 'Go!'</li> </ul>
WHAT TO LOOK FOR	<ul style="list-style-type: none"> <li>• Do attackers have control of the ball when they score?</li> <li>• Is it too hard for the attacker to pass the defender?</li> </ul>
SUGGESTED CHANGES	<ul style="list-style-type: none"> <li>• Defenders can only move laterally;</li> <li>• Attackers must stop the ball on the line to score;</li> <li>• After a few turns, have players change partners.</li> </ul>

**Objective:**  
Changing direction  
with the ball, 1v1





# FOOTBALL MARBLES

Players in pairs attempt to score as many 'ball hits' as they can in a row by passing their football to make contact with their partner's ball.

## SESSION 1

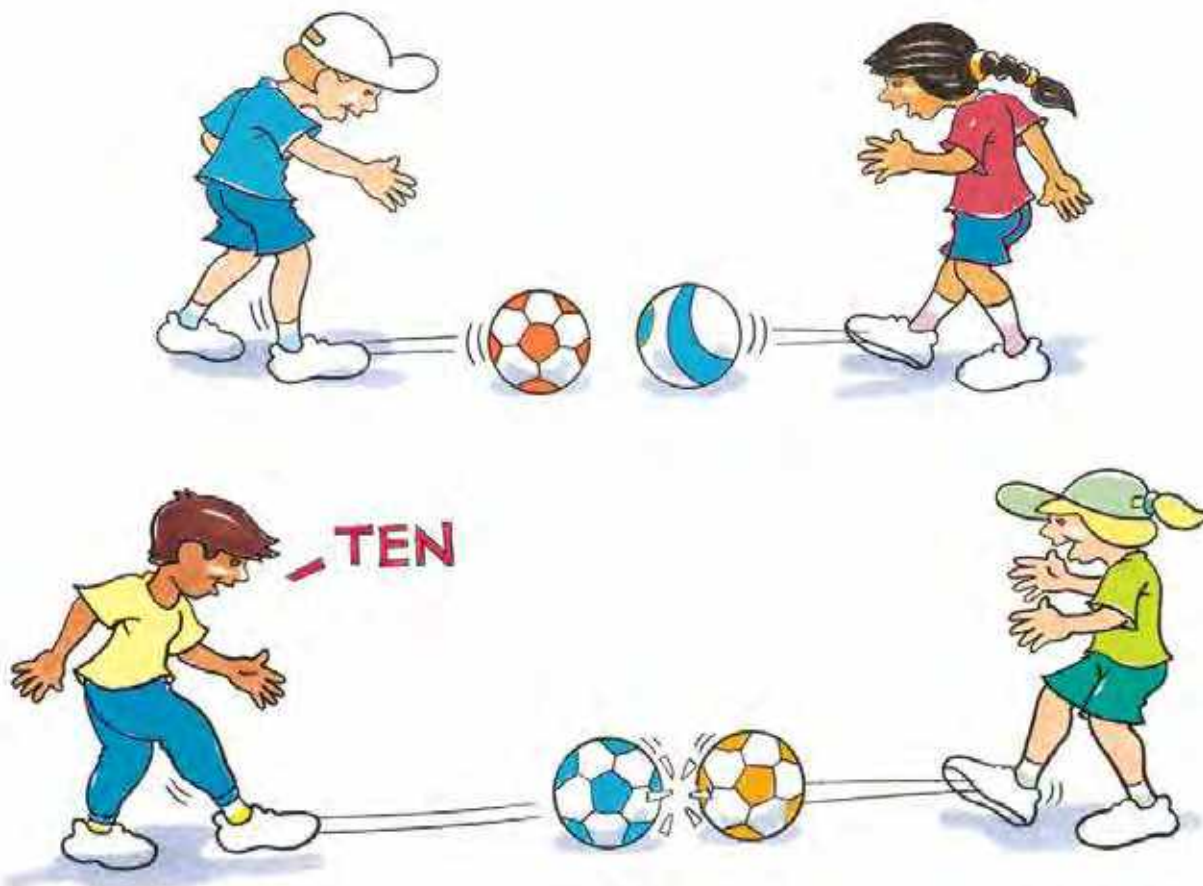
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players in pairs, with a ball each, face each other one metre apart.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players take turns to pass their ball to make contact with their partner's ball;</li> <li>• Scoring options: <ul style="list-style-type: none"> <li>- the pair with the highest amount of 'ball hits' in a row wins;</li> <li>- pairs can attempt to beat their own score; or</li> <li>- the team with the highest number of 'ball hits' wins.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players getting lots of opportunities to succeed?</li> <li>• Are all players engaged?</li> <li>• Highlight those that are using their instep with success.</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players can take a step back after a certain number of 'hits';</li> <li>• Players to try using their non-dominant foot.</li> </ul>

**Objective:**  
Passing the ball,  
Accuracy



## WHAT DID YOU LIKE?

The Program Leader asks players about the games to receive feedback.

### SESSION 1

• END / 5 MINUTES







# SESSION 2

## OBJECTIVE

Practise the skill of running with the ball while keeping their heads up.  
 Develop the skill of passing the ball and continue moving.  
 Participate in a Small-sided game with many opportunities to score goals

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 2 pop up goals per pitch (optional)
<b>ACTIVITIES (45 MINUTES)</b>	Cross the Bridge (5 minutes) Rob the Nest (5 minutes) Crazykeeper (10 minutes) Four Goal Football (15 minutes) Football Juggling (5 minutes) Let's see it! (5 minutes)



# CROSS THE BRIDGE

Players with a football each attempt to 'cross the bridge' by running with their ball over the opposite goal line. The bridge is guarded by a troll who attempts to gain possession of a player's ball. Start with Program Leader as the Troll.

## SESSION 2

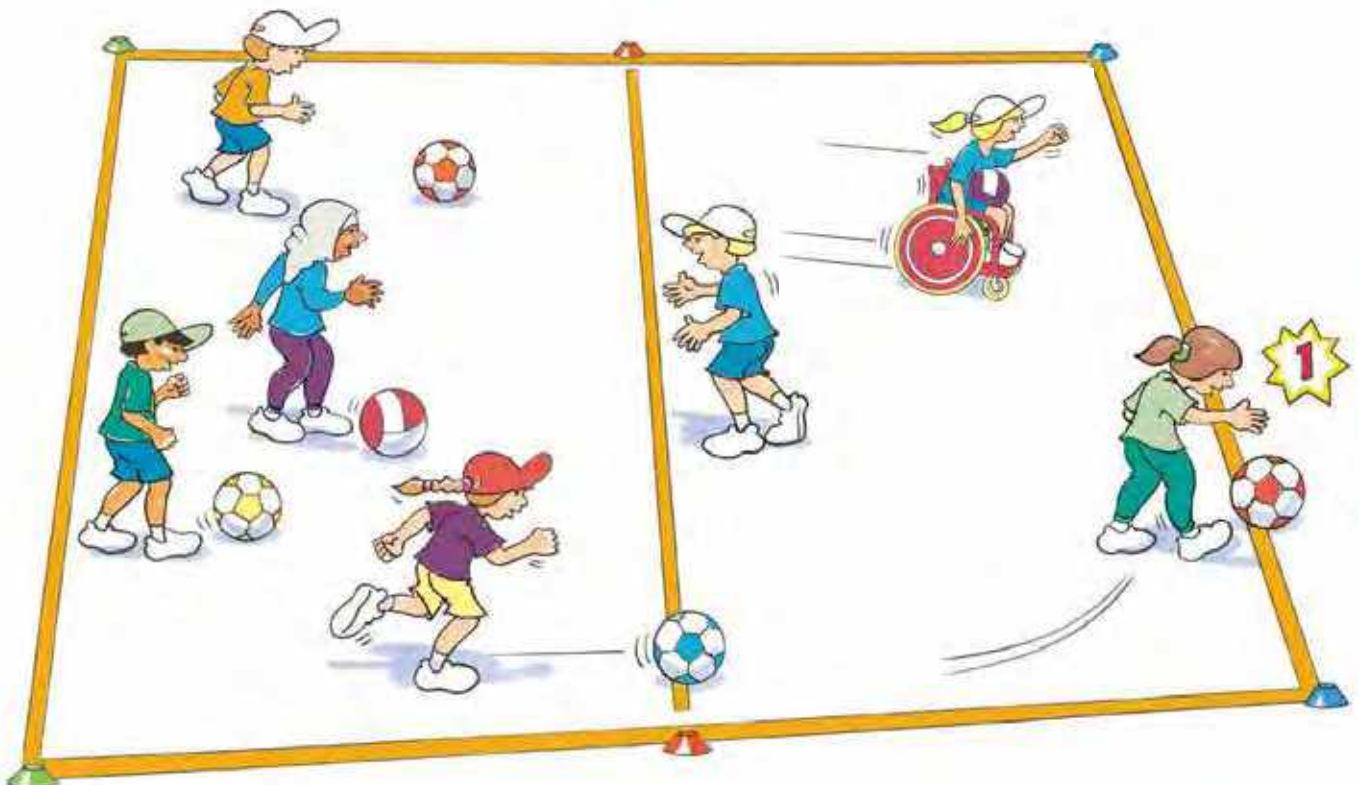
• BEGINNING / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One player starts as the troll;</li> <li>• All other players start with a ball along the goal line.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the troll's signal, players attempt to cross the bridge by running with their ball;</li> <li>• The troll attempts to gain possession of a player's ball before they reach the opposite goal line;</li> <li>• The player who loses possession of their ball changes place with the troll;</li> <li>• Scoring: <ul style="list-style-type: none"> <li>- one point = player runs with the ball successfully over the goal line.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping the ball under control?</li> <li>• Are all players achieving success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add an extra Troll to increase challenge;</li> <li>• Add bonus points for tricks and turns.</li> </ul>

**Objective:**  
Running with  
the ball, 1v1





# ROB THE NEST

Players work in small groups. One player from each group runs to a central point to collect one ball at a time and dribbles the ball back to their team-mates at their base and then tags the next player. The aim is to collect the most number of balls.

## SESSION 2

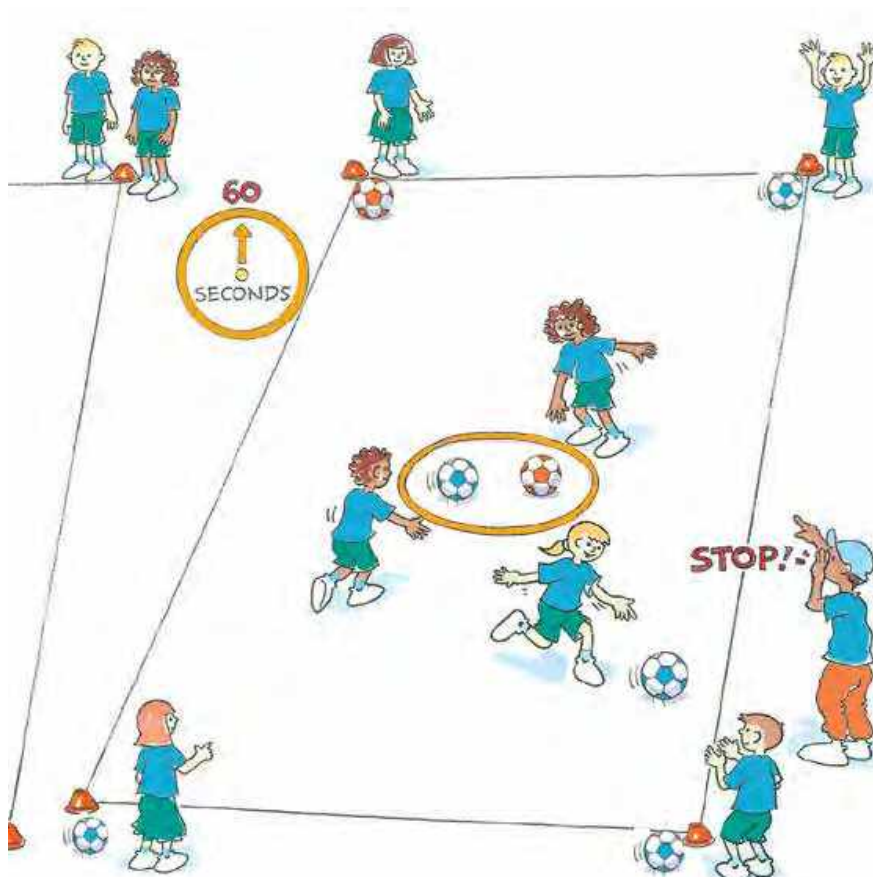
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, as many footballs as possible (10+)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form 4 equal groups, positioning 1 group on each corner of the playing field;</li> <li>• Place a pile of footballs in the centre of the playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the starting whistle, one player at a time from each group runs out and collects a ball and dribbles it back to their group;</li> <li>• Once a player has returned with a ball, the next player may run out and collect another ball. Keep playing until all balls are gone;</li> <li>• The group with the most balls at the end is the winner;</li> <li>• As a progression, allow players to steal from other groups once all the balls in the middle are gone.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players dribbling with their heads up?</li> <li>• Are all players engaged?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase the size of the area;</li> <li>• Players can pass to their corner after a short dribble.</li> </ul>

**Objective:**  
Running  
with the ball



# KRAZYKEEPER

Players in a team try to score goals by kicking a football past a goalkeeper (krazykeeper) into one of two goals. Play with 4 to 8 per team.

## SESSION 2

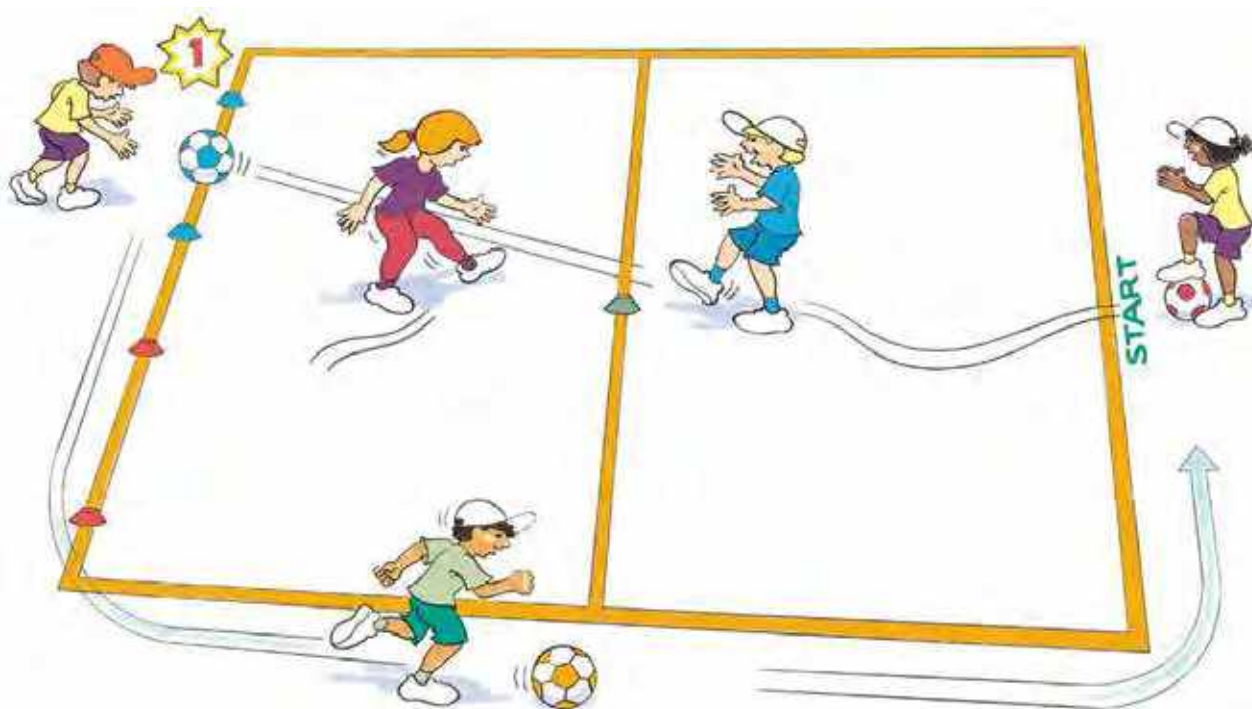
• MIDDLE / 10 MINUTES

## EQUIPMENT

- 1 football per player (except for the keeper and fetcher);
- 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Teams set up an area with 2 goals behind the goal keeper's end.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On 'Go!' one player at a time runs to the centre line, shoots at one of the two goals and runs quickly to take the fetcher's place;</li> <li>• A fetcher starts behind their team's goal line and collects the ball from a goal attempt. They then run back to the start with the ball in their hands or with it on the ground;</li> <li>• A krazykeeper tries to block each goal attempt with their hands or feet;</li> <li>• Teams nominate a new krazykeeper and play again;</li> <li>• Scoring options:             <ul style="list-style-type: none"> <li>- the player with the highest amount of goals scored wins;</li> <li>- teams try to beat their group score.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players getting enough opportunities to score?</li> <li>• Is the desired outcome being achieved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Move the goals further away to increase challenge;</li> <li>• Add an extra attacker to create a 2v1.</li> </ul>

**Objective:**  
Striking the ball,  
Scoring goals





# FOUR GOAL FOOTBALL

Teams play a modified game of football on a pitch with four goals. There are no goal keepers and no offside. The rules on how to score can be determined by the Program Leader or players to increase fun and participation. Play with 4 to 5 per team.

## SESSION 2

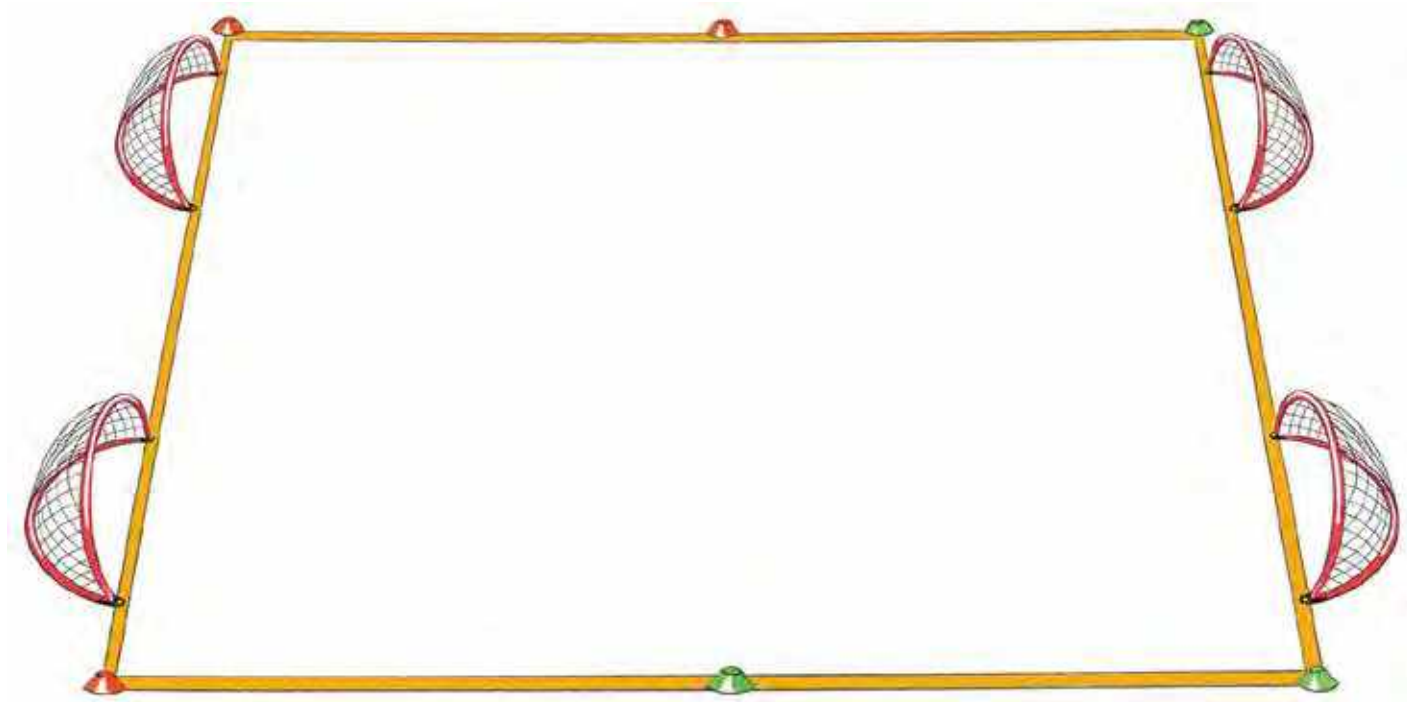
• MIDDLE / 15 MINUTES

## EQUIPMENT

• 1 football per game; team bibs or sashes; 1 set of marker cones (30); pop up goals (optional)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form teams (teams self-referee);</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal).</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward from the middle of the half-way line;</li> <li>• A minimum of two players on the team must have touched the ball before a goal can be scored.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are both teams creating opportunities to score?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Teams must complete 3 passes before they can score;</li> <li>• Add another ball to create higher involvement.</li> </ul>

**Objective:**  
Have fun, Combine  
all football skills



# FOOTBALL JUGGLING

Players with a football experiment with different ways to juggle it using various parts of their body.

## SESSION 2

• END / 5 MINUTES

## EQUIPMENT

• 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• All players have a ball and are spread randomly in the playing area;</li> <li>• Demonstrate how to drop the ball on the ground, lightly kick it and catch it.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Ask 'How many times can you drop, kick and catch your ball in a row?';</li> <li>• Players can then experiment with different types of juggling, for example:               <ul style="list-style-type: none"> <li>- drop onto thigh and catch</li> <li>- foot to foot</li> <li>- catch the ball on the right foot while balancing on the left foot.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players achieving success?</li> <li>• Is it too hard or too easy?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players to attempt to kick the ball no higher than eye level;</li> <li>• Players to drop the ball straight onto their foot;</li> <li>• Try and use both feet.</li> </ul>

**Objective:**  
Ball mastery,  
Ball control!



## LET'S SEE IT!

Players are selected to demonstrate actions while the Program Leader asks questions to reinforce the key skills or tactical points.

### SESSION 2

• END / 5 MINUTES

### EQUIPMENT

• 1 goal and 1 or 2 balls

#### PROGRAM LEADER ASKS

- Where is it best to aim when trying to score a goal?
- Why is it important to look up when running with the ball?
- How do you control the ball as you receive a pass?







# SESSION 3

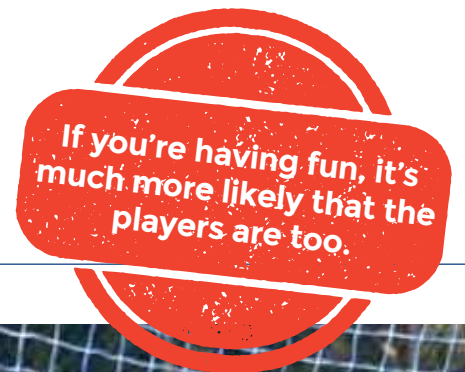
## OBJECTIVE

Practise the skill of first touch (receive the ball first, then pass or dribble).

Develop the skill of passing the ball accurately to a team-mate.

Participate in a Small-sided game to develop teamwork and communication.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes (3 colours)
<b>ACTIVITIES (45 MINUTES)</b>	<p>Fox and Geese Tag (5 minutes)</p> <p>Pairs Passing (10 minutes)</p> <p>Space Invaders (10 minutes)</p> <p>Number Change (5 minutes)</p> <p>ALDI MiniRoos Football (10 minutes)</p> <p>Let's see it! (5 minutes)</p>



# FOX AND GEESE TAG

The 'fox' faces three 'geese' who have formed a chain with the baby goose at the back. The fox attempts to tag the baby goose, while the other geese attempt to protect it. Play in groups of 4.

## SESSION 3

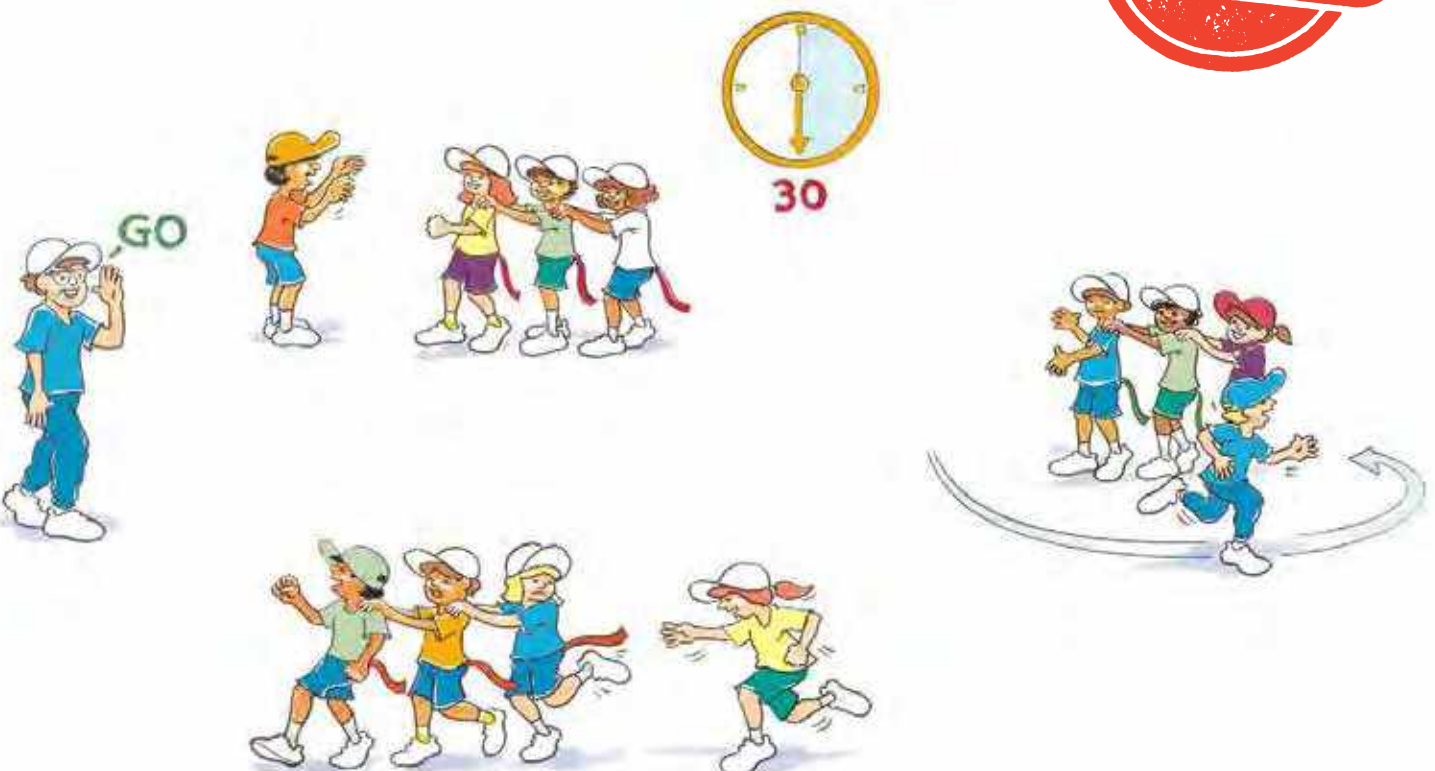
• BEGINNING / 5 MINUTES

## EQUIPMENT

• 1 stopwatch or clock; team bibs or sashes as a tail for the baby goose (optional)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form groups of four players;</li> <li>• A fox faces three geese who have formed a chain by placing their hands on the shoulders of the person in front.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On 'Go!' the fox attempts to tag the baby goose at the back of the chain by tagging or removing their tail;</li> <li>• When tagged (or after 30 seconds) the baby goose becomes the fox and the fox joins the front of the chain as a goose;</li> <li>• Repeat until all players have had a turn as the fox</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are all players having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase/decrease the size of the area;</li> <li>• Increase/decrease the number of geese/foxes.</li> </ul>

**Objective:**  
Gross motor skill development, Engage all



# PAIRS PASSING

On the Program Leader's signal, players in pairs pass a football to each other three times between a gate, then move to other gates to repeat the activity – continue for 30 seconds. Pairs score a point for each gate they pass a ball through.

## SESSION 3

• BEGINNING / 10 MINUTES

## EQUIPMENT

• 1 football per pair; 1 set of marker cones (30); 1 stopwatch or clock

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players set up a gate within the playing area and face each other with a ball.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, pairs pass a ball three times to each other, then run with the ball to a free gate and repeat the activity;</li> <li>• Continue for 30 seconds until you call 'Stop!'</li> <li>• Pairs score one point for each gate they pass the ball through three times;</li> <li>• Repeat the activity with pairs trying to beat their own score.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Where can they stand to make the passes easier/harder</li> <li>• Are they improving after each round?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Make the gates smaller to improve accuracy;</li> <li>• After 5 passes, the player with the ball remains at the gate whilst the other player finds a new partner.</li> </ul>





# SPACE INVADERS

Astronauts in pairs attempt to pass their cargo (the football) across space to score points. Meanwhile, 2 or 3 space invaders attempt to intercept the cargo. Play in groups of 6 to 10.

## SESSION 3

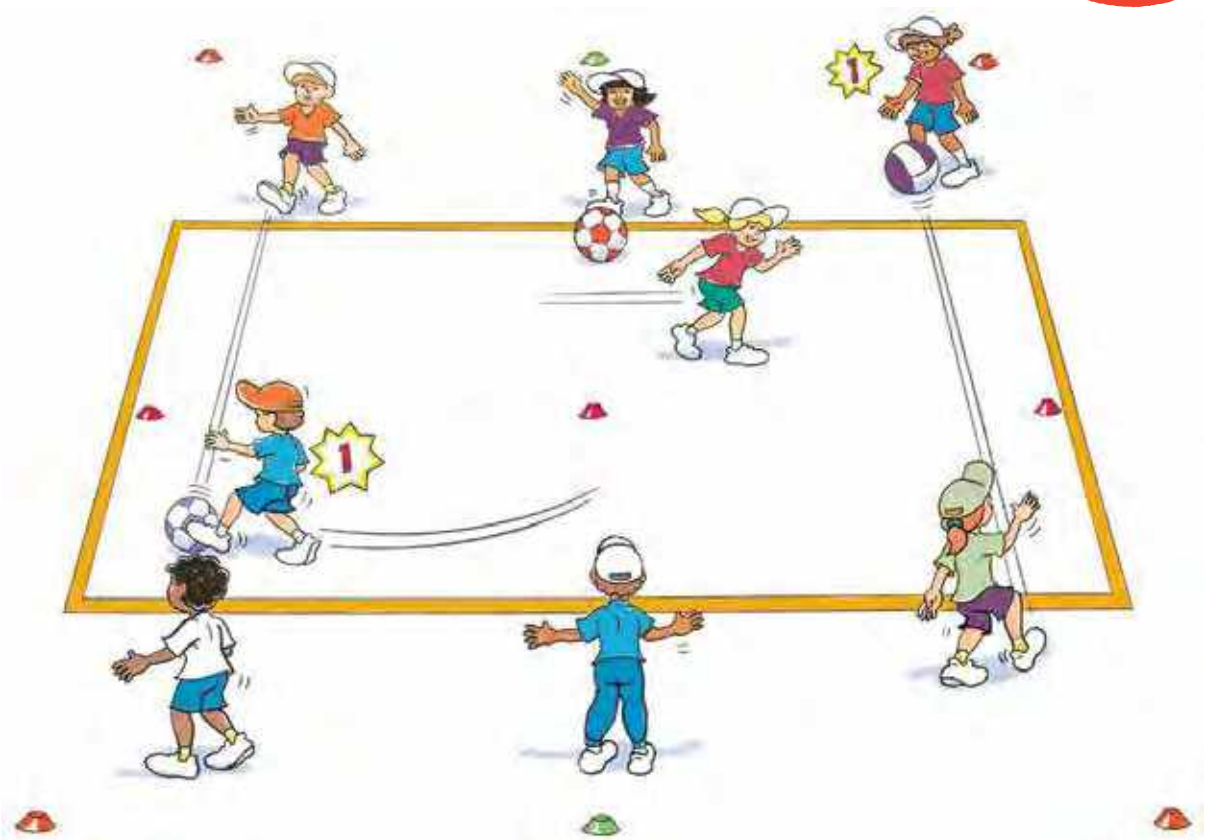
• MIDDLE / 10 MINUTES

## EQUIPMENT

• 1 football per pair; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Divide groups into pairs with one ball per pair;</li> <li>• One pair starts as space invaders (their ball is set aside).</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Space invaders keep moving from side to side inside their half of the playing area;</li> <li>• Astronauts can only move behind and along their boundary line to pass and receive their ball;</li> <li>• Set a time limit (such as one minute) for players to score points;</li> <li>• Scoring options: <ul style="list-style-type: none"> <li>- Astronaut pairs — each successful pas = one point. Highest score is the winning astronaut pair;</li> <li>- Space invaders — each intercept = one point. Highest score is the winning space invader;</li> </ul> </li> <li>• Change space invaders with astronauts and play again.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is the objective being achieved? Why/why not?</li> <li>• How can the game progress?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase/decrease the number of space invaders;</li> <li>• Players can pass to anyone on the other side, work as a team.</li> </ul>

**Objective:**  
Pass the ball,  
First touch



# ALDI MINIROOS FOOTBALL

Teams of 4v4 or 5v5 play a game of football on a small pitch. No goalkeepers, no offside.

## SESSION 3

• MIDDLE / 10 MINUTES

## EQUIPMENT

- 1 size 3 football or similar per game; 1 spare football per game; team bibs or sashes; 1 set of marker cones (30); 2 pop up goals or marker cones

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Create a pitch suitable for the area and ability of players (maximum of 30 metres by 20 metres);</li> <li>• Form two teams of four players, no goalkeepers;</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal);</li> <li>• Opponents must be five metres away from the ball until it is in play.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward to a team-mate from the middle of the halfway line;</li> <li>• A goal (one point) is scored when the whole ball passes over the goal line between the goals.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are players having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Bonus points for passes before scoring;</li> <li>• Players can only shoot from within a certain distance to goal.</li> </ul>

**Objective:**  
Have fun, Combine  
all football skills



# NUMBER CHANGE

All players are allocated a number. While standing in a circle, players try to change positions before the middle player takes their spot. Play in groups of 8 to 10.

## SESSION 3

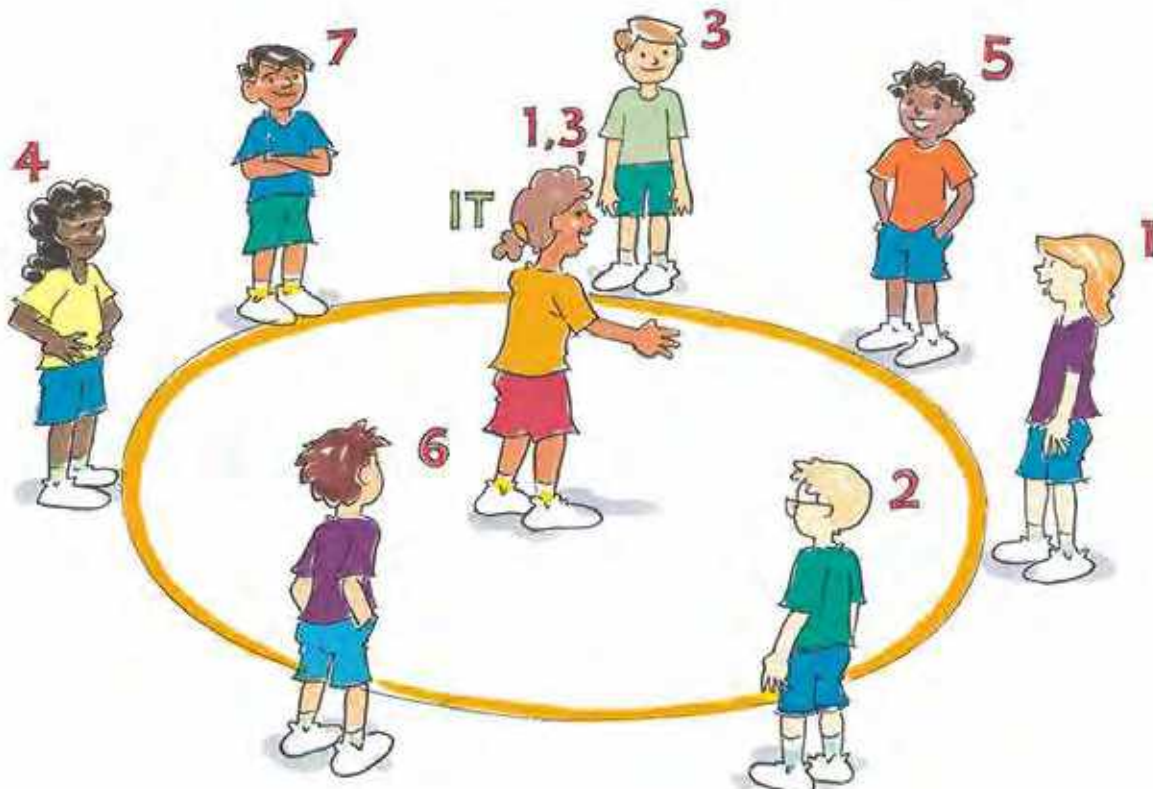
• END / 5 MINUTES

## EQUIPMENT

• 1 set of marker cones (30) (optional), a ball per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• All players are given a number and form a circle in random order;</li> <li>• One of the players is 'It' and stands in the centre of the circle.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• 'It' calls out any two numbers, for example '1 and 3';</li> <li>• These two players try to swap places before the player who is 'It' takes their place;</li> <li>• The player who fails to find a vacant position on the circle becomes 'It'.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players spread out enough?</li> <li>• Do players know their numbers?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Modify the size of the circle;</li> <li>• Introduce a ball per player if appropriate.</li> </ul>

**Objective:**  
Have fun, Gross motor  
skill development





## LET'S SEE IT!

Players are selected to demonstrate actions while the Program Leader asks questions to reinforce the key skills or tactical points.

### SESSION 3

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- Where is it best to aim when trying to score a goal?
- Why is it important to look up when running with the ball?
- How do you control the ball as you receive a pass?





# SESSION 4

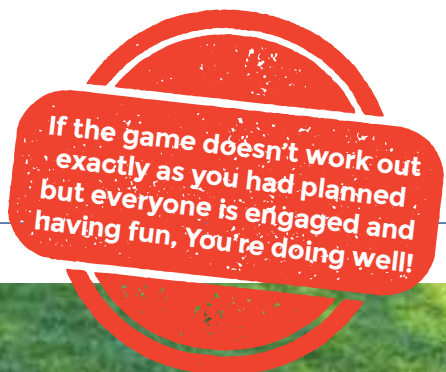
## OBJECTIVE

Experience a high number of touches on the ball and get to 'know their ball'.

Further develop the skills of 1 v 1.

Gain confidence in passing the ball accurately towards a target.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30)
<b>ACTIVITIES (45 MINUTES)</b>	<p>Circle Chase (5 minutes)</p> <p>Boundary Pass (10 minutes)</p> <p>Tricky Goal Lines (10 minutes)</p> <p>4v4 Football (15 minutes)</p> <p>What did you learn? (5 minutes)</p>



# CIRCLE CHASE

Two footballs are passed around a circle from player to player.  
The aim is for one ball to catch up with the other. Play in groups of 6 to 8.

## SESSION 4

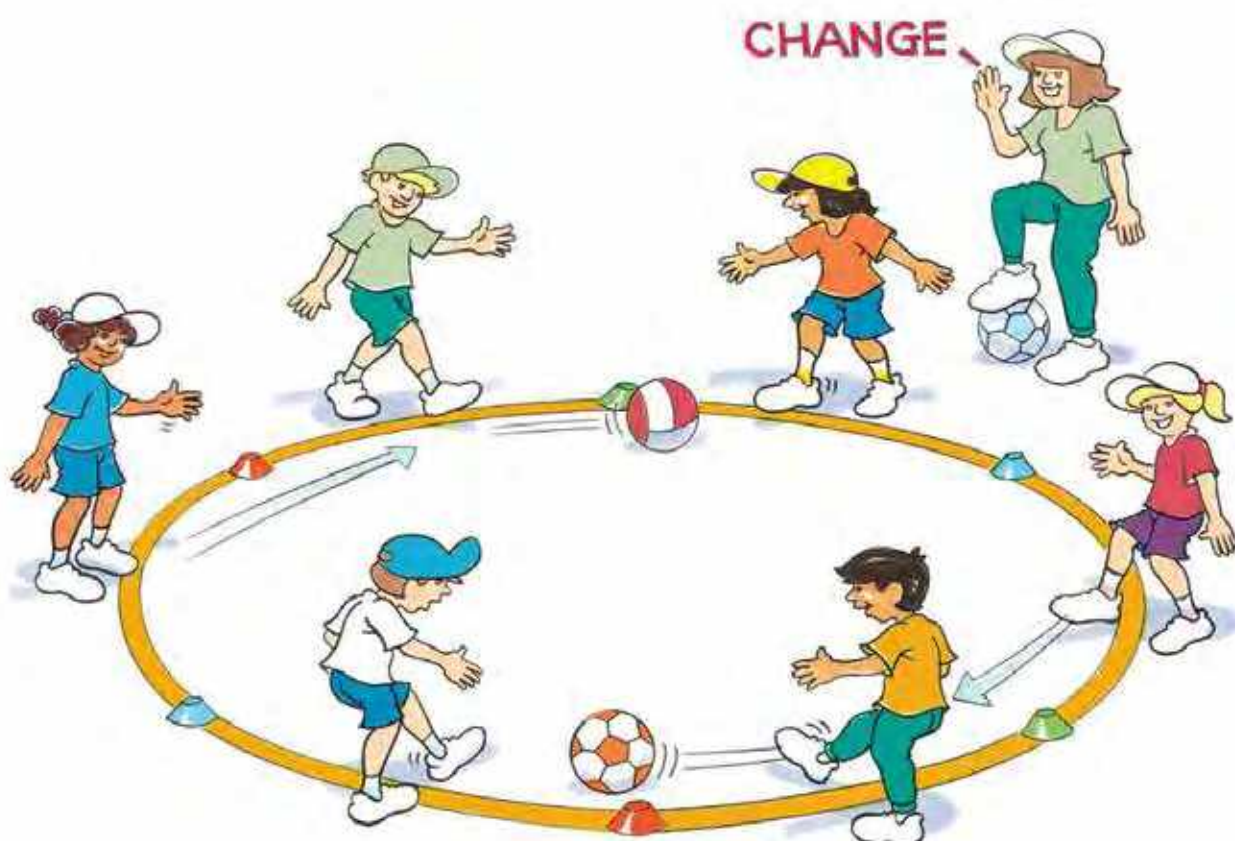
• BEGINNING / 5 MINUTES

## EQUIPMENT

• 2 footballs; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form a circle with markers and direct players to stand between each space;</li> <li>• Two players start with a ball and are separated by several players.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players pass the ball around the circle, trying to overtake the ball in front;</li> <li>• When you call 'Change!' players must change the direction of the pass.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players passing the ball accurately?</li> <li>• Is the circle size appropriate for the players involved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Change group numbers to create more passing opportunities;</li> <li>• Points for number of completed passes in a certain amount of time.</li> </ul>

**Objective:**  
Have fun.  
Pass the ball





## BOUNDARY PASS


In pairs, players try to make as many passes to each other as they can in 60 seconds.  
To add a challenge, every pass has to be across a different boundary line.

## SESSION 4

- MIDDLE / 10 MINUTES

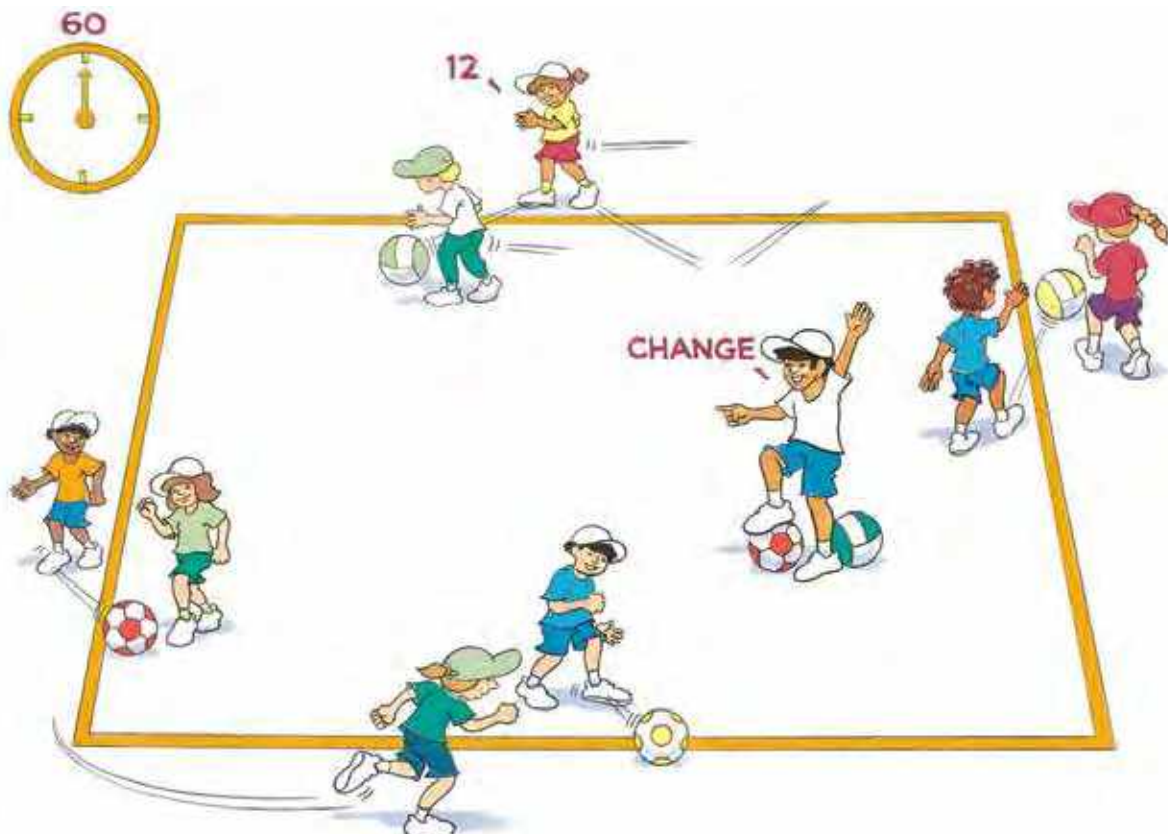
## EQUIPMENT

- 1 football per pair; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Pairs start within the marked area near the centre.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, pairs move in the same direction and pass the ball to each other across the boundary lines;</li> <li>• Pairs score one point for each pass they make within the time limit;</li> <li>• The activity can be repeated with pairs attempting to beat their score while running in the opposite direction.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players engaged?</li> <li>• How can you increase or decrease the challenge?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Introduce a defender to try and intercept passes;</li> <li>• Bonus points for one-touch passing.</li> </ul> 



**Objective:**  
Pass the ball,  
Run with the ball



# TRICKY GOAL LINES

One at a time, attacking players with a football enter the playing area and quickly choose one of two possible goal lines to run over before being dispossessed of the ball. Play in groups of 8 to 12.

## SESSION 4

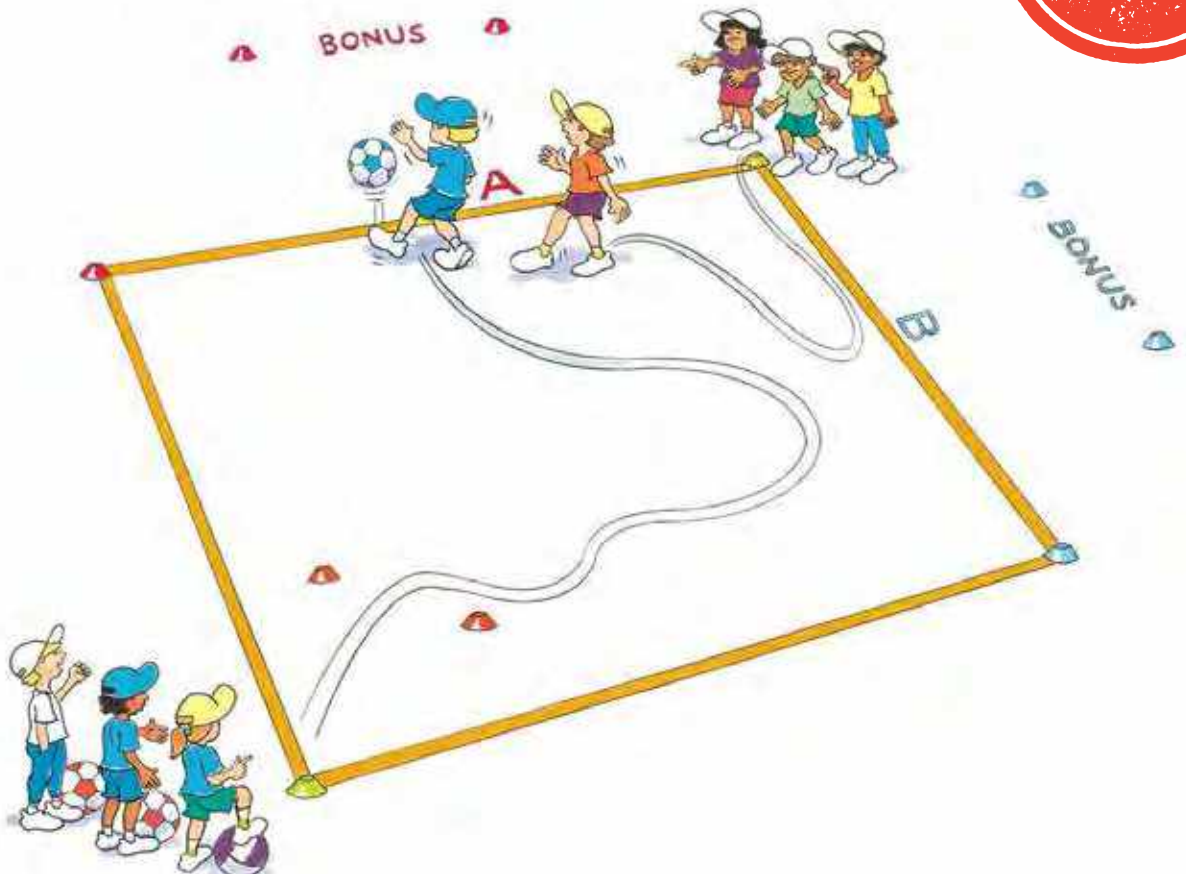
• MIDDLE / 10 MINUTES

## EQUIPMENT

• 1 football per player on the attacking team; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Organise players into two groups at diagonal points of the playing area;</li> <li>• Attackers line up behind a marker cone with a ball each;</li> <li>• The defender must wait for the attacking player to pass through a gate before entering the pitch.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Attackers attempt to run with the ball over a selected line before being dispossessed of the ball;</li> <li>• Scoring: <ul style="list-style-type: none"> <li>- the attacker runs the ball over a goal line = one point;</li> <li>- the attacker scores a goal = bonus point;</li> </ul> </li> <li>• Swap roles when all attackers have had a turn or after each play.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are the players waiting in line still engaged?</li> <li>• Is the objective being achieved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add another attacker to create a 2v1;</li> <li>• Modify goal sizes to increase/decrease challenge.</li> </ul>

**Objective:**  
Run with the ball,  
1v1, strike the ball



# 4V4 FOOTBALL

Teams of 4 play in small sided football games.  
Rotating teams after every goal or after a short amount of time

## SESSION 4

• MIDDLE / 15 MINUTES

## EQUIPMENT

• Marker cones, 2 balls per game, goals, bibs

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Create a pitch suitable for the area and ability of players (maximum of 30 metres by 20 metres);</li> <li>• Form two teams of four players, no goalkeepers;</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal);</li> <li>• Opponents must be five metres away from the ball until it is in play.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward to a team-mate from the middle of the halfway line;</li> <li>• A goal (one point) is scored when the whole ball passes over the goal line between the goals;</li> <li>• Once a goal is scored, teams rotate to play a different opponent</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are players having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Bonus points for passes before scoring;</li> <li>• Players can only shoot from within a certain distance to goal.</li> </ul>

**Objective:**  
Have fun, Combine  
all football skills





## WHAT DID YOU LEARN?

The Program Leader asks questions to reinforce the key skills or learning opportunities.

### SESSION 4

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- How can you beat an opponent who is attempting to take possession of your football?
- Where should you look when you are striking the ball with your foot?
- How can you make sure the ball goes in the direction you want it to once you have kicked it?





# SESSION 5

## OBJECTIVE

Gain confidence to run with the ball at speed and with direction changes.  
 Develop the skill of passing the ball accurately to a team-mate.  
 Participate in a Small-sided game with many opportunities to score a goal.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes (3 colours); pop up goals (optional)
<b>ACTIVITIES (45 MINUTES)</b>	<p>All in Tag (5 minutes)</p> <p>Tunnel Pass (5 minutes)</p> <p>Change Football (10 minutes)</p> <p>Four Sided Football (10 minutes)</p> <p>Defenders and Strikers (10 minutes)</p> <p>What did you like? (5 minutes)</p>



# ALL IN TAG

Everyone tries to tag everyone else! Players who are tagged continue to tag others from a crouch position.

## SESSION 5

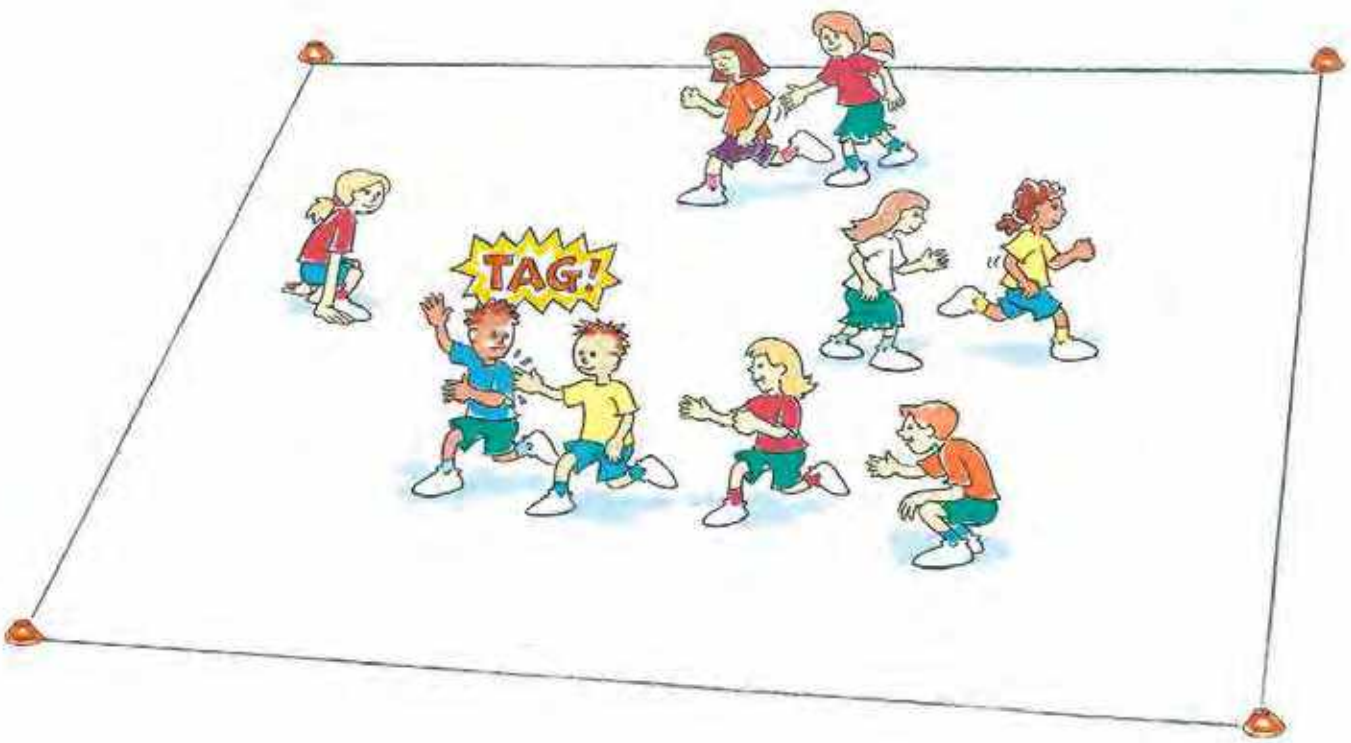
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area

WHAT TO DO	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players are dispersed in a large playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, players run randomly and attempt to tag whoever is nearest to them;</li> <li>• Tagged players crouch and continue to tag others, but cannot change their position.</li> </ul>
WHAT TO LOOK FOR	<ul style="list-style-type: none"> <li>• Are all participants having fun?</li> <li>• Is it safe?</li> </ul>
SUGGESTED CHANGES	<ul style="list-style-type: none"> <li>• Add footballs so that players practice dribbling whilst playing;</li> <li>• Limit the number of taggers.</li> </ul>

**Objective:**  
Have fun, Gross motor skill development





# TUNNEL PASS

Teams form a tunnel to roll their football through. The first team to finish calls 'Stop!' and receives a point. After several games, the team with the highest score wins. Play in groups of 6 to 8.

## SESSION 5

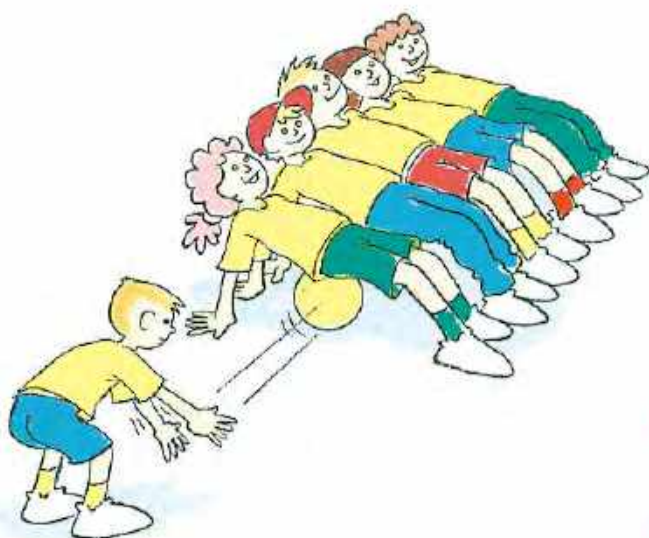
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones, 2 balls per game, goals, bibs

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Ask players to form a tunnel with their bodies;</li> <li>• One player from each team has a ball and stands at the front;</li> <li>• The end player in each team stands at the back to fetch the ball.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, the player at the front rolls the ball through their team's tunnel and immediately joins the tunnel at the front;</li> <li>• The fetcher runs with the ball to the front of the team and rolls it through the tunnel;</li> <li>• When all members of the team have had a turn, they call 'Stop!' and the first team to complete a set wins a point.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is there a high level of involvement?</li> <li>• Can the players decide how to create the tunnel?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Rotate the types of tunnels used;</li> <li>• Incorporate football skills into the games.</li> </ul>

**Objective:**  
Have fun, Gross motor skill development, Pass the ball



# CHANGE FOOTBALL

Two opposing teams are allocated corresponding numbers. When the Program Leader calls their number, those players must run onto the pitch and attempt to score a goal.

## SESSION 5

• MIDDLE / 10 MINUTES

## EQUIPMENT

• 1 to 2 footballs per game; team bibs or sashes; 1 set of marker cones (30) or pop up goals

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Divide players into two groups and distribute team bibs or sashes;</li> <li>• Teams stand on opposite sides of the pitch and are allocated a number (with the corresponding number on the other team).</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Roll the ball onto the pitch and call two numbers such as '1 and 5';</li> <li>• Players 1 and 5 from each team run onto the pitch and attempt to gain possession of the ball and score a goal;</li> <li>• All other players stand on the sideline and can pass the ball back into the pitch if it rolls out;</li> <li>• After no more than 15 seconds, call, for example 'Change 3 and 4'. Players who were on the pitch must leave immediately so that players 3 and 4 can take over playing.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Is the objective being achieved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add extra goals to increase likelihood of success;</li> <li>• Move from 2v2 to 3v3.</li> </ul>

**Objective:**  
1v1,  
Striking the ball



# FOUR SIDED FOOTBALL

Teams play a modified game of football on a pitch with a goal on each touch line. There are no goalkeepers or offside. The rules on how to score can be determined by the Program Leader or players to increase fun and participation. Play in groups of 4 or 5.

## SESSION 5

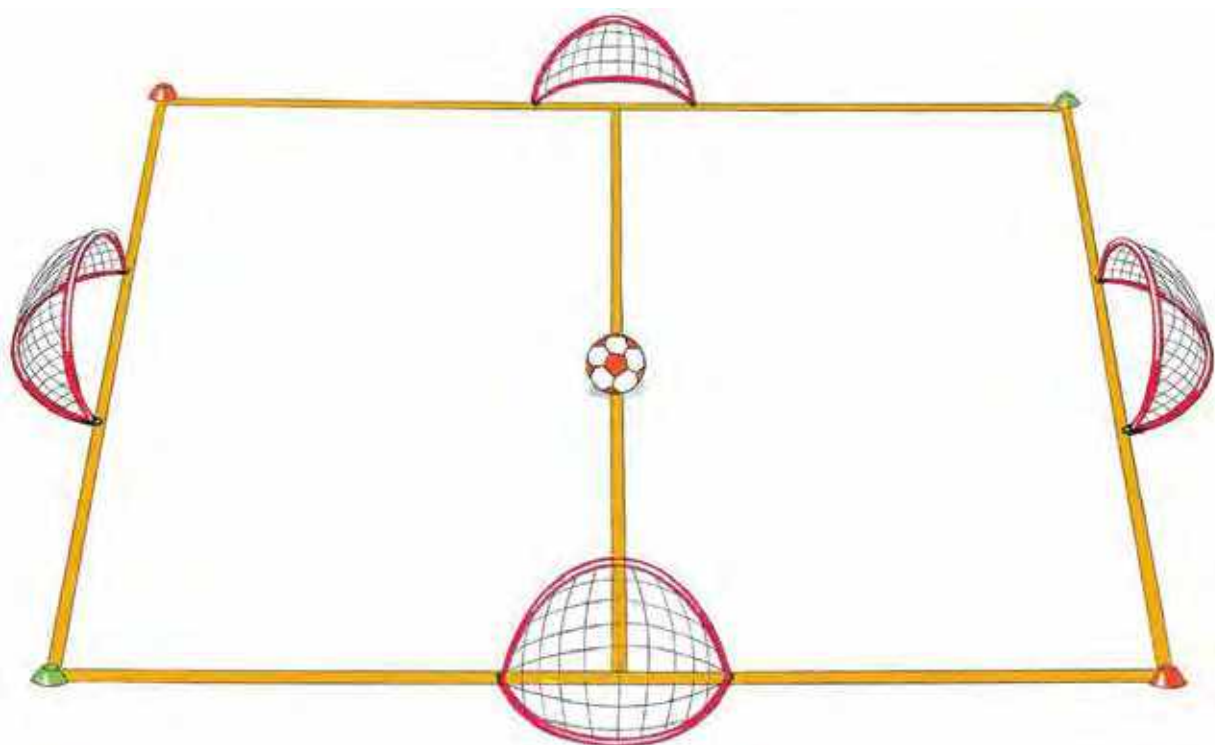
• MIDDLE / 10 MINUTES

## EQUIPMENT

• 1 to 2 footballs per game; team bibs or sashes; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form teams (teams self-referee);</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal).</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward from the middle of the halfway line;</li> <li>• A minimum of two players on the team must have touched the ball before a goal can be scored;</li> <li>• Scoring options:               <ul style="list-style-type: none"> <li>- side goals = one point</li> <li>- end goals = three points.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players scoring regularly?</li> <li>• Are all players getting touches on the ball?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Teams must complete 3 passes before scoring;</li> <li>• Play with 3 teams and rotate between them.</li> </ul>

**Objective:**  
Have fun, Combine  
all football skills





# DEFENDERS AND STRIKERS

A 'defender' passes a ball into the pitch and immediately runs to defend the goal.  
At the same time, a 'striker' runs forward to take control of the ball and attempt a shot at goal.  
Play in groups of 6 to 10.

## SESSION 5

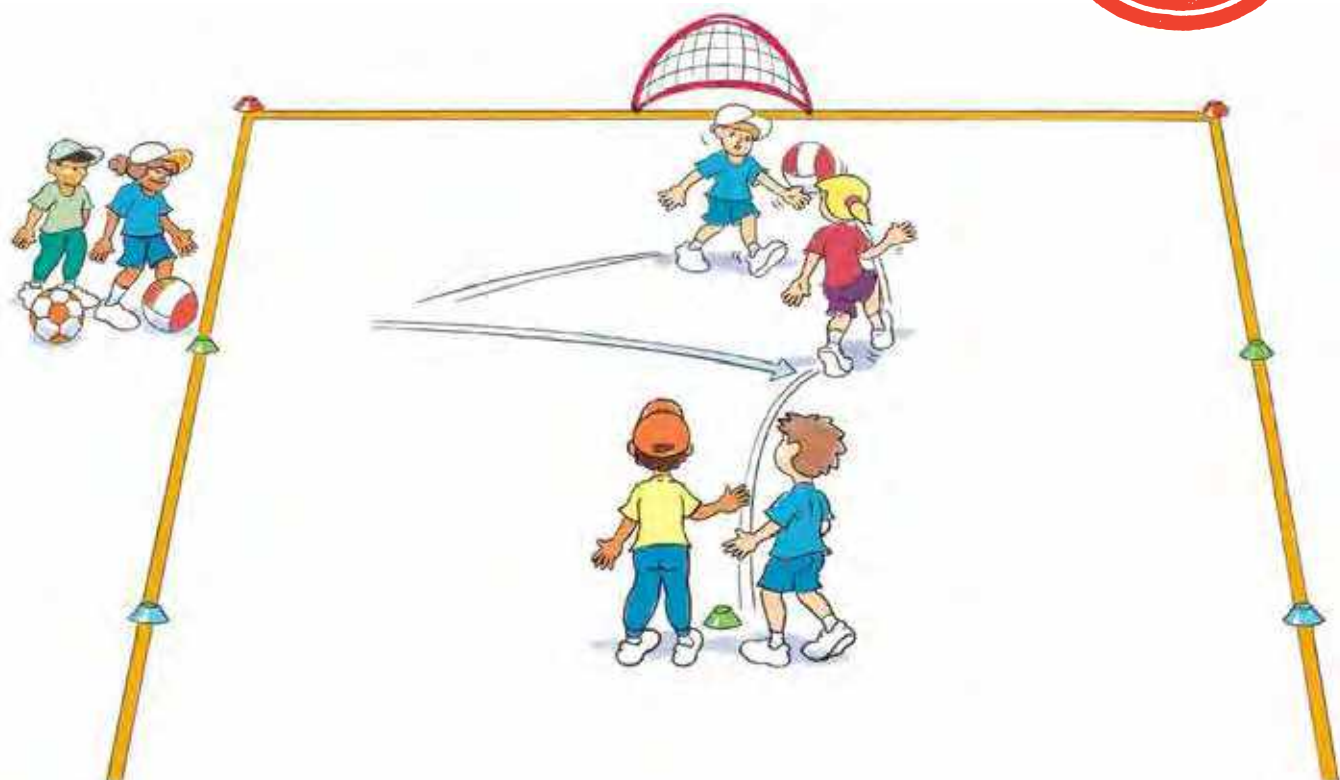
• END / 5 MINUTES

## EQUIPMENT

• 1 football for each keeper; 1 set of marker cones (30) (optional)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Divide players into defenders and strikers;</li> <li>• Defenders line up on one side of the pitch with a ball each;</li> <li>• Strikers line up on the pitch facing the goal.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• The defender first in line rolls or passes the ball into the pitch and immediately runs to defend the goal;</li> <li>• At the same time, the striker first in line runs to take control of the ball and attempt a shot at goal;</li> <li>• Once a shot at goal has been made, the striker retrieves the ball and both players change places and move to the end of their new line while the next defender and striker have a turn.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are the strikers getting enough time to shoot before defenders get to them?</li> <li>• Is the activity too hard/easy?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Adjust the area to create more space for strikers?</li> <li>• Defenders to defend passively at first.</li> </ul>

**Objective:**  
1v1,  
Striking the ball



## WHAT DID YOU LIKE?

The Program Leader asks players about the games to receive feedback.

### SESSION 5

• END / 5 MINUTES





# SESSION 6

## OBJECTIVE

Practise ball mastery including tricks, running with the ball and passing.  
Participate in small-sided football games and learn the rules of 4 v 4 football.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 2 pop up goals per pitch (optional)
<b>ACTIVITIES (45 MINUTES)</b>	<p>Octopus Football (5 minutes)</p> <p>Program Leader Says (5 minutes)</p> <p>Skittle Football (10 minutes)</p> <p>ALDI MiniRoos Football (15 minutes)</p> <p>Untie the Knot (5 minutes)</p> <p>Where to from here? (5 minutes)</p>





# OCTOPUS FOOTBALL

Players with a football each attempt to run over the opposite goal line. An 'octopus' stands in the centre of the pitch and attempts to tag players as they cross. When tagged, players must freeze on the spot and attempt to tag other players running with a ball.

## SESSION 6

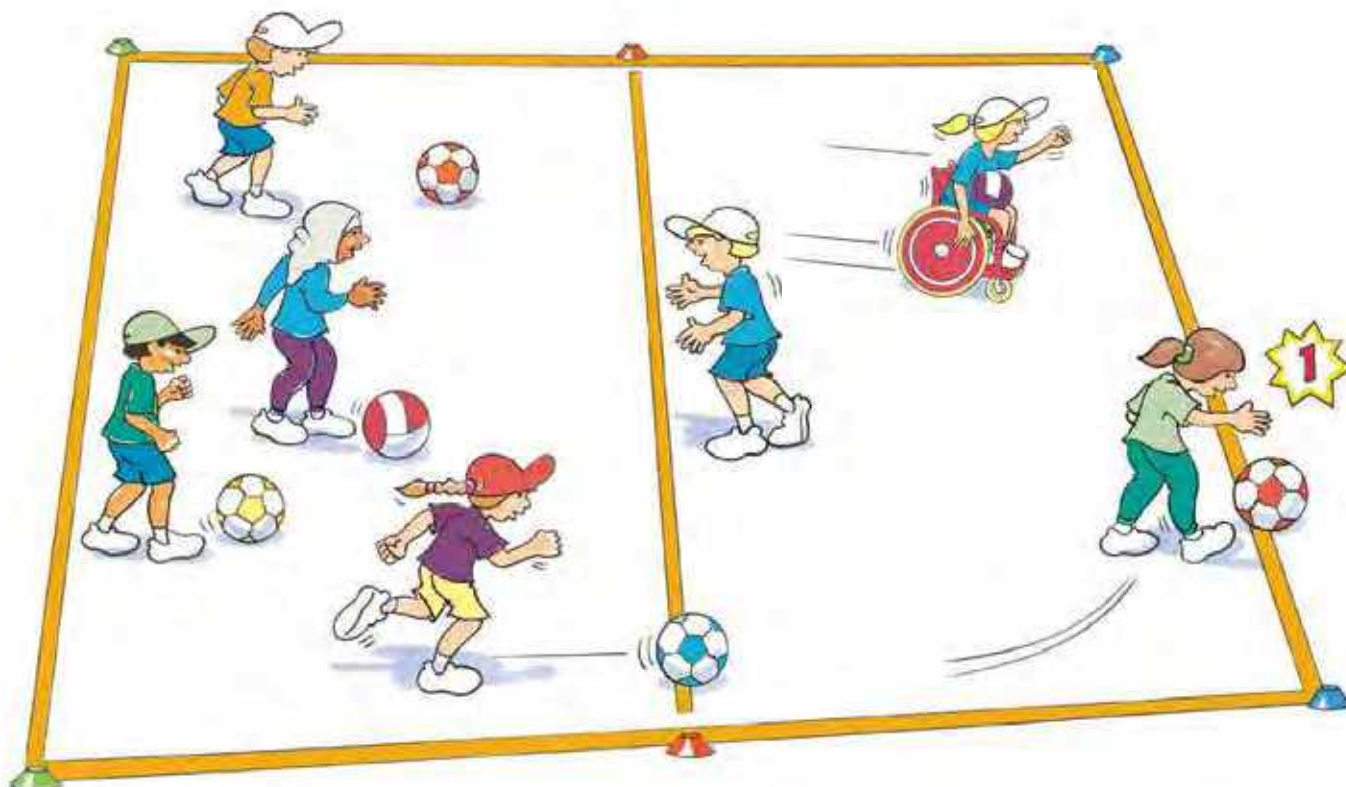
• BEGINNING / 5 MINUTES

## EQUIPMENT

• 1 football per player; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One player starts as the octopus;</li> <li>• All other players start with a ball behind the goal line.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the octopus's signal, players attempt to cross the pitch by running with their ball and avoid being tagged by the octopus;</li> <li>• Tagged players must freeze on the spot and hold their ball under their foot; however they can tag other players that run past;</li> <li>• The last player to successfully cross the pitch without being tagged wins.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping the ball under control?</li> <li>• Are all players achieving success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add an extra octopus to increase challenge;</li> <li>• Add bonus points for tricks and turns.</li> </ul>

**Objective:**  
Running with  
the ball, 1v1



## PROGRAM LEADER SAYS

The Program Leader calls out commands for players to perform various ball mastery skills.

### SESSION 6

• BEGINNING / 5 MINUTES

### EQUIPMENT

• 1 football per player

<b>WHAT TO DO</b>	<p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Call out various actions for the players to demonstrate. For example: <ul style="list-style-type: none"> <li>- 'Leader says drop the ball onto your thigh and catch it';</li> <li>- 'Leader says juggle the football from foot to foot';</li> <li>- 'Leader says balance the football on one foot';</li> </ul> </li> <li>• Players who do not freeze are not eliminated. They can perform five toe taps on the spot to rejoin the game.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players achieving success?</li> <li>• Is it too hard or too easy?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players to attempt to kick the ball no higher than eye level;</li> <li>• Players to drop the ball straight onto their foot;</li> <li>• Try and use both feet.</li> </ul>

**Objective:**  
Ball mastery,  
Ball control



# SKITTLE FOOTBALL

Teams play a small sided game of football. There are no goal keepers and no offside. Players can score by knocking down their opponents skittles with the ball.

## SESSION 6

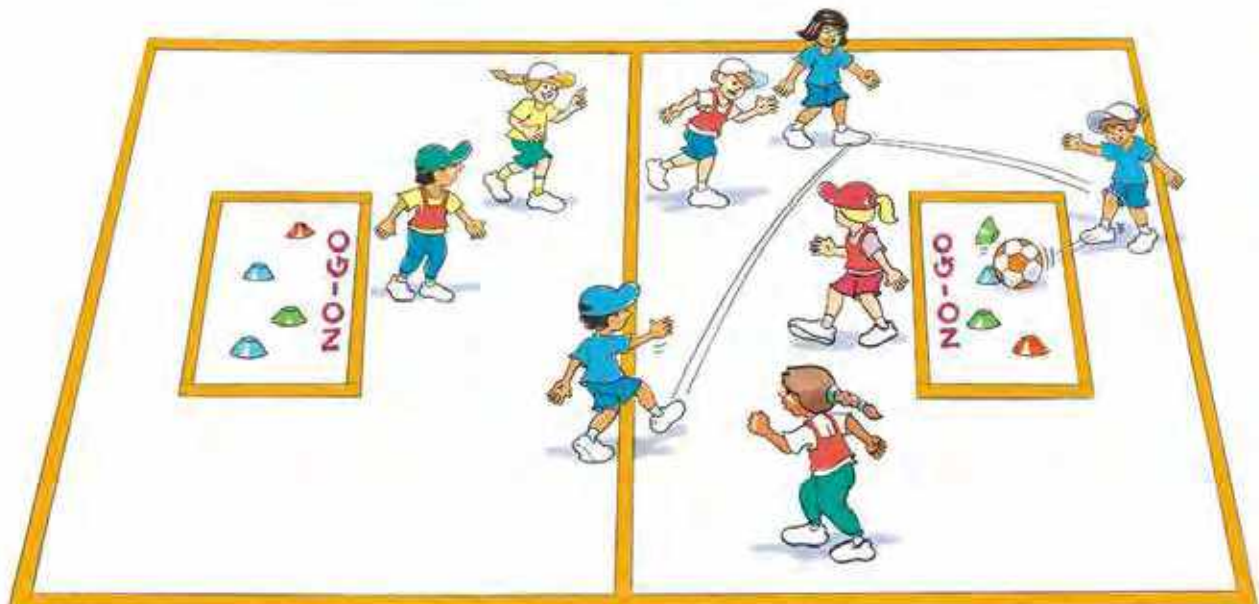
• MIDDLE / 10 MINUTES

## EQUIPMENT

• 1 football per game; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form teams (teams self-referee);</li> <li>• All players must be in their own half for the start of play.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• A minimum of two players on the team must have touched the ball before a goal can be scored;</li> <li>• After a skittle in the goal area has been knocked over, the team that didn't score starts with the football from the halfway mark.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is it easy to score?</li> <li>• Are all players involved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Create 2 no-go zones at each end to change point of attack;</li> <li>• Set-up another playing area to reduce the number of players on the pitch.</li> </ul>

**Objective:**  
Passing the ball,  
striking the ball, 1v1



# ALDI MINIROOS FOOTBALL

Teams of 4v4 or 5v5 play a game of football on a small pitch. No goalkeepers, no offside.

## SESSION 6

• MIDDLE / 15 MINUTES

## EQUIPMENT

- 1 size 3 football or similar per game; 1 spare football per game;
- team bibs or sashes; 1 set of marker cones (30); 2 pop up goals or marker cones

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Create a pitch suitable for the area and ability of players (maximum of 30 metres by 20 metres);</li> <li>• Form two teams of four players, no goalkeepers;</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal);</li> <li>• Opponents must be five metres away from the ball until it is in play.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward to a team-mate from the middle of the halfway line;</li> <li>• A goal (one point) is scored when the whole ball passes over the goal line between the goals.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are players having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Bonus points for passes before scoring;</li> <li>• Players can only shoot from within a certain distance to goal;</li> <li>• Restrict number of touches per player.</li> </ul>

**Objective:**  
Passing the ball,  
striking the ball, 1v1





## UNTIE THE KNOT

Each player holds the hands of two different players. The aim is to untangle the knot without letting go. Play in groups of six or more.

### SESSION 6

• END / 5 MINUTES

#### WHAT TO DO

- Players in groups of six or more stand in a circle;
- Each player must hold hands with two different players (not a player beside them);
- Players slowly move to untie their knot by stepping over and moving under their joined hands;
- To ensure safety, the game should not be played as a race.



## WHERE TO FROM HERE?

The Program Leader provides a brief explanation about how players can continue to engage in ALDI MiniRoos at their local club. If you are continues for 8, 10, or 12 sessions this may not be necessary yet.

### SESSION 6

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- This was our last SESSION. Who wants to keep playing ALDI MiniRoos?
- OR
- This was our last SESSION and we have visitors here from the local junior football club. Who wants to join a club?





# SESSION 7

## OBJECTIVE

First touch, 1 v 1.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 4 pop up goals
<b>ACTIVITIES (45 MINUTES)</b>	<p>Look out for others (5 minutes)</p> <p>Form a Group (5 minutes)</p> <p>Pass, Pass, Pass (5 minutes)</p> <p>Shuttle Pass (5 minutes)</p> <p>Pass World Record (10 minutes)</p> <p>Keep the Ball (10 minutes)</p> <p>What did you like? (5 minutes)</p>



# LOOK OUT FOR OTHERS

Players run in random directions in a defined area. Players are made aware of the fact that the activity is focused on learning to play safely in the presence of others.

## SESSION 7

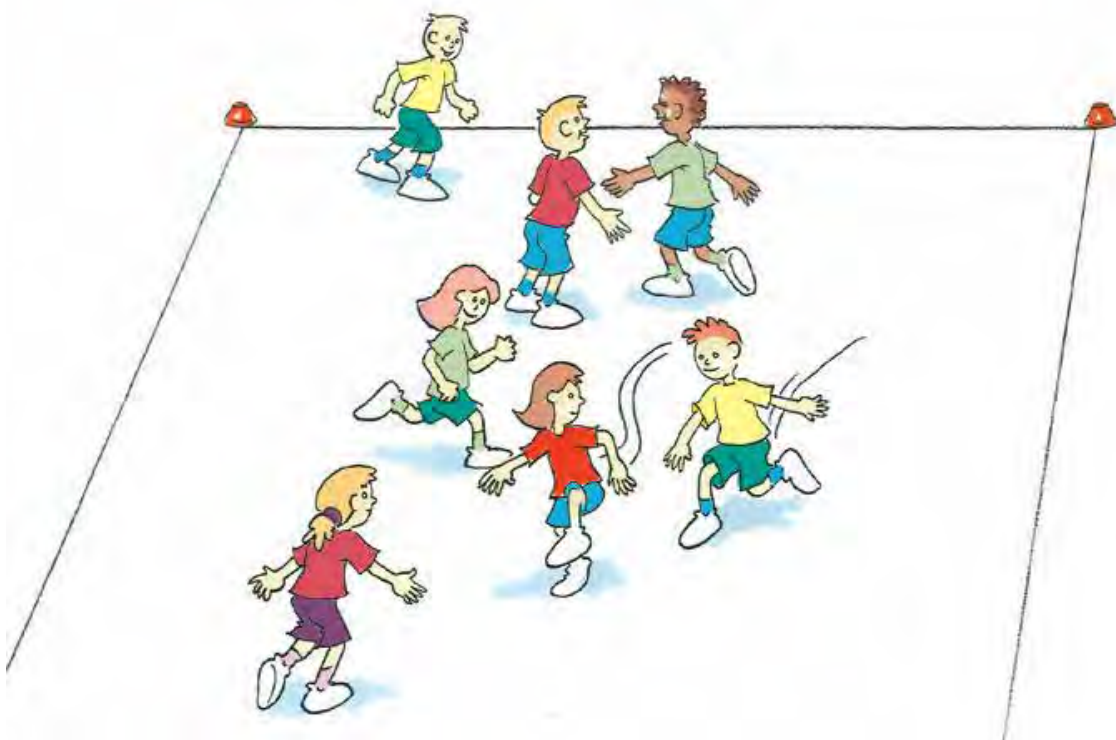
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Define the playing area – a key step in any player/space awareness activities;</li> <li>• Disperse the players.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players move around, mindful of other players, the boundaries and the surface. For example, if playing outdoors, are there any holes in the ground?</li> <li>• If indoors, an option is to use a backdrop of music;</li> <li>• Change the locomotion – e.g. run, walk, hop, skip, gallop;</li> <li>• Add a ball and have players practice moving with ball at their feet.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping their head up;</li> <li>• Can they use both feet with the ball.</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add cones as obstacles to increase difficulty;</li> <li>• Reduce the size of the area.</li> </ul>

**Objective:**  
Ball mastery,  
changing directions





# FORM A GROUP

Players run around in random directions avoiding body contact with other players. The Program Leader calls a number and players form groups of that size.

## SESSION 7

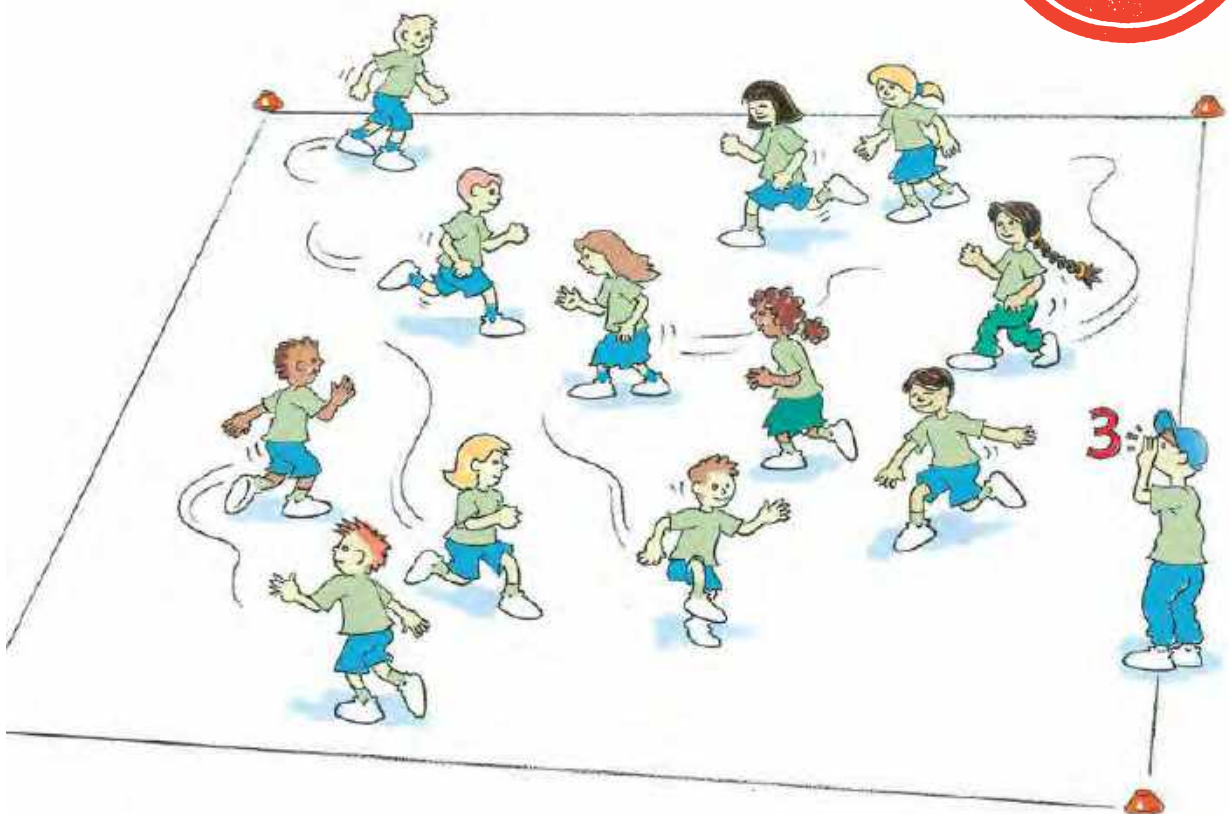
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Mark an area free of obstructions – disperse the players.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Start with slow jogging;</li> <li>• Try several group sizes before you get to the number you would like for a subsequent activity, e.g. start by calling;</li> <li>• 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a ‘new people in the group’ rule for the second and third calls;</li> <li>• As an option, use some bright music as a backdrop. Stop the music and call the number for the group size.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Short transitions;</li> <li>• Is everyone involved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Have players move around whilst dribbling a ball;</li> <li>• Change the way they dribble each time (right/left foot, faster/slower)</li> </ul>

**Objective:**  
Ball mastery. Change directions with the ball



# PASS, PASS, PASS

2 groups of equal size face each other. Each player has a ball at their feet. On a signal, players pass their ball over a line in the direction of the opposite team. They continue to pass any balls in their area over to the other side to try and clear their own area. After a set period, balls are counted to see who has the fewest balls in their area.

## SESSION 7

• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per player

WHAT TO DO	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Mark an area free of obstructions – disperse the players;</li> <li>• Each player to have a ball at their feet.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Set time of 30 seconds per game;</li> <li>• Encourage different strategies e.g. ball gatherers and ball passers;</li> <li>• Demonstrate the benefits of a good first touch.</li> </ul>
WHAT TO LOOK FOR	<ul style="list-style-type: none"> <li>• Are players finding space to pass the ball into?</li> <li>• Are both teams having fun?</li> </ul>
SUGGESTED CHANGES	<ul style="list-style-type: none"> <li>• Modify area to increase/decrease the challenge;</li> <li>• Modify rules – change feet, can only pass from inside own area etc.</li> </ul>

**Objective:**  
First touch,  
Passing the ball



# SHUTTLE PASS

A cooperative game- a ball is passed to a receiver, the passer runs to take the place of the receiver and the receiver in turn runs to join players at the passer's line. (Teams of 4 or more.)

## SESSION 7

• MIDDLE / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, one ball per team of players

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Mark an area free of obstructions – place players into teams;</li> <li>• Each team to have a ball on one side.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Player 1 passes the ball to Player 2 and then runs to Line B;</li> <li>• Player 2 passes the ball to Player 3 and then runs to Line A;</li> <li>• Repeat this pattern until the 'stop' signal is given;</li> <li>• Which team can make the most successful passes.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Look for players with a good first touch to demonstrate;</li> <li>• Can players pass accurately to their teammates.</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Change to non-dominant foot passing only;</li> <li>• Proficient groups may like to try one-touch passing.</li> </ul>



# PASS WORLD RECORD

Pairs of passers pass the ball to each other, trying to make as many successful passes as possible. Two defenders try to stop the passers and make them start their count again. Off-field, 2 players pass the ball to each other trying to reach a record total (8 or more players).

## SESSION 7

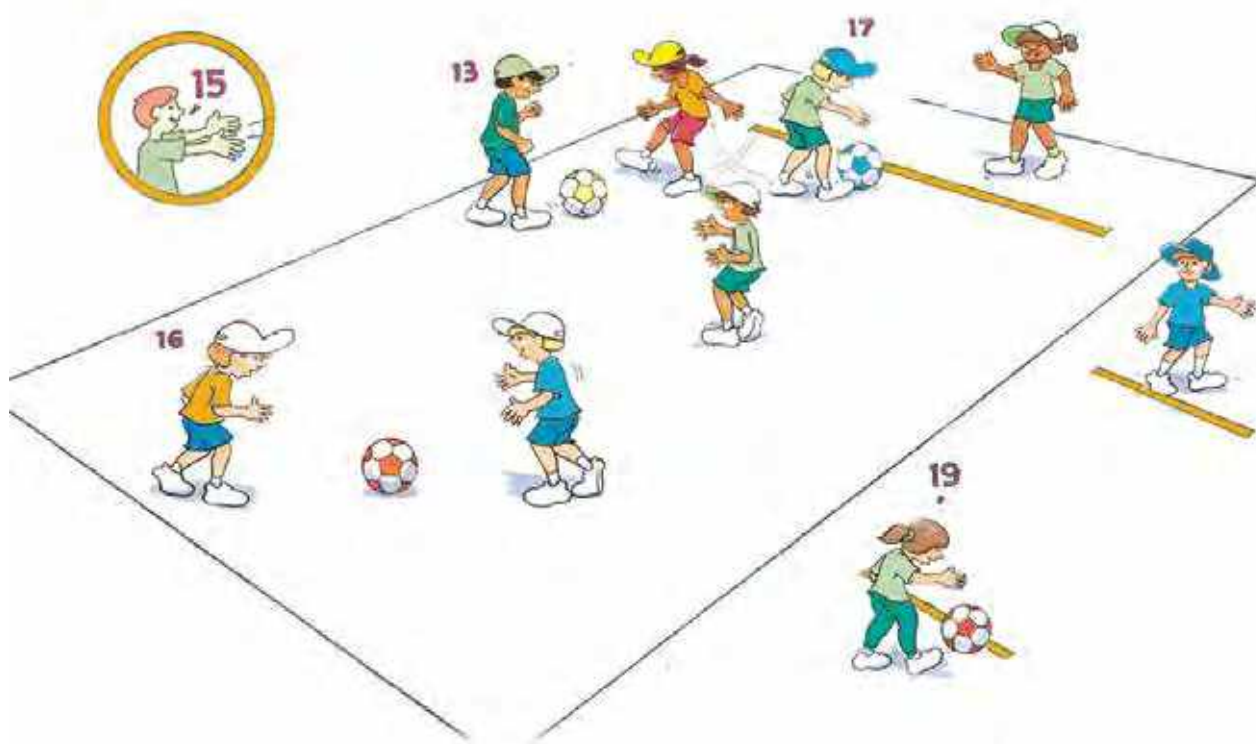
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per pair of passers, braids or bibs for defenders

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Mark a large enough area for pairs of passers to spread out;</li> <li>• Each pair to have a ball at their feet.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Set time of 30-60 seconds per game;</li> <li>• Encourage passers to focus on their first touch to enable quick passing;</li> <li>• Defenders just need to touch the ball to reset the count, discourage them from kicking it away;</li> <li>• Defenders can't intercept the same pair in a row;</li> <li>• Rotate defenders and record breakers.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players getting a good opportunity to practice passes?</li> <li>• Is everybody engaged?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase the size of the area;</li> <li>• Reduce number of defenders.</li> </ul>

**Objective:**  
First touch,  
Pass the ball





# KEEP THE BALL

A team of 4 or more passers are distributed around the playing field with no more than 2 defenders. The passing team aims to make 5 passes between team-mates without the ball being intercepted.

## SESSION 7

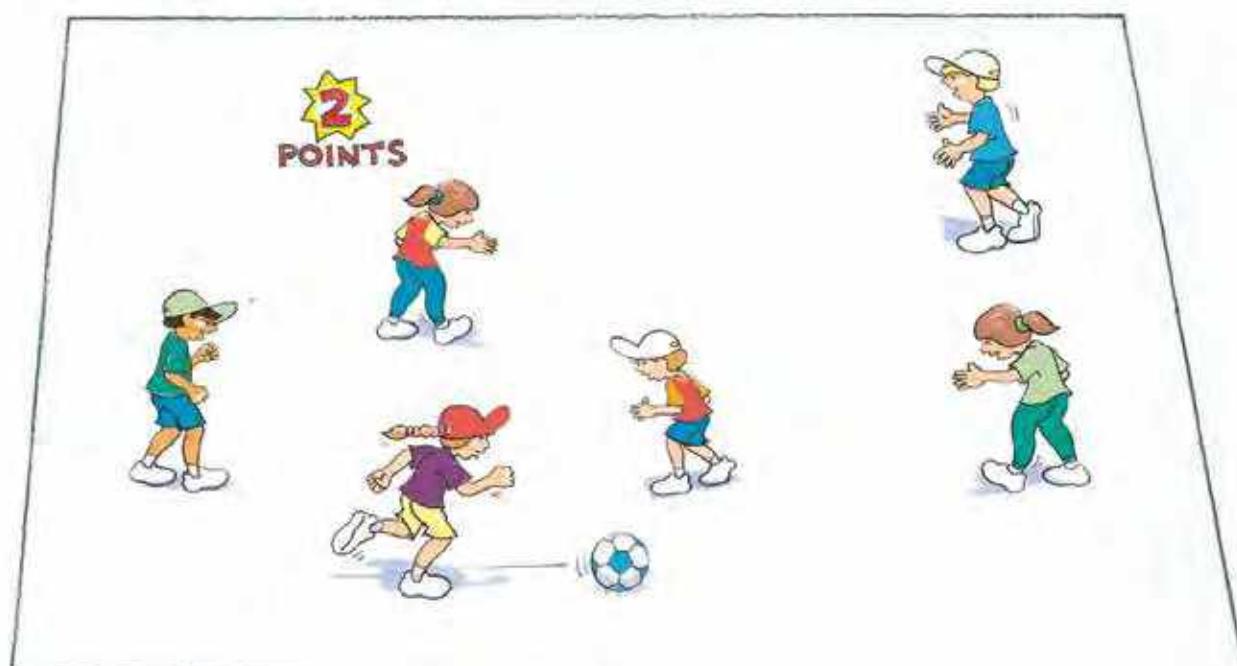
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, braids or bibs for defenders, 1 ball per game

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Mark a large enough area for passers to spread out;</li> <li>• Ensure there are enough passers to give them an advantage over the defenders.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Set time of 2 minutes per game;</li> <li>• Encourage passers to focus on their first touch to enable quick passing;</li> <li>• Defenders just need to touch the ball to reset the count, discourage them from kicking it away;</li> <li>• Rotate defenders and passers every couple of minutes;</li> <li>• Every 5 passes gets a point, group with highest point score wins.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players taking too long to pass the ball?</li> <li>• Is the attacking team achieving success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add the 'hot potato' rule (pass within 3 seconds);</li> <li>• Reduce number of defenders;</li> <li>• Increase area size.</li> </ul>

**Objective:**  
Passing the ball,  
First touch, 1v1



## WHAT DID YOU LIKE?

The Program Leader asks players about the games to receive feedback.

### SESSION 7

• END / 5 MINUTES





# SESSION 8

## OBJECTIVE

Passing the ball, running with the ball.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 4 pop up goals
<b>ACTIVITIES (45 MINUTES)</b>	Partner Tag (5 minutes) Rob the Nest (5 minutes) King of Passing (10 minutes) Skittle Football (15 minutes) Strike Football (5 minutes) What did you learn? (5 minutes)



# PARTNER TAG

Players are paired off. On a signal, one player, the tagger, tries to tag the other player. At the same time, all the other pairs are doing the same thing – taggers are trying to tag their partners.

## SESSION 8

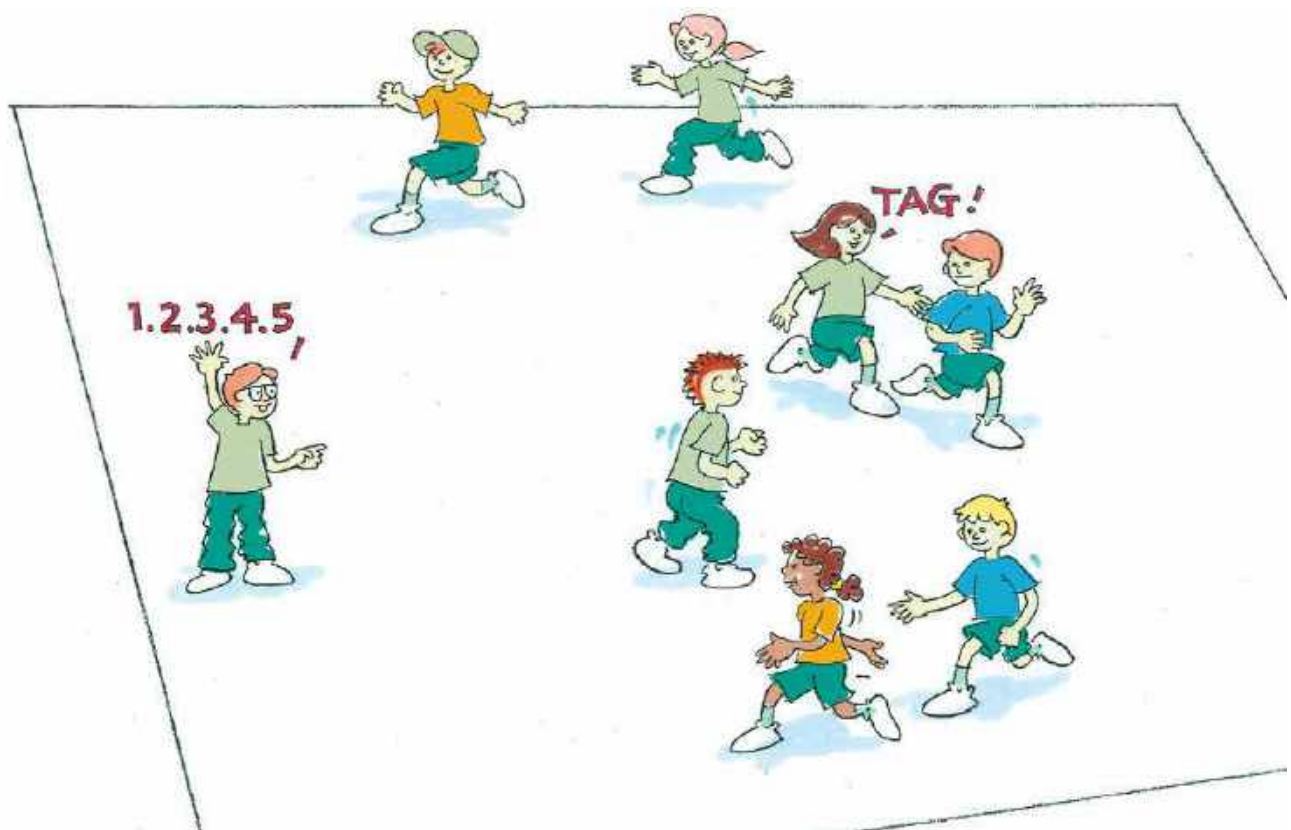
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per pair

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form pairs, allow the players to decide which partner is the tagger.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• The tagger counts to 5 to give the other player time to get away;</li> <li>• If space is restricted, or on the first occasion, restrict movement to a fast shuffle (2 feet on the ground or pretty close to it);</li> <li>• When a person is tagged, roles swap – don't forget the count to 5;</li> <li>• Introduce balls and various dribbling techniques.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is everyone involved?</li> <li>• Are they having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Change partners;</li> <li>• Reduce number of taggers.</li> </ul>

**Objective:**  
Gross motor skill development,  
Running with the ball





# ROB THE NEST

Players work in small groups. One player from each group runs to a central point to collect one ball at a time and dribbles the ball back to their team-mates at their base and then tags the next player. The aim is to collect the most number of balls.

## SESSION 8

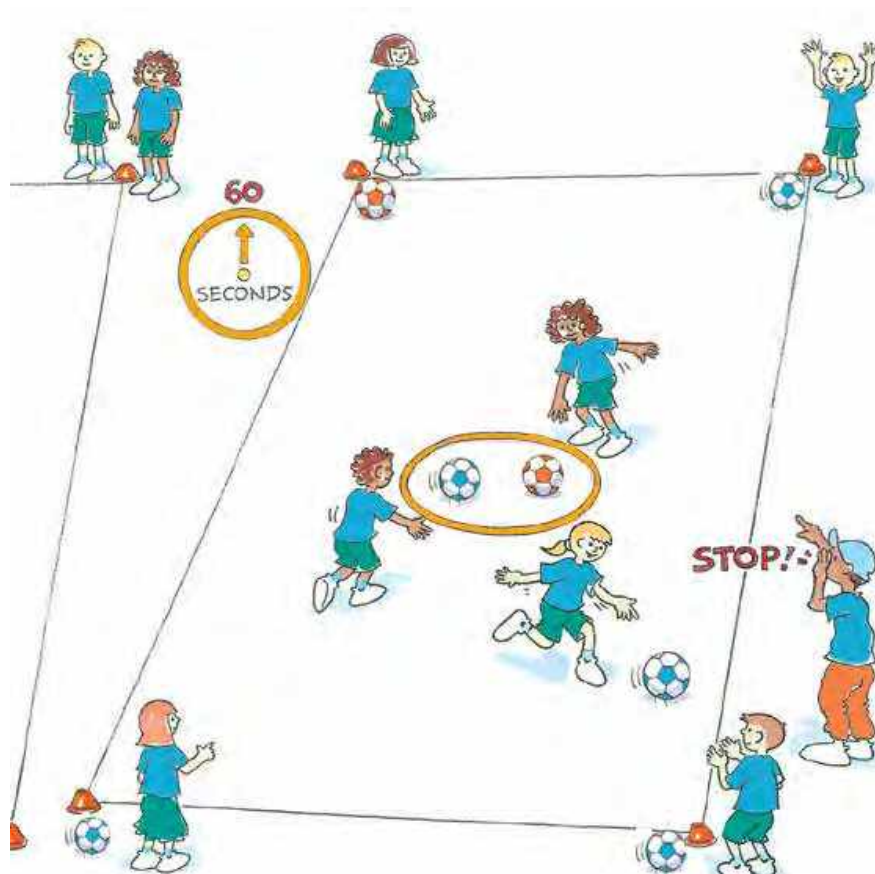
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, as many footballs as possible (10+)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form 4 equal groups, positioning 1 group on each corner of the playing field;</li> <li>• Place a pile of footballs in the centre of the playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the starting whistle, one player at a time from each group runs out and collects a ball and dribbles it back to their group;</li> <li>• Once a player has returned with a ball the next player may run out and collect another ball. Keep playing until all balls are gone;</li> <li>• The group with the most balls at the end is the winner;</li> <li>• As a progression, allow players to steal from other groups once all the balls in the middle are gone.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players dribbling with their heads up?</li> <li>• Are all players engaged?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase the size of the area;</li> <li>• Players can pass to their corner after a short dribble.</li> </ul>

**Objective:**  
Running with the ball



# KING OF PASSING

Players try to out-score opponents by accurately passing balls close to the target and displacing opponents' balls to deny access to the target. (Play in small groups.)

## SESSION 8

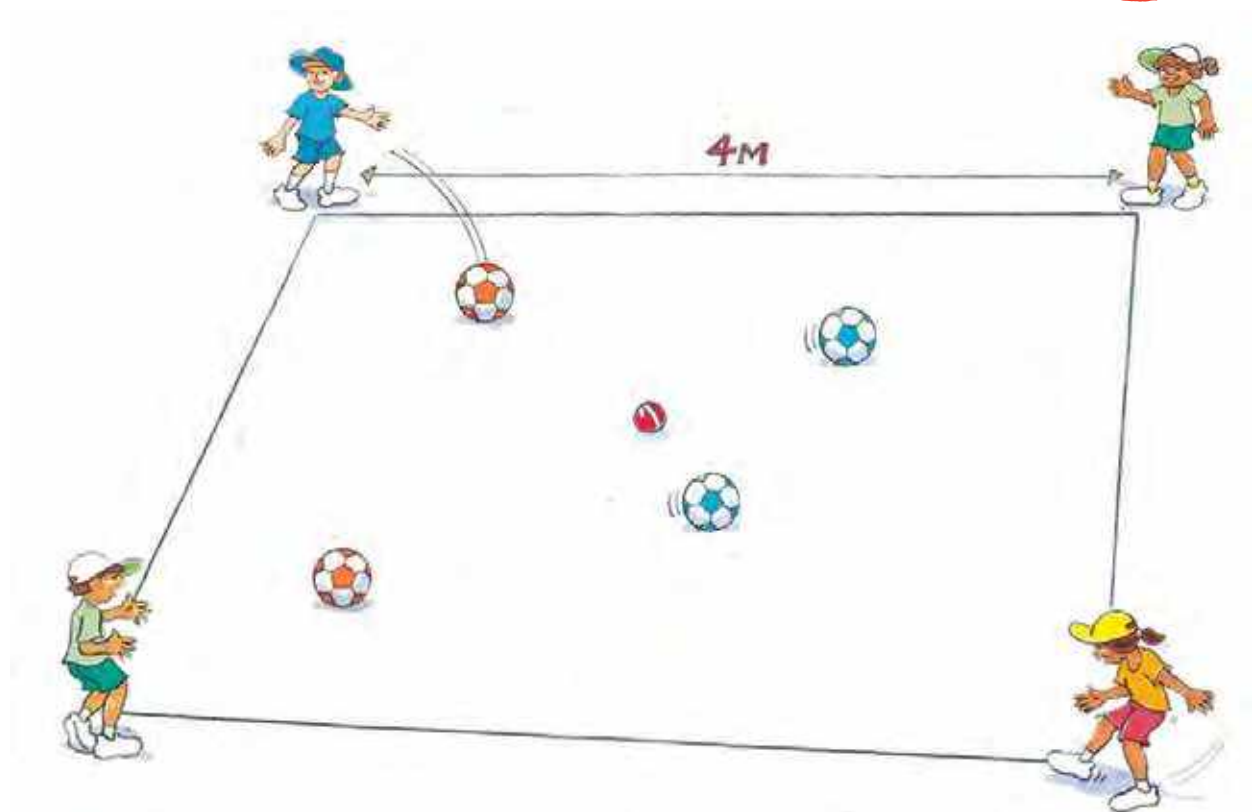
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area 4m x 4m, minimum 1 ball per player, different shape/style ball to use as target

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players stand with a ball at their feet around the edge of the playing area;</li> <li>• A target ball or object is placed in the middle of the playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Each player in turn passes their ball toward the target to try and get it the closest;</li> <li>• Give each player a chance to go first and award points based on distance from the target;</li> <li>• Emphasize the importance of good technique in achieving accurate passing;</li> <li>• As a progression, split the group into teams and play against each other.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is the game challenging?</li> <li>• Is the objective being achieved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Use non-dominant foot;</li> <li>• Each player starts with 2 balls;</li> <li>• Increase the distance to target.</li> </ul>

**Objective:**  
Passing  
the ball



# SKITTLE FOOTBALL

Teams play a Small-sided game of football. There are no goalkeepers and no offside rules. Players can score from the front, sides or back of the goal area. The first team to knock down all the opposition skittles wins.

## SESSION 8

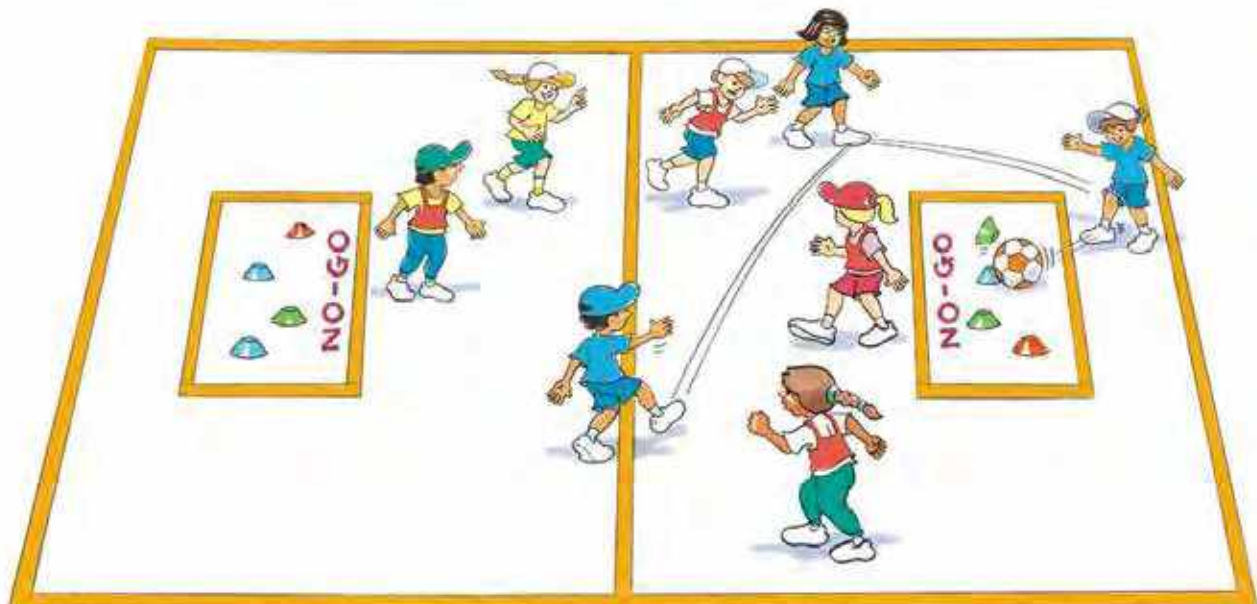
• MIDDLE / 15 MINUTES

## EQUIPMENT

• 1 football per game; 1 set of marker cones (30), bibs or braids, skittles (witches hats)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form teams (teams self-referee);</li> <li>• Create a no-go area around skittles.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• All players must be in their own half for the start of play;</li> <li>• A minimum of two players on the team must have touched the ball before a goal can be scored;</li> <li>• After a skittle in the goal area has been knocked over, the team that didn't score starts with the football from the halfway mark.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is it easy to score?</li> <li>• Are all players involved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Create 2 no-go zones at each end to change point of attack;</li> <li>• Set-up two playing areas to increase involvement;</li> <li>• Bonus points for number of passes.</li> </ul>

**Objective:**  
Passing the ball, 1v1,  
Running with the ball



# STRIKE FOOTBALL

Partners line up opposite each other with a skittle (target) next to them. Players pass the ball at each other's skittle to try and knock it over. Play best of 3 wins.

## SESSION 8

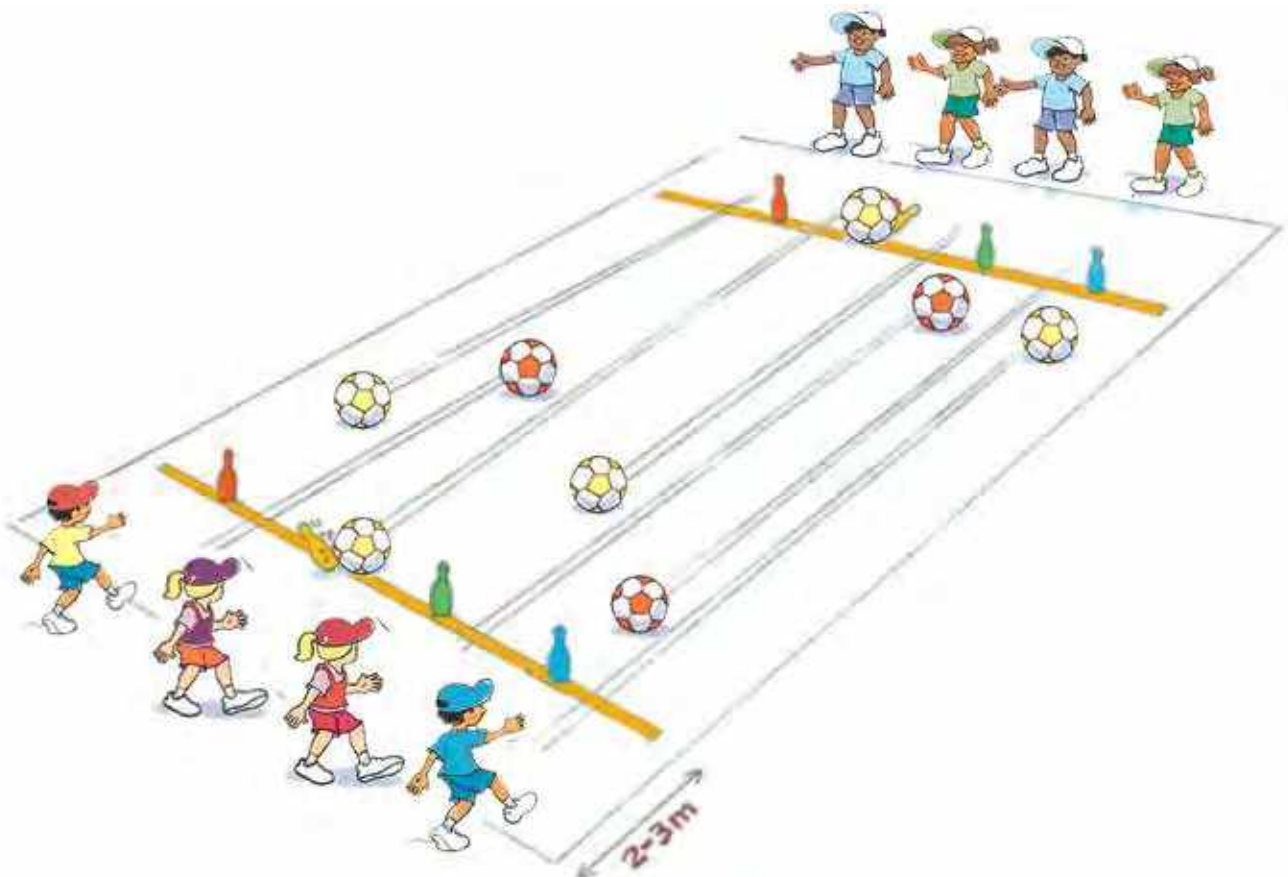
• END / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, skittles (witches hats, balls on cones), 1 ball per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Pairs face each other a few metres apart with ball at feet;</li> <li>• Skittles (any target can be used) are lined up next to each player.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players try to hit their opponents target by passing the ball at it;</li> <li>• Players are not allowed to stand in front of their target;</li> <li>• Progress to teams trying to knock over each teams targets.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Is the group having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Progress to playing as teams;</li> <li>• After each game, modify the area.</li> </ul>

**Objective:**  
Striking  
the ball





## WHAT DID YOU LEARN?

The Program Leader asks questions to reinforce the keys skills from the session.

### SESSION 8

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- What part of your foot did you use to pass more accurately?
- Where should you look when dribbling to make sure you don't run into anyone?
- Which parts of your foot can you use to dribble with the ball?





# SESSION 9

## OBJECTIVE

1 v 1, running with the ball.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 4 pop up goals
<b>ACTIVITIES (45 MINUTES)</b>	Fish in the Net (5 minutes) Marker Dodge (5 minutes) Chase the Dribbler (5 minutes) Kick 4 and Go (20 minutes) Cross the Bridge (5 minutes) Let's see it (5 minutes)



# FISH IN THE NET

3 players form the net by holding hands. They catch others by surrounding them. Caught players join the net and the game continues. (Play with 6 or more).

## SESSION 9

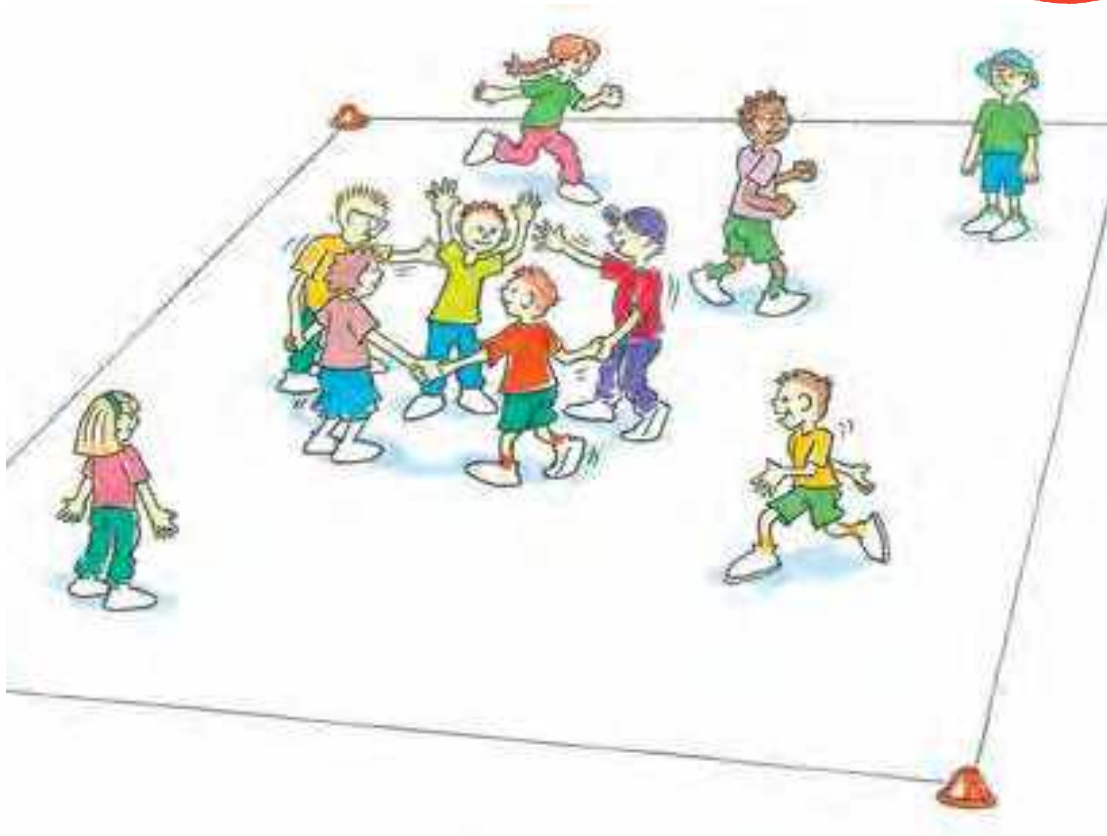
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per pair

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• 3 players join hands as the net;</li> <li>• Clearly define boundaries.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• The 'Net' works together to catch fish by tapping them on the shoulder;</li> <li>• Players are not allowed run out of bounds;</li> <li>• Progress to having every fish with a ball, practicing dribbling to get away from the net.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is everyone moving around?</li> <li>• Are they having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Adjust the size of the area;</li> <li>• Split the 'Net' if it gets too long.</li> </ul>

**Objective:**  
Gross motor skill development,  
Ball mastery



# MARKER DODGE

Players practise running with the ball at their feet (dribbling) and try to avoid the markers. Points are awarded for teams that get through without touching the markers.

## SESSION 9

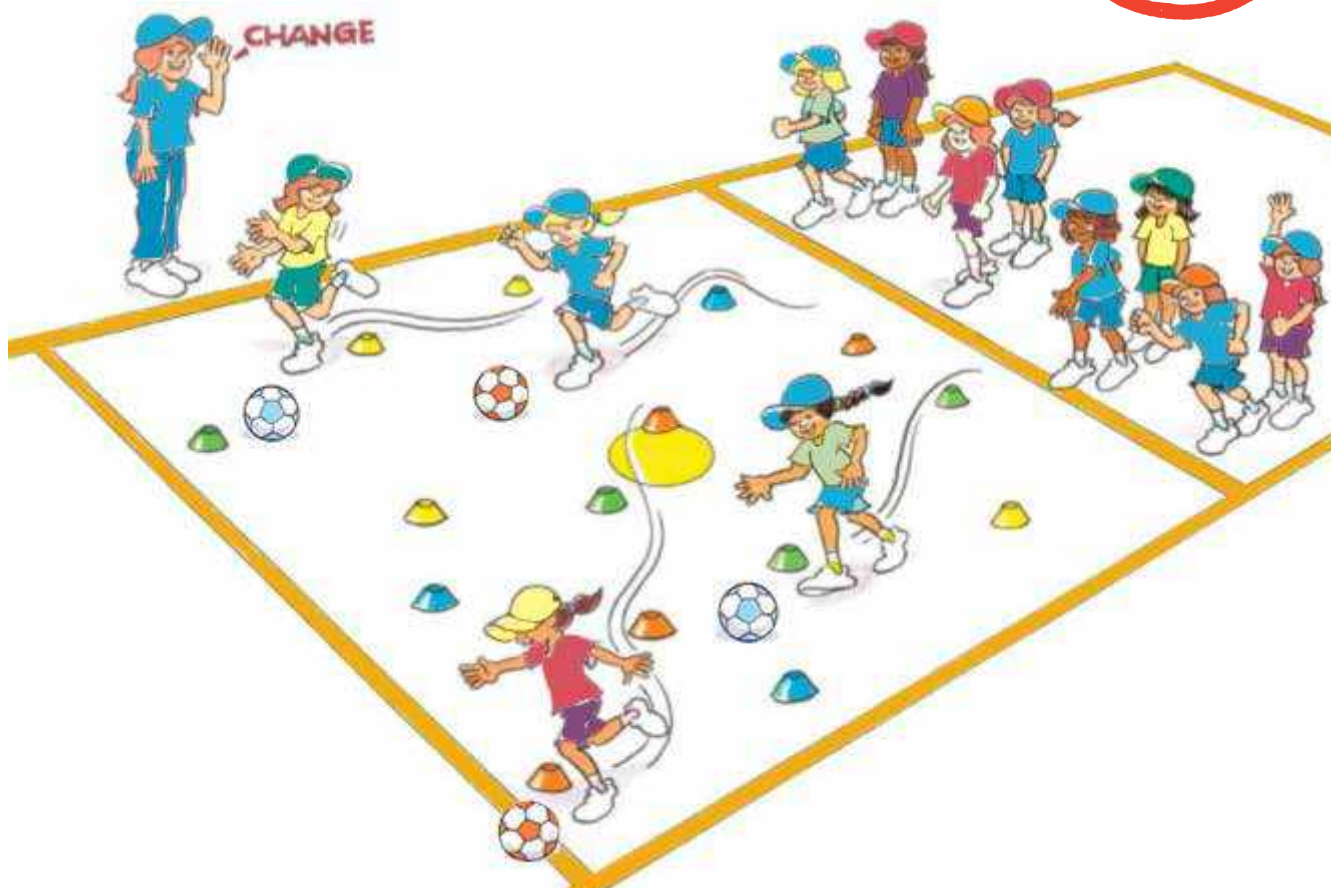
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 20 markers to be spread out in the 'dodge' area, minimum 1 ball per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Place 20 or so markers in one-third of the playing area;</li> <li>• Organise players into groups of 2 to 4 and give them a ball each.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players are to dribble through the markers to the other side without letting the ball touch a marker;</li> <li>• Once a player gets to the other side the next player in their team can go.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players finding it easy/hard to dribble around the cones?</li> <li>• Make sure players waiting for their turn do not wait too long.</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add bonus points for players with closest control;</li> <li>• Increase difficulty with more cones;</li> <li>• Create relay races.</li> </ul>

**Objective:**  
Running with the ball, Ball control





# CHASE THE DRIBBLER

Players in pairs pass a ball back and forth in the centre of a playing field. When the Program Leader calls 'Ball!' the player who is receiving the pass must turn and dribble the ball to the goal behind them and shoot before being caught by their opponent.

## SESSION 9

• MIDDLE / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per pair, goals (markers) behind each line.

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Organise players into pairs with one ball per pair;</li> <li>• Pairs line up facing and two metres apart in the centre of the playing field and pass the ball back and forth to each other.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• When you call 'Ball', the player with the ball (or about to receive the ball) must dribble it to the goal behind them and try and score;</li> <li>• The player who does not have the ball is to chase the player with the ball and try to stop them from scoring;</li> <li>• Defenders are not allowed to tackle attackers from side on or behind.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players passing the ball quickly?</li> <li>• Is everyone involved?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Swap partners after a few turns;</li> <li>• Start without chasing defenders;</li> <li>• Move goals further away from shooting line.</li> </ul>

**Objective:**  
Gross motor skill development,  
Ball mastery



# KICK 4 AND GO

A player passes four consecutive balls into the field of play and then runs between markers to score points. When the fielding team have returned all four balls to the start position, they call 'STOP!' The player who just passed the balls calculates their score and a new player is nominated to have a turn. Play in groups of 6-10.

## SESSION 9

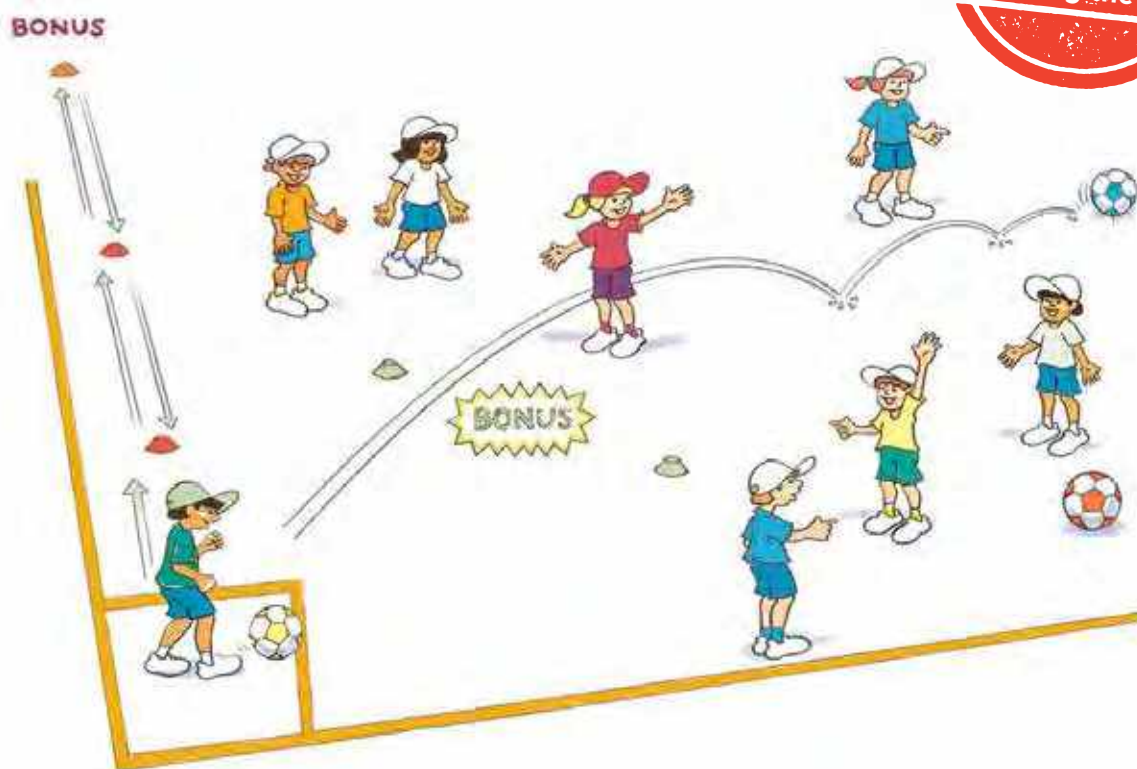
• MIDDLE / 20 MINUTES

## EQUIPMENT

• Marker cones to define playing area , 4 balls per field, extra cones/goals for bonus points

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Set up one corner of the playing field with 4 balls to be kicked into the playing area;</li> <li>• Place a running area to the side of the field where the kicker can run in order to score points.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Nominate a 'striker' to kick four balls as fast as they can into the playing area. Fielders can't move until last ball is kicked;</li> <li>• When the last ball is kicked, the striker runs between the markers to score points;</li> <li>• All other players are on the field and must dribble or pass the balls and return them to the start position quickly;</li> <li>• Once players have returned all balls to the start position, they call 'STOP!';</li> <li>• The striker counts their points for runs completed;</li> <li>• Players then rotate positions until all have had a turn as the striker.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are football skills being practiced?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add goals to the field for bonus points;</li> <li>• Add a defender to try and prevent fielders from returning the balls.</li> </ul>

**Objective:**  
Striking the ball,  
Running with the ball,  
Passing the ball



# CROSS THE BRIDGE

Players with a football each attempt to 'cross the bridge' by running with their ball over the opposite goal line. The bridge is guarded by a troll who attempts to gain possession of a player's ball. Play one troll for every six ball runners.

## SESSION 9

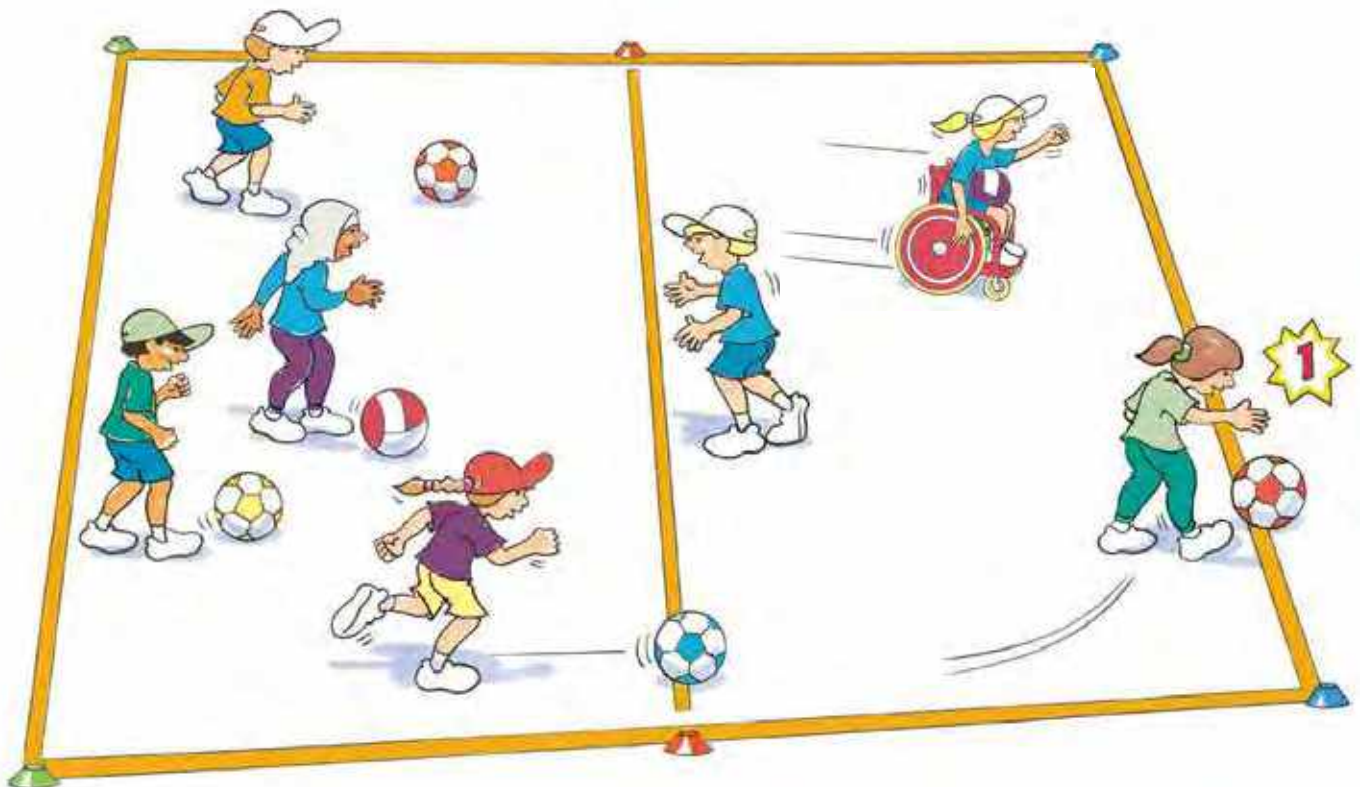
• END / 5 MINUTES

## EQUIPMENT

• 1 football per attacking player; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One player starts as the troll;</li> <li>• All other players start with a ball along the goal line.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the troll's signal, players attempt to cross the bridge by running with their ball;</li> <li>• The troll attempts to gain possession of a player's ball before they reach the opposite goal line;</li> <li>• The player who loses possession of their ball changes place with the troll;</li> <li>• Scoring: <ul style="list-style-type: none"> <li>- one point = player runs with the ball successfully over the goal line.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping the ball under control?</li> <li>• Are all players achieving success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add an extra Troll to increase challenge;</li> <li>• Add bonus points for tricks and turns.</li> </ul>

**Objective:**  
Running with the ball, 1v1



## LET'S SEE IT!

Players are selected to demonstrate actions while the Program Leader asks questions to reinforce the key skills or tactical points.

### SESSION 9

• END / 5 MINUTES

### EQUIPMENT

• 1 goal and 1 or 2 balls

#### PROGRAM LEADER ASKS

- Where is it best to aim when trying to score a goal?
- Why is it important to look up when running with the ball?
- How do you control the ball as you receive a pass.





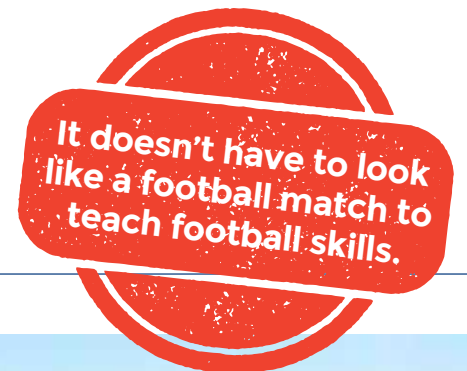


# SESSION 10

## OBJECTIVE

Passing the ball, first touch.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 4 pop up goals
<b>ACTIVITIES (45 MINUTES)</b>	<p>Flip It (5 minutes)</p> <p>Football Juggling (5 minutes)</p> <p>Follow the Ball (5 minutes)</p> <p>Bombard (10 minutes)</p> <p>End Zone (15 minutes)</p> <p>What did you learn? (5 minutes)</p>



# FLIP IT

2 groups. Half the players try to turn the markers with the round side up and the other half with the round side down (dish up). On a signal, players run around trying to flip over the other group's markers to match their own.

## SESSION 10

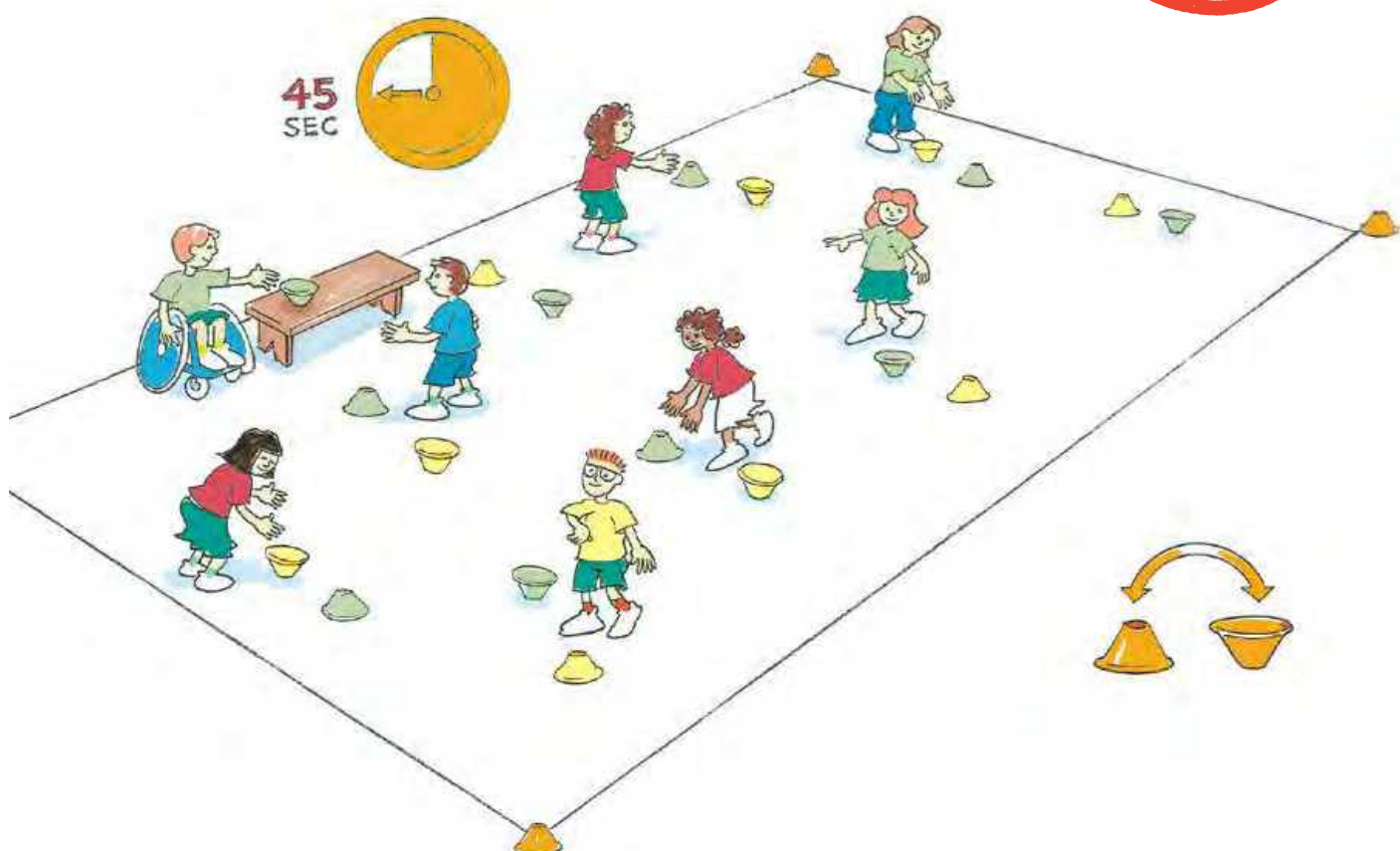
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, minimum 1 marker per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Divide players into two groups;</li> <li>• Fill playing area with as many markers as possible, with approximately half of them upside down.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the start whistle, players run in to the area and try to turn as many markers over as possible;</li> <li>• One team is trying to turn them all up, the other team is trying to turn them all down;</li> <li>• Keep playing for 45 seconds;</li> <li>• After each round, count which team has the most cones turned their way.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is everyone engaged?</li> <li>• Are they having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Modify area, numbers or equipment to create more intensity.</li> </ul>

**Objective:**  
Gross motor skill  
development



# FOOTBALL JUGGLING

Players with a football experiment with different ways to juggle the ball using various parts of their body.

## SESSION 10

• BEGINNING / 5 MINUTES

## EQUIPMENT

• 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• All players have a ball and spread out randomly in the playing area.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Demonstrate how to drop the ball on the ground, lightly kick it and catch it;</li> <li>• Ask 'How many times can you drop, kick and catch your ball in a row?';</li> <li>• Players can experiment with different types of juggling including:               <ul style="list-style-type: none"> <li>- drop onto thigh and catch;</li> <li>- foot to foot;</li> <li>- catch the ball on the right foot while balancing on the left foot.</li> </ul> </li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players achieving success?</li> <li>• Is it too hard or too easy?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players to attempt to kick the ball no higher than eye level;</li> <li>• Players to drop the ball straight onto their foot;</li> <li>• Try and use both feet.</li> </ul>

**Objective:**  
Ball  
mastery





# FOLLOW THE BALL

Players in a circle pass a ball to one another. Once the ball is passed the player moves to where they passed it. Play in groups of 5.

## SESSION 10

• BEGINNING / 5 MINUTES

## EQUIPMENT

• 1 ball per group

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players in small groups stand in a circle with 1 ball per group.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players pass the ball to another player not directly beside them, then follow their pass and stand directly behind the player they passed it to;</li> <li>• The player who receives the ball passes it to another player and follows their pass;</li> <li>• Once players have the hang of it, see how many passes they can complete in 1 minute.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are the passes accurate?</li> <li>• Is everyone getting a go?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase/decrease the size of the circle;</li> <li>• Players pass with non-dominant foot.</li> </ul>

**Objective:**  
Passing the ball,  
First touch





# BOMBARD

2 or more teams working in parallel pass balls at a target ball and try to move the target ball over a goal line.(4 or more players.)

## SESSION 10

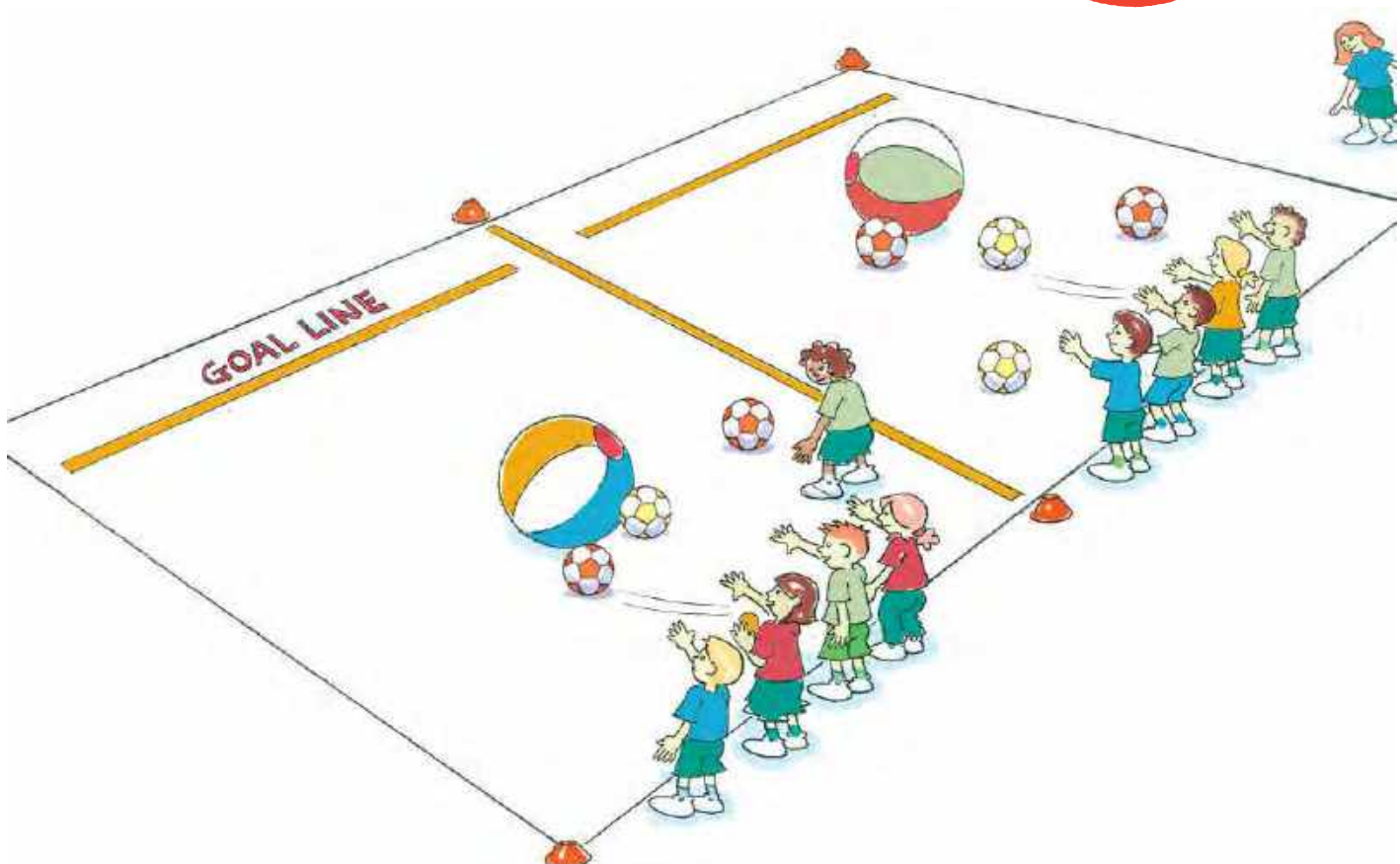
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Playing area about the size of a volleyball court divided into separate areas, 2 balls per player where possible, ball to use as target

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Target balls are placed 2–3 metres from the start line;</li> <li>• Teams move in parallel and in the same direction.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players pass their balls at the target and try to get it to roll over the goal line;</li> <li>• If necessary pause the game to allow players to retrieve their balls before having another attempt;</li> <li>• Allow timeouts for teams to discuss tactics.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is the objective being achieved?</li> <li>• Are all players having success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Introduce more targets;</li> <li>• Move teams around so they are facing each other.</li> </ul>

**Objective:**  
Passing  
the ball



# END ZONE

4v4 or 5v5 – the playing area has a score line at each end. The team with the ball aims to pass or dribble the ball into their opponents' end zone line.

## SESSION 10

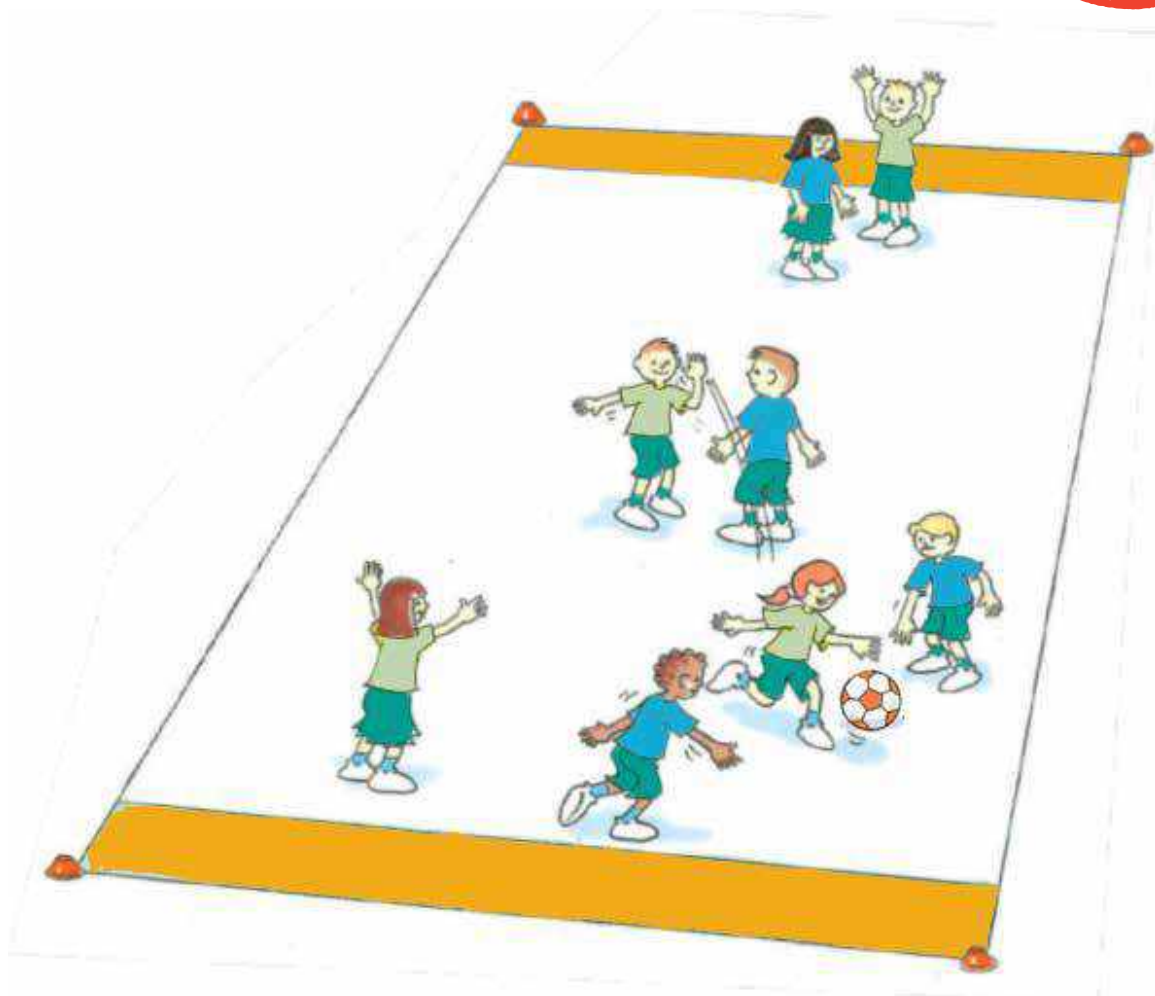
• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area 20m x 30m, 1 ball per game, bibs/braids to differentiate teams

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Set up field with goal zones and separate teams.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players are to work as a team to try and get the ball into their opponents' end zone;</li> <li>• To score, the ball must be stopped inside the boundaries of the end zone;</li> <li>• After scoring the opposing team starts with the ball at half way.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players using passes to try and score?</li> <li>• Is everyone engaged?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Defending team can only walk;</li> <li>• Add another ball to increase player involvement.</li> </ul>

**Objective:**  
Passing the ball,  
First touch, 1v1



## WHAT DID YOU LEARN?

The Program Leader asks questions to reinforce the key skills from the session.

### SESSION 10

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- What part of your foot can you use to control the ball?
- Why is it important to have a good first touch?
- Which part of the foot can we use to get more power in our passes?





# SESSION 11

## OBJECTIVE

Running with the ball, passing the ball.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	1 football per player; 1 set of marker cones (30); team bibs or sashes; 4 pop up goals
<b>ACTIVITIES (45 MINUTES)</b>	<p>Octopus Football (5 minutes)</p> <p>Dribble and Steal (5 minutes)</p> <p>Dribblers and Robbers (10 minutes)</p> <p>Boundary Pass (10 minutes)</p> <p>Four Goal Football (10 minutes)</p> <p>What's ahead? (5 minutes)</p>





# OCTOPUS FOOTBALL

Players with a football each attempt to run over the opposite goal line. An 'octopus' stands in the centre of the pitch and attempts to tag players as they cross. When tagged, players must freeze on the spot and attempt to tag other players running with a ball.

## SESSION 11

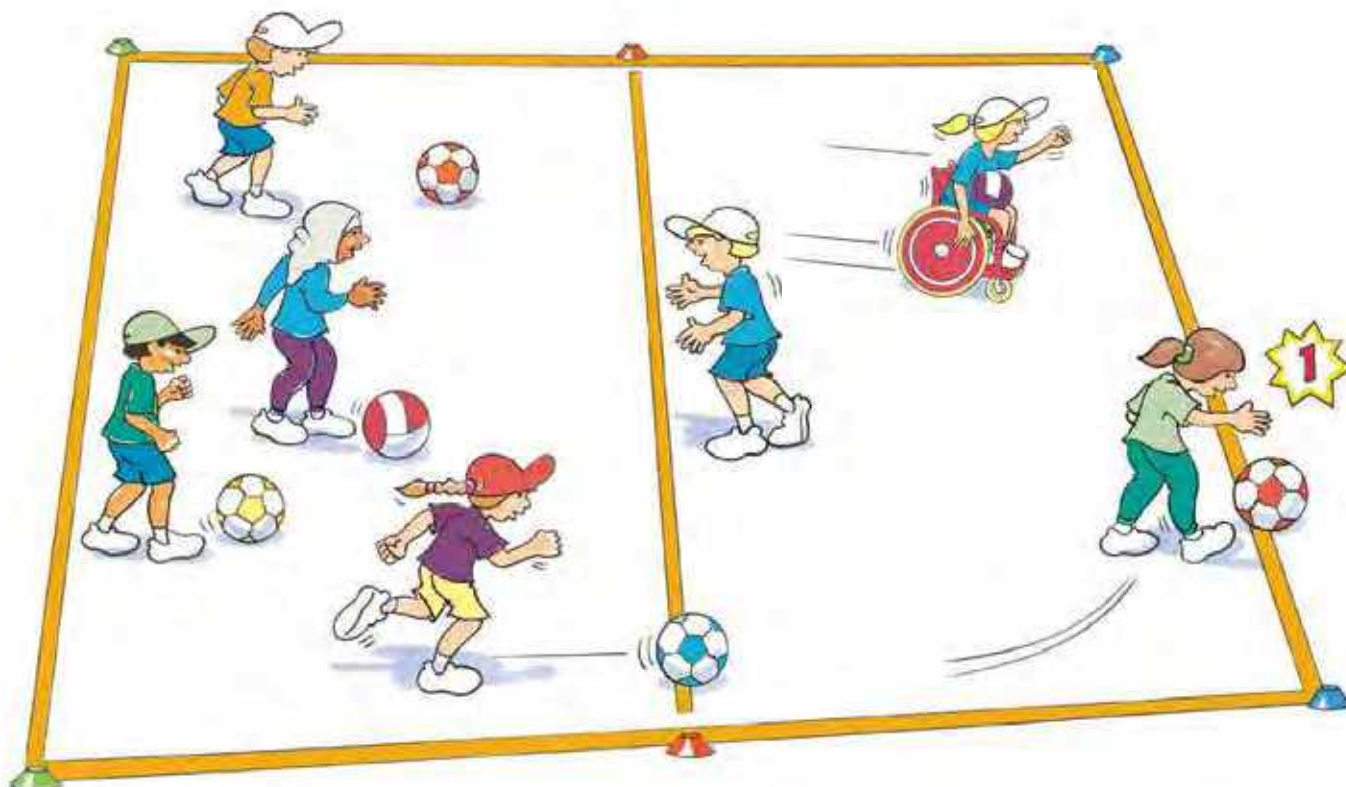
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One player starts as the octopus;</li> <li>• All other players start with a ball behind the goal line.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On the octopus's signal, players attempt to cross the pitch by running with their ball and avoid being tagged by the octopus;</li> <li>• Tagged players must freeze on the spot and hold their ball under their foot; however they can tag other players that run past;</li> <li>• The last player to successfully cross the pitch without being tagged wins.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping the ball under control?</li> <li>• Are all players achieving success?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Add an extra octopus to increase challenge;</li> <li>• Add bonus points for tricks and turns.</li> </ul>

**Objective:**  
Running with  
the ball, 1v1



# DRIBBLE AND STEAL

Teams try to collect their opponents' balls and return them to their own half.

## SESSION 11

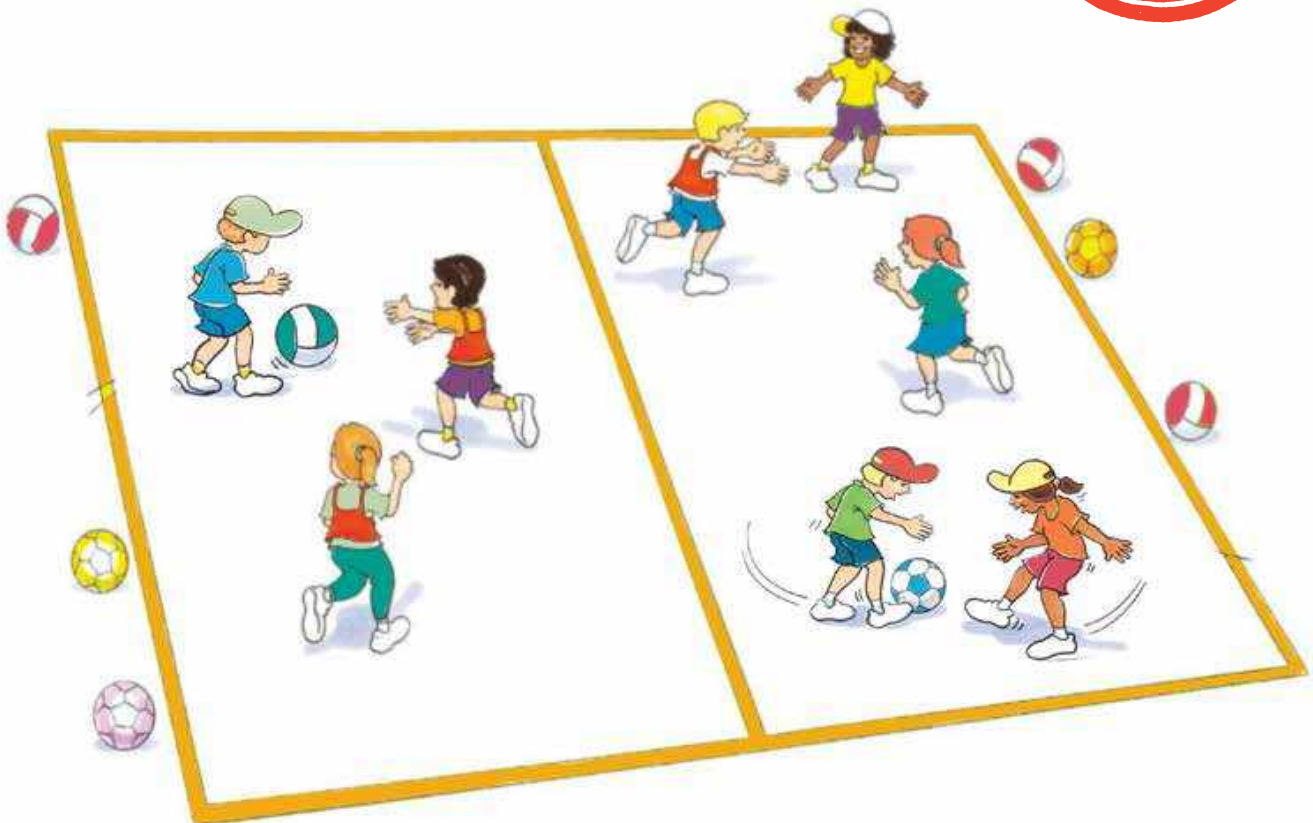
• BEGINNING / 5 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 ball per game, bibs/braids to differentiate teams

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Organise players into two even teams, each in separate halves of the playing area;</li> <li>• Place a number of balls behind each goal line.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Players try and steal the other team's balls and dribble them to their own half without being dispossessed by the other team;</li> <li>• Assign one player from each team to be the defender to try and stop the other team from reaching their goal line.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players able to change direction and keep the ball?</li> <li>• Is the game challenging enough?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Players are awarded bonus points for tricks;</li> <li>• Add extra defenders to increase the challenge.</li> </ul>

**Objective:**  
Running with  
the ball, 1v1



# DRIBBLERS AND ROBBERS

Players (dribblers) with a football move around the area. One or two players are robbers and attempt to intercept dribblers' balls without making body contact.

## SESSION 11

• MIDDLE / 10 MINUTES

## EQUIPMENT

• Marker cones to define playing area, 1 football per player

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• One or two players are robbers and start without a ball. All other players (dribblers) spread out in the playing area with a ball each.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, robbers attempt to win possession of a player's ball;</li> <li>• When a robber wins possession of a ball, they score a point and give the ball back to the dribbler;</li> <li>• Robbers cannot steal the ball from the same dribbler twice in a row;</li> <li>• Play continues until you call 'Time!';</li> <li>• Robbers count total score at the end of the game.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are players keeping control of the ball?</li> <li>• Is it too easy for the robbers?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Increase/decrease the number of robbers;</li> <li>• Change the size of the area to create more space for dribblers.</li> </ul>

**Objective:**  
Running with  
the ball, 1v1



## BOUNDARY PASS

In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, every pass has to be across a different boundary line.

## SESSION 11

- MIDDLE / 10 MINUTES

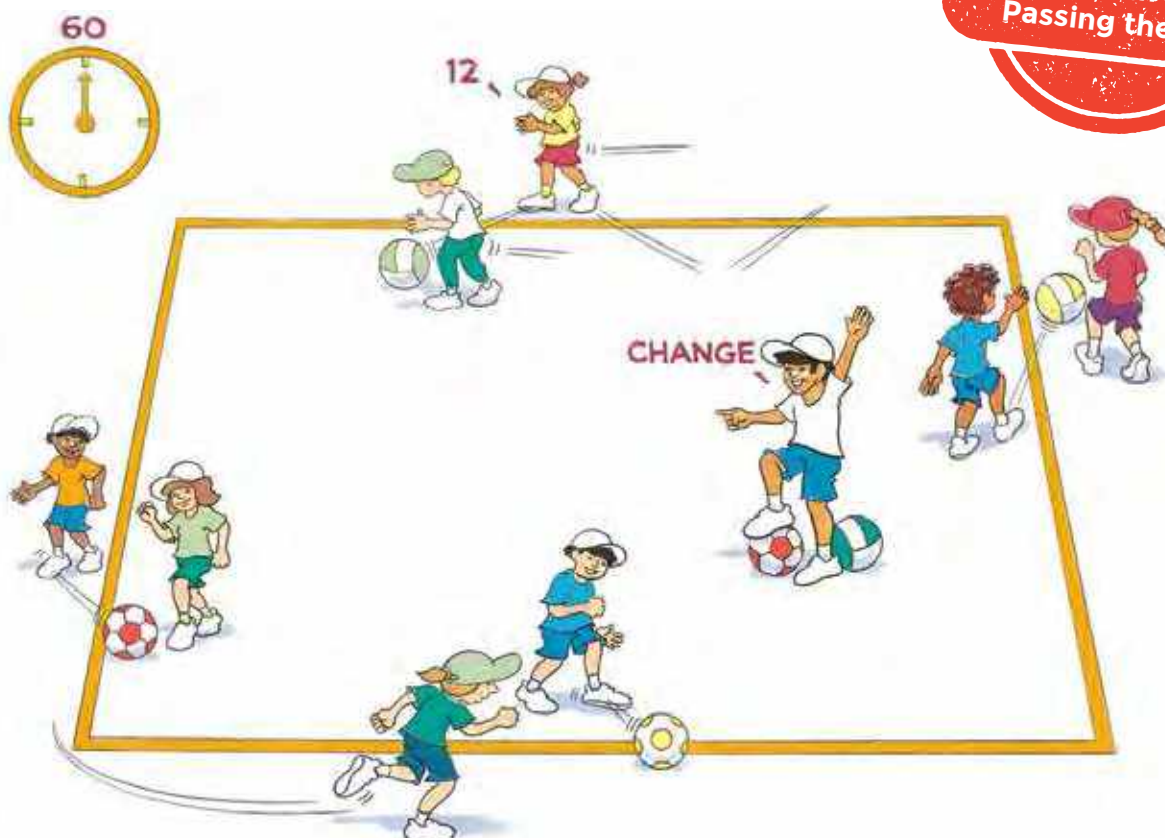
## EQUIPMENT

- 1 football per pair; 1 set of marker cones (30)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Pairs start within the marked area near the centre.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, pairs move in the same direction and pass the ball to each other across the boundary lines;</li> <li>• Pairs score one point for each pass they make within the time limit;</li> <li>• The activity can be repeated with pairs attempting to beat their score while running in the opposite direction.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players engaged?</li> <li>• How can you increase or decrease the challenge?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Introduce a defender to try and intercept passes;</li> <li>• Bonus points for one-touch passing;</li> <li>• Place a cone in the middle, before moving to the next boundary the player with the ball must dribble around the cone.</li> </ul>



**Objective:**  
Running with the ball,  
Passing the ball





# FOUR GOAL FOOTBALL

Teams play a modified game of football on a pitch with four goals. There are no goal keepers and no offside. The rules on how to score can be determined by the Program Leader or players to increase fun and participation. Play with 4 to 5 per team.

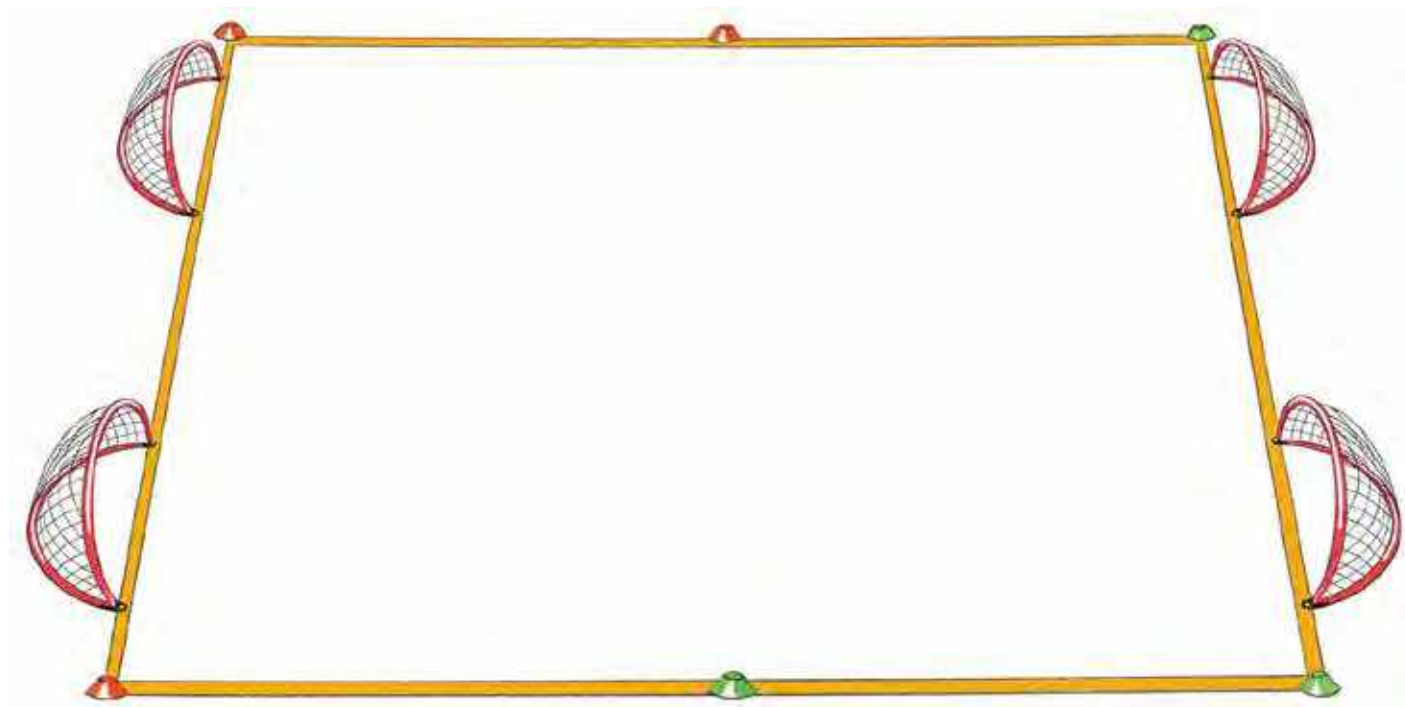
## SESSION 11

• MIDDLE / 15 MINUTES

## EQUIPMENT

• 1 football per game; team bibs or sashes; 1 set of marker cones (30); pop up goals (optional)

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Form teams (teams self-referee);</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal).</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward from the middle of the half-way line;</li> <li>• A minimum of two players on the team must have touched the ball before a goal can be scored.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Are all players involved?</li> <li>• Are players having fun?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Bonus points for passes before scoring;</li> <li>• Players can only shoot from within a certain distance to goal;</li> <li>• Restrict number of touches per player;</li> <li>• Adjust area to create more/less space.</li> </ul>



## WHAT'S AHEAD?

The Program Leader provides a brief outline of what will be taking place in the final session

### SESSION 11

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- What the players have liked most about the sessions?
- What to expect in the final session next week?
- The positives from the session.





# SESSION 12

## OBJECTIVE

Combine all the skills into football games. Have fun.

<b>SAFETY</b>	Refer to 'Golden Rules of Safety' section of this manual
<b>AREA</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>EQUIPMENT</b>	Suitable for indoor gym or outdoor area 30 metres by 20 metres
<b>ACTIVITIES (45 MINUTES)</b>	<p>Pairs Passing (5 minutes)</p> <p>ALDI MiniRoos Football (35 minutes)</p> <p>Where to from here? (5 minutes)</p>



# PAIRS PASSING

On the Program Leader's signal, players in pairs pass a football to each other three times between a gate, then move to other gates to repeat the activity – continue for 30 seconds. Pairs score a point for each gate they pass a ball through.

## SESSION 12

• BEGINNING / 10 MINUTES

## EQUIPMENT

• 1 football per pair; 1 set of marker cones (30); 1 stopwatch or clock

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Players set up a gate within the playing area and face each other with a ball.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• On your signal, pairs pass a ball three times to each other, then run with the ball to a free gate and repeat the activity;</li> <li>• Continue for 30 seconds until you call 'Stop!';</li> <li>• Pairs score one point for each gate they pass the ball through three times;</li> <li>• Repeat the activity with pairs trying to beat their own score.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Where can they stand to make the passes easier/harder;</li> <li>• Are they improving after each round?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Make the gates smaller to improve accuracy;</li> <li>• After 5 passes the player with the ball remains at the gate whilst the other player finds a new partner.</li> </ul>





# ALDI MINIROOS FOOTBALL

Teams of 4v4 or 5v5 play a game of football on a small pitch. No goalkeepers, no offside.

## SESSION 12

• MIDDLE / 10 MINUTES

## EQUIPMENT

- 1 size 3 football or similar per game; 1 spare football per game; team bibs or sashes; 1 set of marker cones (30); 2 pop up goals or marker cones

<b>WHAT TO DO</b>	<p><b>Setting Up</b></p> <ul style="list-style-type: none"> <li>• Create a pitch suitable for the area and ability of players (maximum of 30 metres by 20 metres);</li> <li>• Form two teams of four players, no goalkeepers;</li> <li>• All players must be in their own half for the start and re-start of the game (after a goal);</li> <li>• Opponents must be five metres away from the ball until it is in play.</li> </ul> <p><b>Playing</b></p> <ul style="list-style-type: none"> <li>• Play starts with a pass forward to a team-mate from the middle of the halfway line;</li> <li>• A goal (one point) is scored when the whole ball passes over the goal line between the goals.</li> </ul>
<b>WHAT TO LOOK FOR</b>	<ul style="list-style-type: none"> <li>• Is everyone engaged?</li> <li>• Are they all having fun;</li> <li>• Is it safe?</li> </ul>
<b>SUGGESTED CHANGES</b>	<ul style="list-style-type: none"> <li>• Modify area, rules, equipment and scoring to ensure everyone is involved and the objective is being achieved.</li> </ul>



## WHERE TO FROM HERE?

The Program Leader provides a brief explanation about how players can continue to engage in ALDI MiniRoos at their local club. If you are continuing for 8, 10, or 12 sessions this may not be necessary yet.

### SESSION 12

• END / 5 MINUTES

#### PROGRAM LEADER ASKS

- This was our last SESSION. Who wants to keep playing ALDI MiniRoos?
- OR
- This was our last SESSION and we have visitors here from the local junior football club. Who wants to join a club?

