

E S F A



KEY STAGE 1

FUN SOCCER PRACTICES

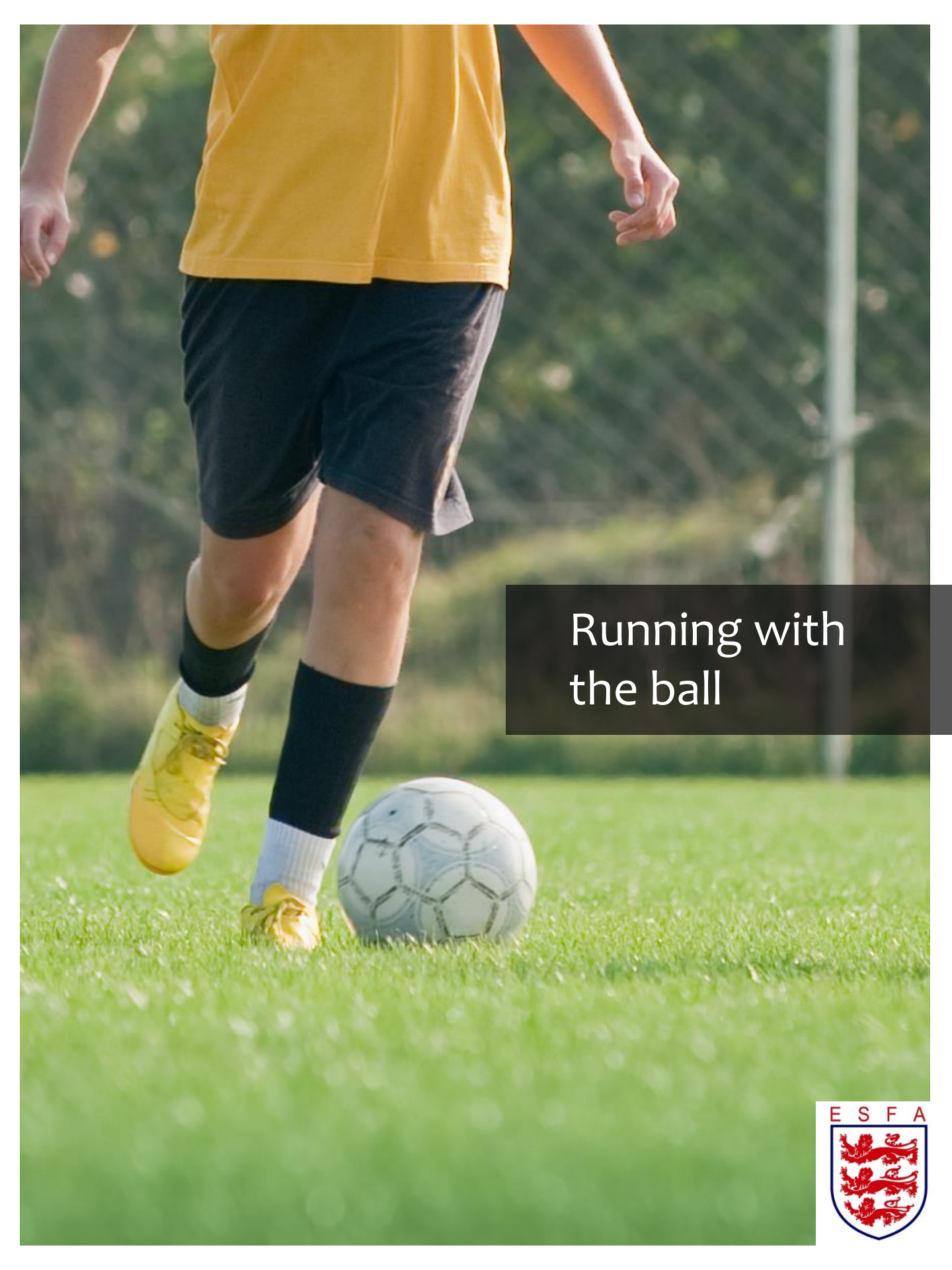
A resource bank for
Primary School Teachers



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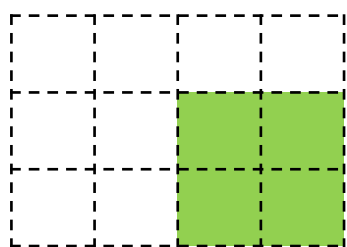
A person wearing a yellow t-shirt, black shorts, black socks, and yellow cleats is running on a green grass field. A white soccer ball is on the ground near their feet. The background is a blurred green field with a fence.

Running with the ball

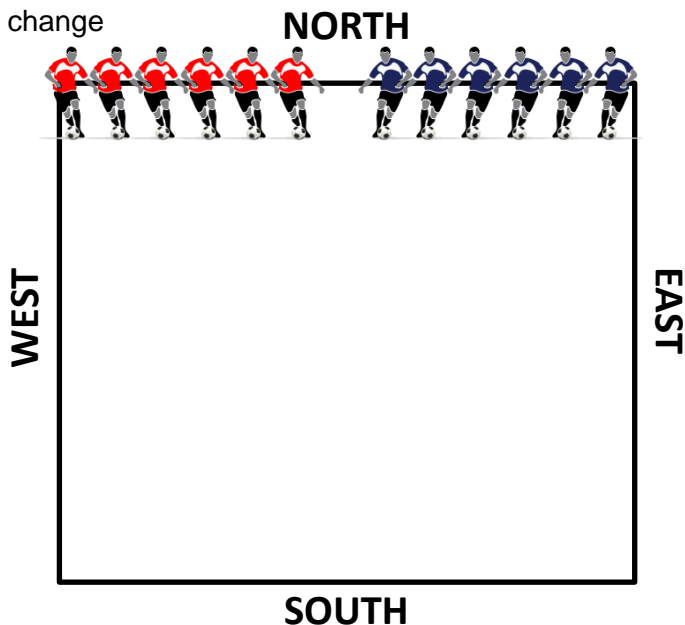


Running with the ball

Purpose: Control and direction change



Functional area shaded green



Story:

Everybody is learning how to crew a pirate ship

Organisation:

Set out a 20 x 20 yard area. All players start on one endline. One ball per player.

Game objective:

The coach calls out any of the directions, N, E, S & W. The players must dribble their ball towards the line which corresponds to the command. Other commands include 1) "Climb the rigging" – players stop their ball and run on the spot with high knees, 2) "Swab the deck" – players drop, do one press up, then carry on, 3) "Captain's coming!" - everyone puts their foot on the ball and salutes.

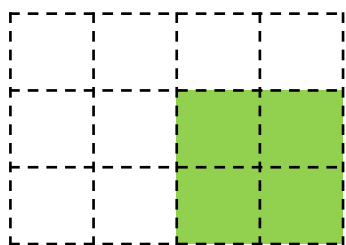
Coaching Points:

1. Run through without the ball first so that the players can learn the directions.
2. Change direction by using the sole of the foot to stop the ball and roll it behind you.



Running with the ball

Purpose: Stop/start techniques



Functional area shaded green



Story:

It is busy rush hour commuter traffic. To avoid accidents , everyone has to obey the laws of the road.

Organisation:

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game objective:

All players dribble around the square using the inside, outside and laces of the foot. They must react to the following coaching commands: "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball, "Crash" = All fall to the ground, "Stop sign" = Stop for 3 seconds then go, and "Runaway Truck" = Coach runs in and attempts to kick the balls out of the square.

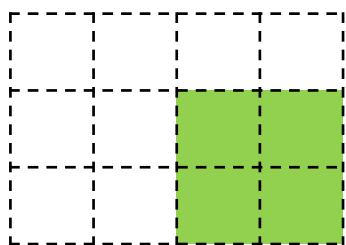
Coaching Points:

1. Push the ball 2-3 ft in front of you between touches
2. Look to move into space
3. Use the sole of the foot to stop the ball

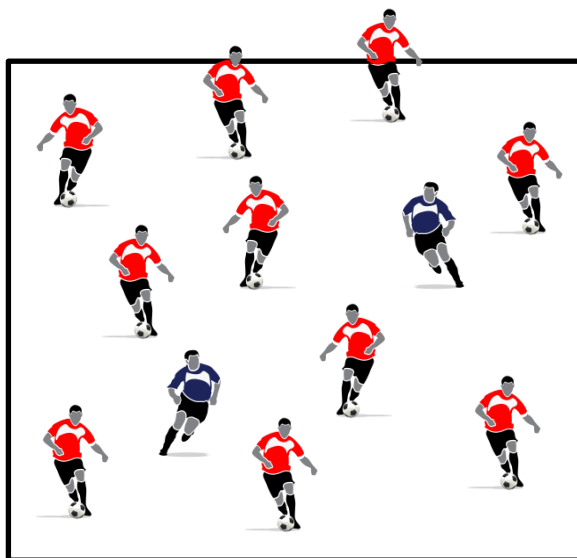


Running with the ball



Purpose: Stop/start techniques



Functional area shaded green



Story: The “Big Bad Wolf” will huff and puff and he’ll blow your house down.

Organisation: Set out a 20 x 20 yard area. 10  “piggy” players have the ball, and 2  “big bad wolf” players do not have a ball.

Game objective: The piggies must dribble around the area. The wolves must attempt to kick the balls out of the area. Once a piggy player has lost their ball or dribbled outside of the area, he/she must bring it back into the area and stand with the ball above their head, legs apart. They are released only when a piggy teammate dribbles the ball through their legs.

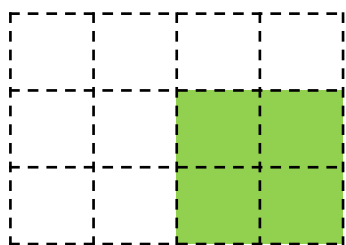
Coaching Points:

1. Use your speed and change of direction to evade the “Big Bad Wolf.”
2. Use your body to shield the ball from the “Big Bad Wolf.”

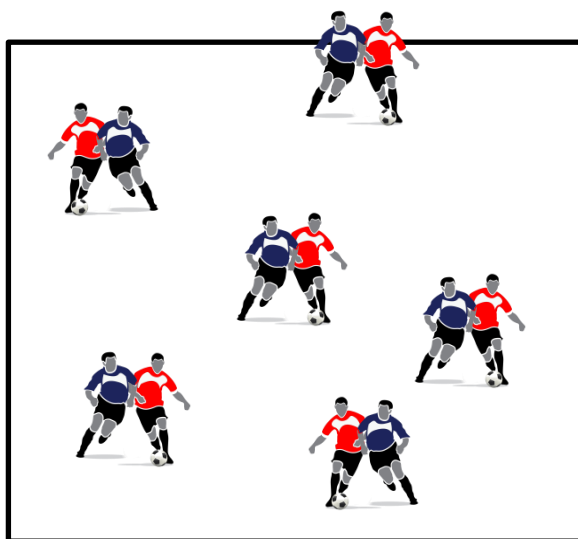


Running with the ball


Purpose: Turning and running with the ball






Functional area shaded green









Story:

The  player can turn around and make funny faces at his team mate.

Organisation:

Set out a 20 x 20 yard area. Groups in pairs. The  player stands behind their  partner. The  player is in possession of the ball

Game objective:

The objective of the game is for the  player to loose his shadowing  player. The  player must dribble at speed to track the  player. When the coach shouts out “catch me if you can”, the  player has to try and pass the ball through the legs of his  partner to score. Rotate positions.

Coaching Points:

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.

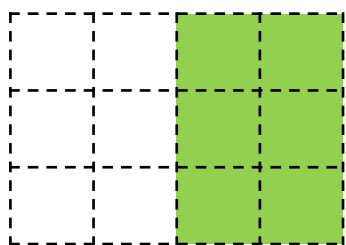
Control



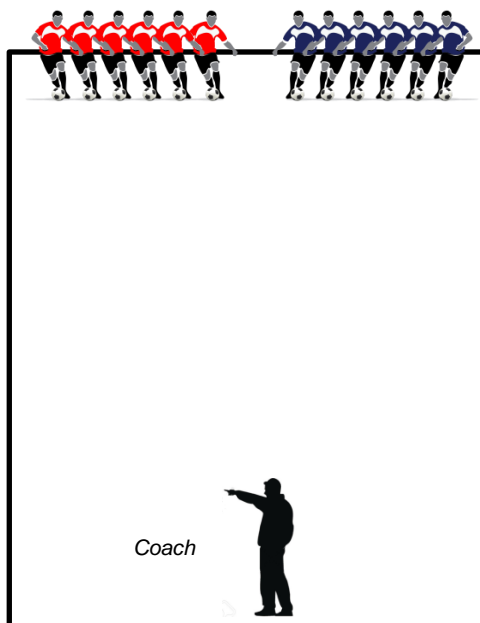


Control

Purpose: Fast footwork



Functional area shaded green




Coach

Story:

The coach can introduce fun commands 1) *Injury Time* – kids fall to the ground, grab their knee and make lots of noise 2) *Red Card* – kids fall to their knees and beg “Sorry ref, sorry ref” 3) *Full Time* – coach chases the kids back to the start line

Organisation:

Set out a 20 x 30 yard area. The  coach stands on the endline with his/her back to the players who are spread out along the opposite endline.

Game objective:

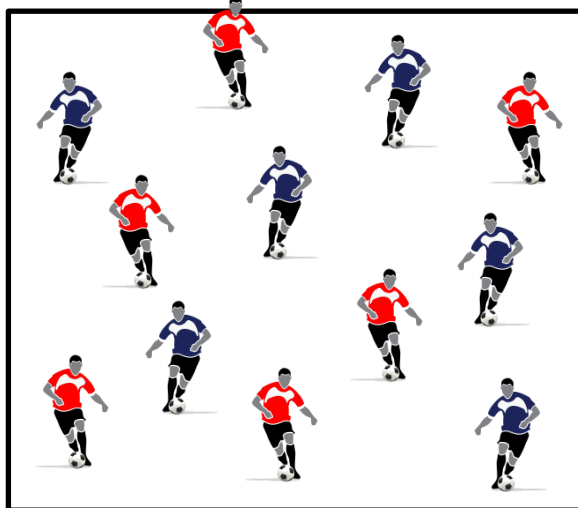
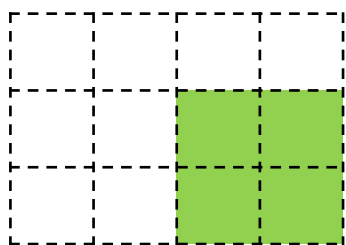
The players shout out “How long left ref?” The coach gives them a time e.g. 5 minutes. The coach counts aloud 1-2-3-4-5 and turns to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The coach turns his back again. Repeat. The winner is the player who tags the coach first.

Coaching Points:

1. Keep the ball within 2-3 between touches.
2. Look up and around between touches.

Control

Purpose: Develop foot and thigh control



Organisation: Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

Game objective: All players dribble around the area. On the command “foot,” they pick the ball up and drop it from shoulder height in front of them. They must cushion the ball with the laces, then dribble off. On the command “thigh,” they drop the ball onto the thigh and then trap the ball with the sole of the foot.

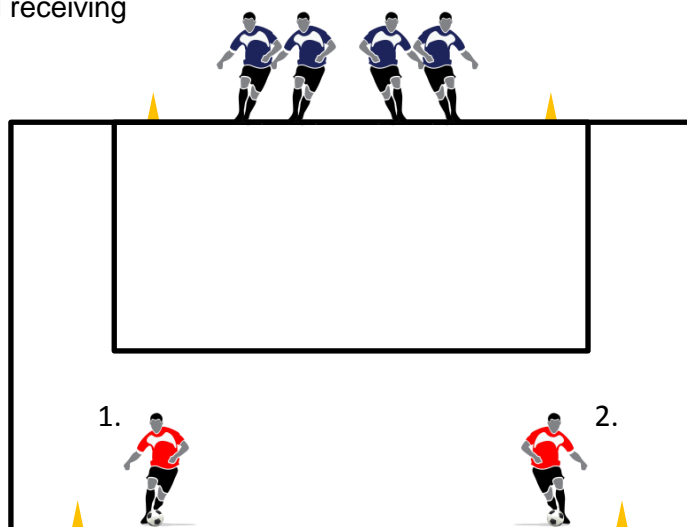
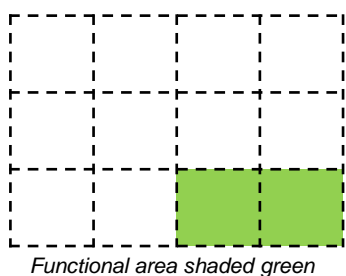
Coaching Points:

1. Present the flat part of the controlling surface i.e. perpendicular with the ground.
2. Withdraw the controlling surface on impact.



Control

Purpose: Develop control and receiving




Story:

Robin Hood must fend off the attacks of the Sheriff of Nottingham's troops in this battle of Sherwood Forest.

Organisation:

Set out a 10 x 20 yard area. Position four players who link arms on the goal line. Make the goal 4 yards wider than the linked players. Station two players 10 yards from the goal line. One ball for each server. Repeat in another area for a total of 12 players.

Game objective:

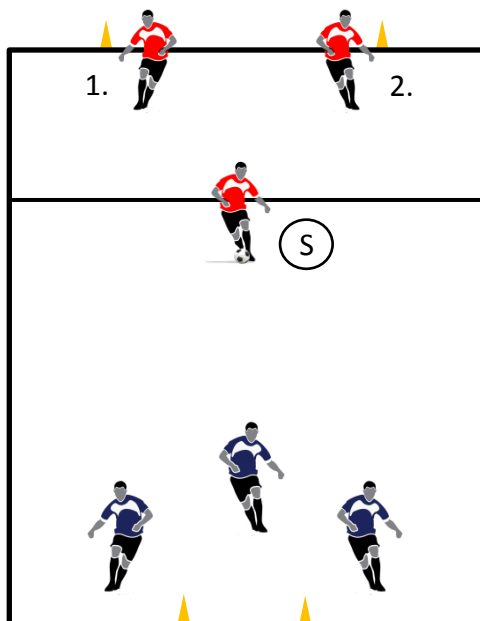
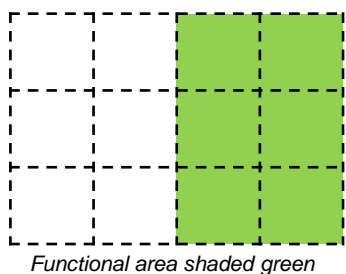
The  players form a human chain by linking arms on the goal line. The servers 1 and 2 take turns to shoot at goal. If the server scores then he gets one point. If the defenders stop the ball and control it within 5 yards of the goal line then they score one point.

Coaching Points:

1. Move into line as early as possible.
2. Select the controlling service.
3. Withdraw the controlling surface on impact, thus absorbing the shock of the ball.

Control

Purpose: Develop control in a small sided game



Organisation: Set out a 20 x 30 yard area. One ball per group. Groups of six. Play 3 v 1 with 2 defenders/goalkeepers. Position as shown in the diagram. Repeat in another area for a total of 12 players.


Game objective: The "S" server passes the ball to any 1 player. The 1 players must pass the ball at least once before shooting at goal from the near side of the 10 yard line. The server is the lone outfield defender. Players 1 and 2 play in goal. They can defend the goal but they cannot use their hands.

Progressions:

1. Increase the width of the goal and the number of players that defend it.
2. Focus on the first touch of the 1 players.

Coaching Points:

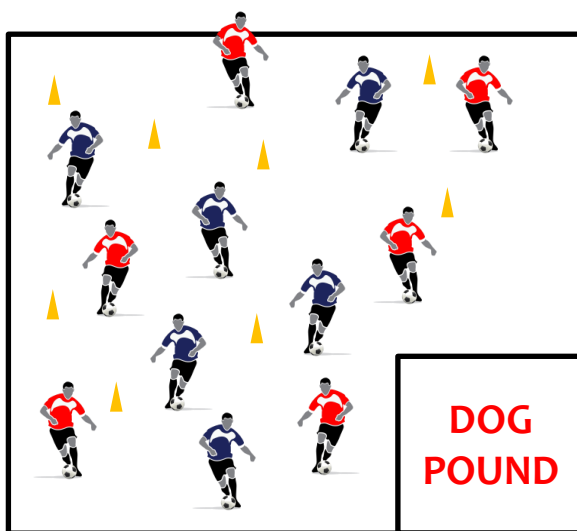
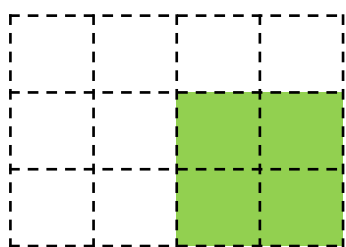
1. Get into line with the ball
2. Select the controlling surface.
3. Withdraw the controlling surface on impact, thus absorbing the shock of the ball.



Dribbling

Dribbling

Purpose: Close control, fast footwork



Story: A stray dog is walking around the park. The only way to escape the dog catcher is to hide behind the trees by the lake.

Organisation: Set out a 20 x 20 yard area. Set out 8 random discs in the area and a 5 yard square. All 12 players have a ball and must stay within the confines of the area.

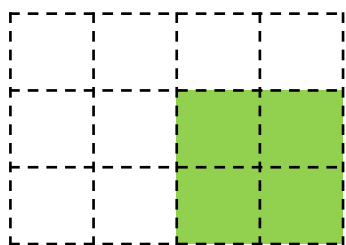
Game objective: The players must dribble around the area. When the coach shouts out "Dog catcher!" the players have to stop their ball at one of the discs inside the area. The four players that remain must dribble their ball into the dog pound to perform a penalty that the coach has called for e.g. Australian push-ups.

Coaching Points:

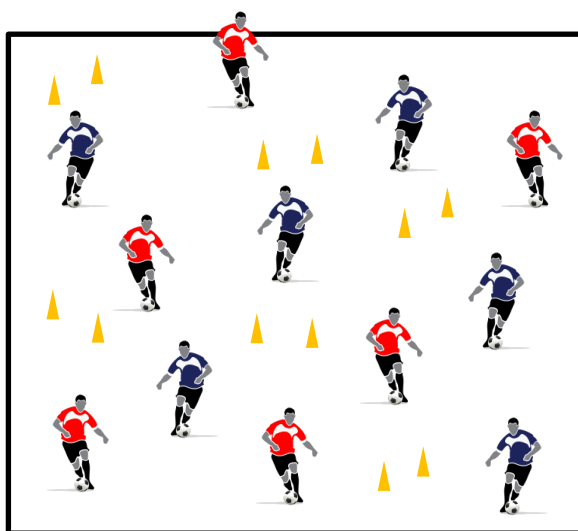
1. Push the ball 2-3 feet in front at all times as if it were a puppy on a leash.
2. Keep your head up between touches.

Dribbling



Purpose: Change direction under pressure



Functional area shaded green






Story:

The  knights are being chased through the dungeons by the  fire breathing dragons.

Organisation:

Set out a 20 x 20 yard area. Set out as many gates as possible in the area (two discs/cones, two yards apart). Each player has a ball. Group in pairs.

Game objective:

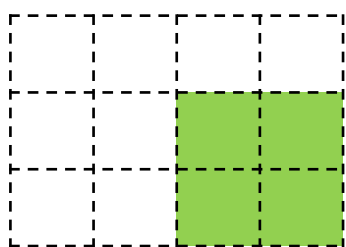
The  player must dribble through as many gates as possible in a specified time limit. The  player must try to shadow his partner and each time he is able to kick his ball and hits the ball of his partner, the  player loses a point. One point per gate.

Coaching Points:

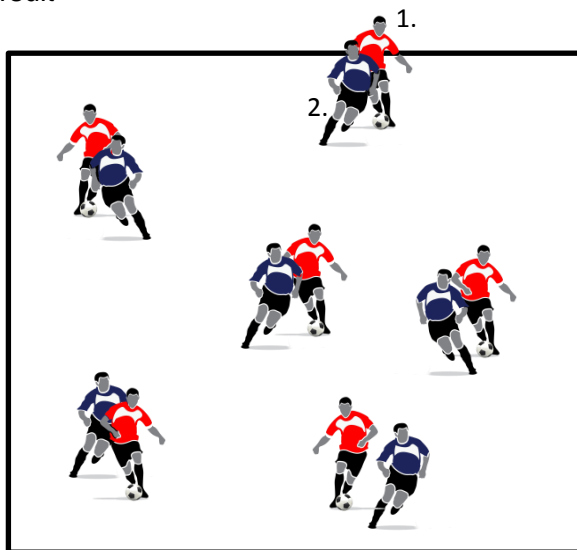
1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.

Dribbling

Purpose: Develop looking up in pursuit



Functional area shaded green



Organisation: Set out a 20 x 20 yard area. Groups in pairs. One ball per pair. Number the players 1 and 2.

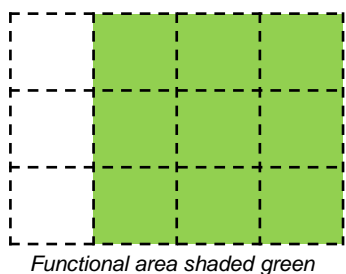
Game objective: Player 1 is in possession of the ball. He must pursue his partner 2 who runs around the area trying to lose his shadow. When the coach shouts "freeze" all players stop where they are. Player 1 attempts to pass the ball through the legs of player 2.

Coaching Points:


1. Heads up between touches.
2. Push the ball 2-3 feet in front of you between touches.

Dribbling

Purpose: Develop control in a small sided game



Organisation: Set out a 30 x 30 yard area. Set out endzones 5 yards wide from each endline. Play 6v6. One ball per group.

Game objective: The  team starts in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the endzone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions:

1. Make endzones neutral such that either team can score in both endzones.

Coaching Points:

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.

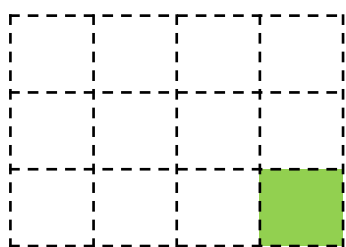


Passing

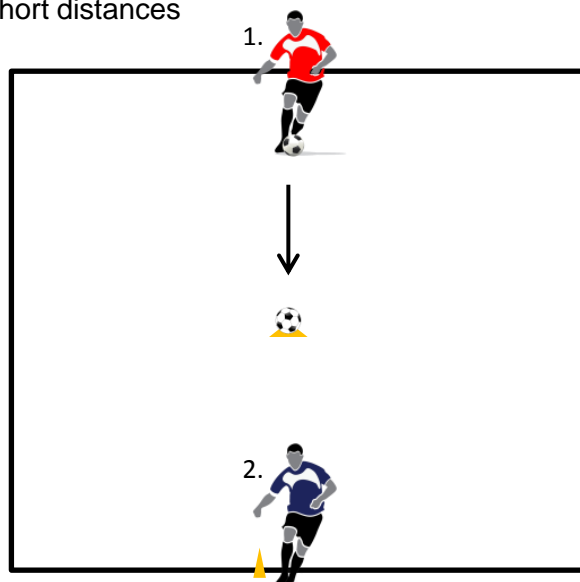


Passing

Purpose: Passing accuracy over short distances



Functional area shaded green



Organisation: Set out a 10 x 10 yard area. Groups in pairs. One ball per pair. Place a disc in the centre of the area and place a ball on top of it. Repeat in 5 other areas for a total of 12 players.

Game objective: Player 1 passes the ball across to his partner with the objective of knocking the target ball off the disc. Player 2 moves into line to control the ball and then dribbles it back to the starting point. Player 2 repeats the practice in the opposite direction.

Progression:

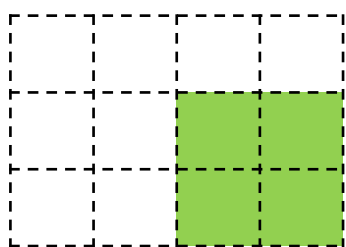
1. Increase passing distances.
2. Have players control the ball and make the pass in two touches only.

Coaching Points:

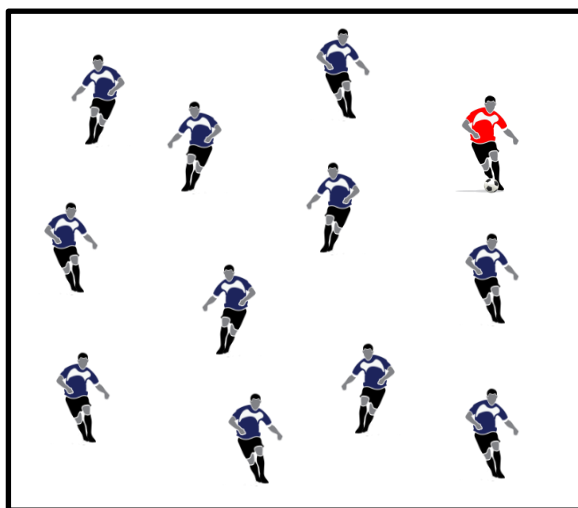
1. Place the non-kicking foot directly along side the ball, toes pointing at the target.
2. Keep your head over the ball
3. Strike the ball with the inside of the foot.

Passing

Purpose: Passing accuracy over short distances









Functional area shaded green



Story: Luke Skywalker has his enemy fighter in sights. He sets his missile lock. As the red light flashes he releases his missile.

Organisation: Set out a 20 x 20 yard area. One defender starts in the area with the ball. The remaining players are spaced out in the area without balls.

Game objective: The  player must strike his ball to hit the  player on or below the knee. When a  player is hit, he too becomes a  player. One ball per defender. Encourage the  player to dribble as close to the  target player before striking the ball.

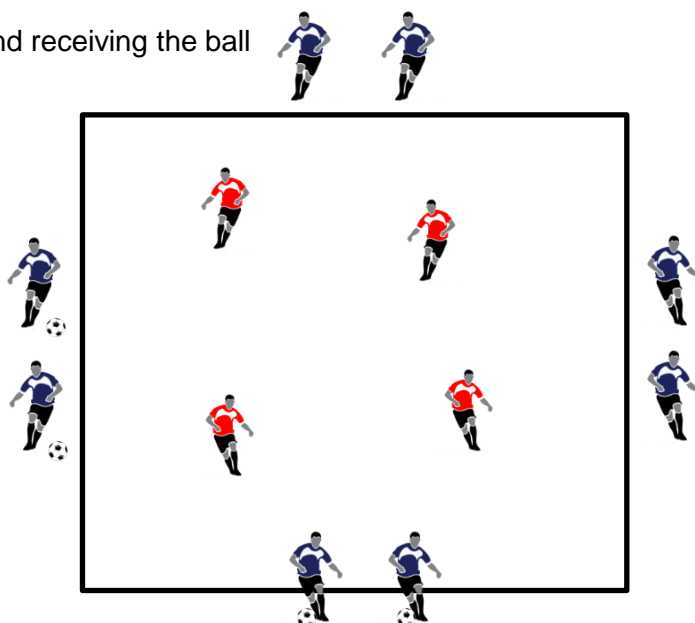
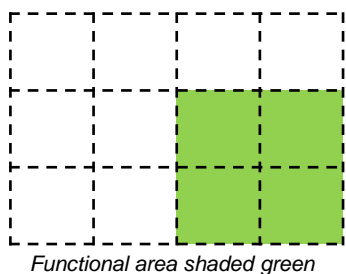
Coaching Points:

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.



Passing

Purpose: Passing accuracy and receiving the ball







Story:

The cowboys are surrounded in an ambush. To survive the attack, the cowboys must evade the arrows until the natives run out of ammunition.

Organisation:

Set out a 20 x 20 yard area. Position two players on each side of the grid. One player from each pair starts with the ball. Four players start in the middle of the grid.

Game objective:

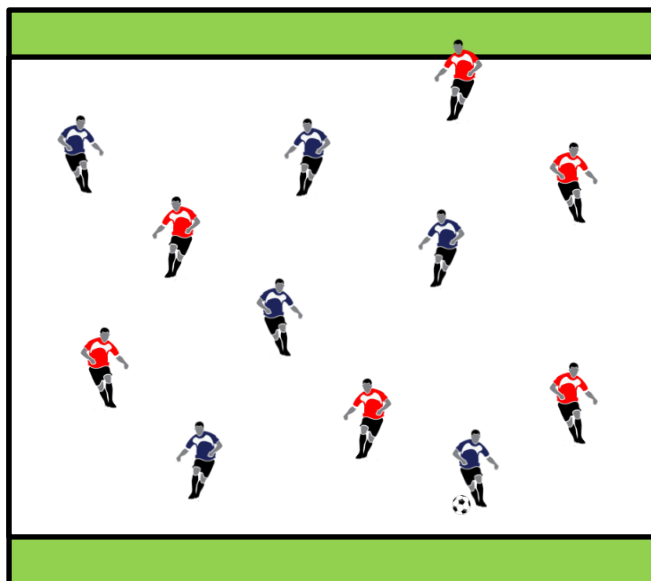
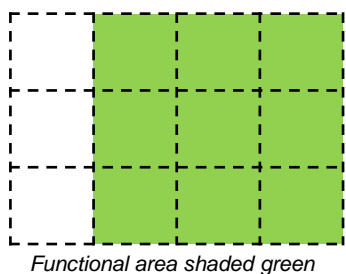
The  players must pass the ball across the area to strike a  player on or below the knee. The game ends when all  players are hit. The  players can run around and evade the balls. Rotate positions.

Coaching Points:


1. Take a two to three step run-up at the ball.
2. Strike the ball with the inside of the foot.
3. When receiving the ball, move directly behind the path of the oncoming ball as early as possible.

Passing

Purpose: Practice a small sided game



Organisation: Set out a 30 x 30 yard area. Set out endzones 5 yards wide from each endline. Play 6v6. One ball per group.

Game objective: The  team starts in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player passes the ball into the endzone for a team mate to run in and stop the ball with the sole of his foot.

Progressions:

1. Make endzones neutral such that either team can score in both endzones.

Coaching Points:

1. Encourage players to make runs away from the ball and into the endzone.
2. Try to get the ball to the attacking area as quickly as possible.

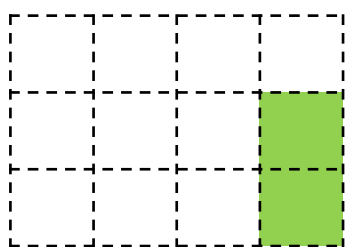


Shooting

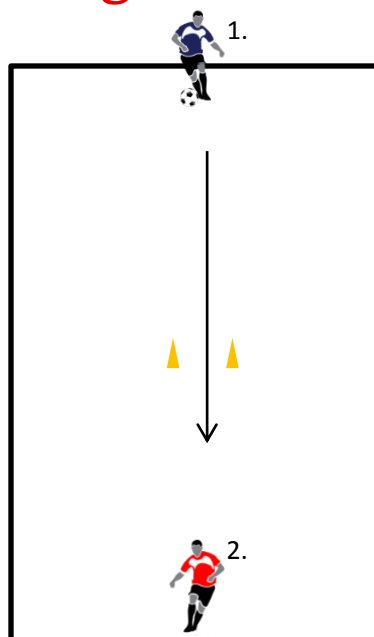


Shooting

Purpose: Basic techniques of shooting



Functional area shaded green



Organisation: Set out a 10 x 20 yard area. Group in pairs. One ball per pair. Place 2 cones in the centre of the area approximately 3 yards apart. Repeat in 5 other areas for a total of 12 players.

Game objective: Player 1 takes three steps back from the ball and shoots the ball across the area to player 2. The goal is to strike the ball between the discs without the ball touching either cone. Player 2 repeats the practice from the other side.

Progressions:

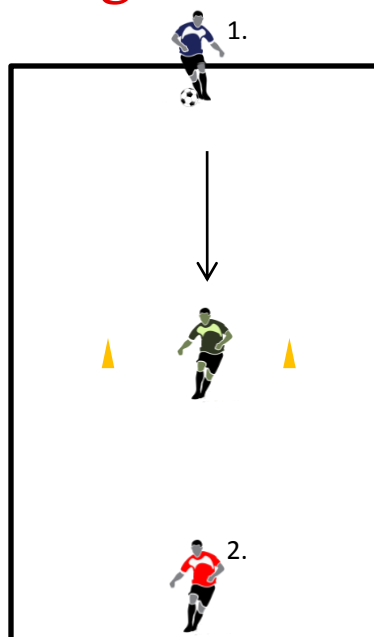
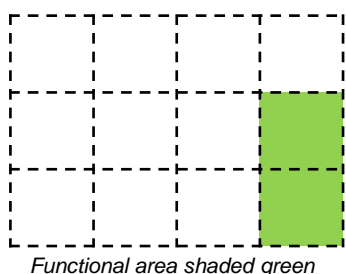
1. Progress to two touches.
2. Make the goal narrower.

Coaching Points:

1. Take a slightly angled approach to the ball.
2. Place the non-kicking foot alongside the ball and 8 – 10 inches to the side of the ball.

Shooting

Purpose: Shooting low & to the corners



Organisation: Set out a 10 x 20 yard area. Group in threes. One ball per group. Place 2 cones in the centre of the area approximately 5 yards apart. Repeat in 3 other areas for a total of 12 players.

Game objective: Player 1 shoots the ball at the goal attempting to beat the goalkeeper by directing the ball low and to the corners. If player 1 scores, player 2 should move into line with the ball to receive it on the other side. If the goalkeeper saves the ball he then turns and serves the ball to player 2, who repeats the practice. The ball must be struck from a stationary position.

Progressions:

1. Pass the ball forward to yourself and shoot.
2. Push the ball to the side to create a new shooting angle

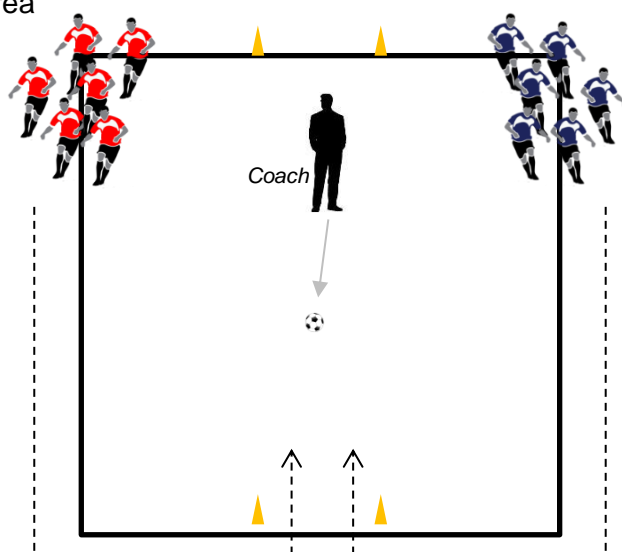
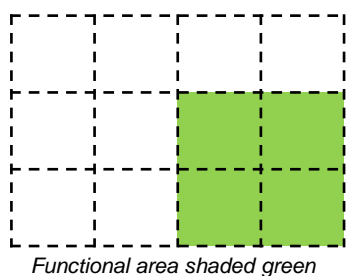
Coaching Points:

1. Strike the ball with the laces.
2. The non-striking knee should be slightly bent but braced.
3. Head over the ball.
4. Select the target area.



Shooting

Purpose: Finishing in the goal area



Story: Two farmers have sheep loose in the fields. With a good sheep dog and a hearty whistle they round the sheep up into the pen.

Organisation: Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team 1 to 6. Position cones as shown. The coach is both the goalkeeper and the server.

Game objective: The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball in the centre of the area. The two players compete to shoot on goal.

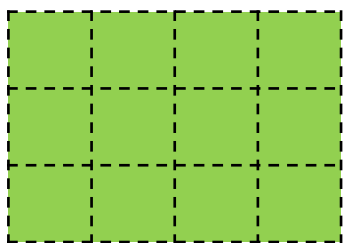
Coaching Points:

1. Strike the ball with the laces.
2. Shoot at the earliest opportunity.
3. Head over the ball.
4. Good running speed to the gate.

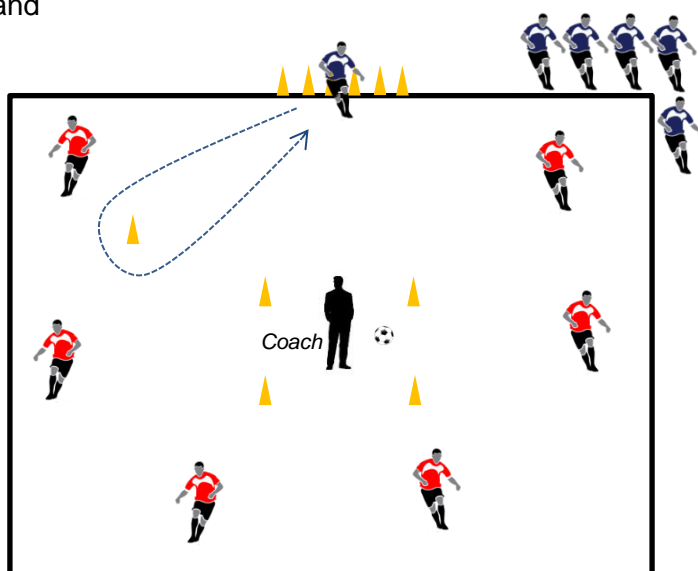


Shooting

Purpose: Develop placement and power in striking



Functional area shaded green



Organisation: Set out a 30 x 40 yard area. Two teams of six or more. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

Game objective: The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out (an outfielder heads the ball). Continue until all batters on the team are out.

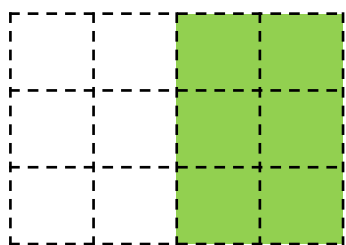
Coaching Points:

1. Keep the ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.



Shooting

Purpose: Small sided game



Functional area shaded green



Organisation: Set out a 20 x 30 yard area and make an endzone 5 yards forward of the endline. Play 4 v 4. Repeat in two other areas for a total of 24 players.

Game objective: Play 4 v 4. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive endzone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. Goals can only be scored in the attacking endzone.

Progressions: Players are able to score goals from any area on the field.

Coaching Points: The goalkeeper must go forward in support. His role is that of a keeper/sweeper.